

Coronavirus: No-Panic Helpguide



You can suspect to have coronavirus, only if

You have symptoms (fever, cough, shortness of breath) + any out of these:

- Travel history to a coronavirus-affected area (like China, Iran, Italy, Republic of Korea, etc.).
- Close contact with such a person.
- Visiting a healthcare facility/labs where coronavirus patients are being taken care of.

Protect yourselves:

- Wash your hand regularly with plenty of soap and water.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Don't touch your eyes, mouth or nose with unclean hands.
- Keep your distance of at least 1 meter from anyone coughing or sneezing.
- Follow no-touch greeting for no germs contracted. Prefer "namaste" or hand waving over handshake.

Protect your loved ones:

- Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.

- Don't travel or visit crowded places if you're sick.
- Do wear a mask if you're sick and also if you are taking care of someone with the symptoms.