

Dear Team,

After having been through a second wave this year, in this ongoing pandemic, by now we know someone or the other who has fallen ill with COVID19. However, it is pertinent to keep in mind that having been infected once, does not prevent you from getting infected again, maybe with a different variant of the virus.

Hence practicing **COVID Appropriate Behaviour**, including vaccination, is very important to keep us and our loved ones safe. If you or someone you know is feeling unwell, very simply, you must first suspect COVID19.

Call and consult on the telephone, don't rush in person to your doctor! **You must isolate yourself immediately at home if possible**, and keep away from your loved ones. Maximum transmission occurs in the first few days of illness.

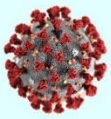
Only after you isolate yourself, should you think of getting tested for coronavirus infection. If you are asymptomatic, do not unnecessarily get yourself tested. All home care measures can be commenced when you begin to feel unwell.

Bottomline

Stay calm, majority cases of the coronavirus infection require only homecare. Isolate yourself when you begin to feel unwell. Do not rush around stocking up on any drugs or oxygen. Every action is dictated by the patient's condition, which can be monitored at home in the early stages. Be Alert and Stay calm.

Please do share the following info sheet with your family, friends and colleagues. And do suitably translate and convey verbally to those around you who will benefit from it.

Stay safe!



I am feeling unwell... What next ?

Dry cough

Fatigue

Headache

Fever

Sore throat

Loss of smell

Nasal congestion



Nausea & vomiting

Shortness of breath

You may experience some / all / none of these symptoms

In these challenging times,
you would not be wrong to suspect that you may have COVID19



**Isolate*
Yourself**



Take Paracetamol for reducing fever



Consume atleast 8 glasses of water per day



Have regular meals and eat healthy nutritious food



Gargle with warm salty water thrice a day before food



Do deep breathing exercises twice a day



Get yourself tested at an ICMR accredited Laboratory

RT PCR

Rapid Antigen

Stay Calm
Do not Panic!
99% of infections resolve uneventfully



Seek professional medical advice on telephone

*Though the actions are the same, **Isolation** is for 'Cases' & **Quarantine** is for 'Contacts'

COVID Appropriate Behaviour along with vaccine is the most effective weapon against coronavirus and all variants

