Health Advisory
All you must know

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 COVID-19

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

Refer Infosheet on Home Isolation for details

#OneAgainstCovid

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