

SIGNAL/SELO

To : All Formations
Fm : Polcent Adm Dte

NO. M.V.1/2020-ADM-II DTD 05 /3/2020

U/C (.) **Prevention from Novel Coronavirus (COVID-19) Infection** (.)

Corona Viruses are a large family of viruses known as Coronaviridae that causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome(MERS) and Severe Acute Respiratory Syndrome (SARS)(.) A novel corona Virus (nCoV) is a new strain of corona Virus that has not been previously identified in humans (.) It is said to be transmitted among human from snakes or bats (.) Further it spread human by contact and droplet transmission(.) The following are the symptoms of above disease (.)

Sign & Symptoms:

- Fever
- Headache
- Running Nose
- Sore throat
- Cough
- Breathing difficulty

BASIC PROTECTIVE AND PREVENTIVE MEASURES FOR ALL

1. Wash your hands frequently.
2. Maintain social distancing.
3. Avoid touching your eyes, nose and mouth.
4. Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.
5. If you have fever, cough and difficulty breathing, seek medical care at the earliest.
6. Observe good personal hygiene.
7. Wash your hands with soap and running water(when hands are visibly dirty).
8. Clean your hand with alcohol-based hand rub or soap and water(when your hands are not visible dirty).
9. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

10. Throw used tissues into closed bins immediately after use.
11. The best way to prevent infection to avoid being exposed to this virus.
12. Avoid to visit in crowded places.
13. Avoid contact with people who are infected and have symptoms.
14. Also avoid person who has already come in contact of patient.
15. Clean and disinfect frequently objects and surfaces touched by patients or contacts of patient.
16. Person on quarantine should put on mask all the time.
17. No person should interact with person on quarantine without face mask applied.
18. Stay informed and follow the advice given by your doctor.
19. See a doctor if you feel unwell-while visiting a doctor wear a mask/cloth to cover your mouth and nose.
20. If you have any symptoms, please call state Helpline Number or Health Ministry 24*7 helpline number +91-11-23978046 or email at ncov2019@gmail.com.

Follow these also:-

1. Don't go close to anyone, if you are experiencing cough and fever.
2. Don't spit in public.
3. Don't contact with live animals or consumption of raw/undercooked Meat.
4. Don't travel to farms, live animals markets or where animals are slaughtered.
5. Don't eat snake or bat.

Para (.) The above instructions be briefed to all the force personnel under command in roll call, morning assembly and by conducting special durbar (.) Also be placed on notice boards///

Polcent (Adm) Dte

DIG (IT)

Please take necessary action for uploading the above instruction in CRPF website at your end please.