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ADVISORY

Self-care during COVID-19 crisis

COVID-19 is a new disease not previously identified in humans. Currently there is no vaccine or therapeutic product for COVID-19 that is authorized to treat or prevent the disease. The outbreak of COVID-19 has resulted in a global review of therapies that could be used to treat or prevent the infection.

We all know that prevention is better than cure. While there is no medicine for COVID -19 as of now, it will be good to take preventive measures which boost our immunity in these times. Therefore, all the members of staff (teaching and non-teaching) and students are advised to follow the following steps for protection against coronavirus:

- Cover your nose and mouth with a disposable tissue or fixed elbow when you cough or sneeze. Dispose off used tissue immediately.
- Wash your hands regularly for 20 seconds, with soaps and water or use alcohol-based hand sanitizer.
- Take everyday precautions to keep space between yourself and others.
- Stay home and self-isolate from others in the household if you feel unwell.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Those who are suffering from lifestyle diseases like hypertension, diabetes mellitus, arthritis, thyroid, respiratory disease etc. are suggested to take their regular medicines timely as prescribed last by your physician.

Stay healthy. Stay Safe.

Sd/-

(Dr. Manoj Sinha)
PRINCIPAL