

**As per the directives from the Govt of Karnataka,
as a precautionary measure against COVID-19,
classes will not be held
from March 14, 2020 - Saturday**

***You are reminded to take extra care in keeping
yourselves safe and healthy.***

CORONAVIRUS PRECAUTION

10 WAYS TO MAKE SURE YOU DO NOT CATCH THE DISEASE

Measures you need to take to keep the virus at bay

- 1. Avoid close contact with people who are sick. Maintain at least three feet distance between yourself and anyone who is coughing or sneezing.**
- 2. Avoid touching your eyes, nose, and mouth.**
- 3. Stay home when you are sick.**
- 4. Cover your cough or sneeze with a tissue, then dispose of the tissue safely.**
- 5. Clean and disinfect frequently-touched objects and surfaces using a regular household cleaning spray or wipe.**

6. Wearing a mask is not necessary unless you are taking care of an infected person. The Centres for Disease Control (CDC) does recommend that only infected people wear masks to prevent the spread of the virus.
7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
8. If soap and water are not readily available, use an alcohol-based hand sanitiser with at least 60% alcohol. Always wash hands with soap and water when hands are visibly dirty.
9. If you have a fever, cough and difficulty breathing, seek medical attention immediately.
10. Keep in mind the travel advisory set out by the Ministry of Health and Welfare.

WHAT IS CORONAVIRUS?

According to the WHO, coronaviruses are a family of viruses that cause illnesses ranging from the common cold to more severe diseases such as severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS).

These viruses were originally transmitted between animals and people. SARS, for instance, was transmitted from civet cats to humans while MERS moved to humans from a type of camel.

Several known coronaviruses are circulating in animals that have not yet infected humans.

The name coronavirus comes from the Latin word corona, meaning crown or halo. Under an electron microscope, the image of the virus looks like a solar corona.

The novel coronavirus, identified by Chinese authorities on January 7 and since named COVID-19, is a new strain that had not been previously identified in humans.

Little is known about it, although human-to-human transmission has been confirmed.

WHAT ARE THE SYMPTOMS?

According to the WHO, signs of infection include fever, cough, shortness of breath and breathing difficulties.

In more severe cases, it can lead to pneumonia, multiple organ failure and even death.

Current estimates of the incubation period - the amount of time between infection and the onset of symptoms - range from one to 14 days. Most infected people show symptoms within five to six days.

However, infected patients can also be asymptomatic, meaning they do not display any symptoms despite having the virus in their systems.