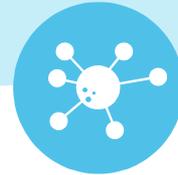




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Covid-19



What is Covid-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Precautions

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub
- Maintain at least 1 meter distance between you and people coughing or sneezing.
- Avoid touching your face.

- Cover your mouth with handkerchief while coughing or sneezing.
- Stay home.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Symptoms



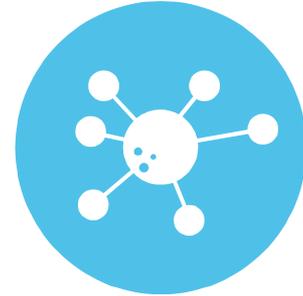
Most common symptoms:

- fever.
- dry cough.
- tiredness.



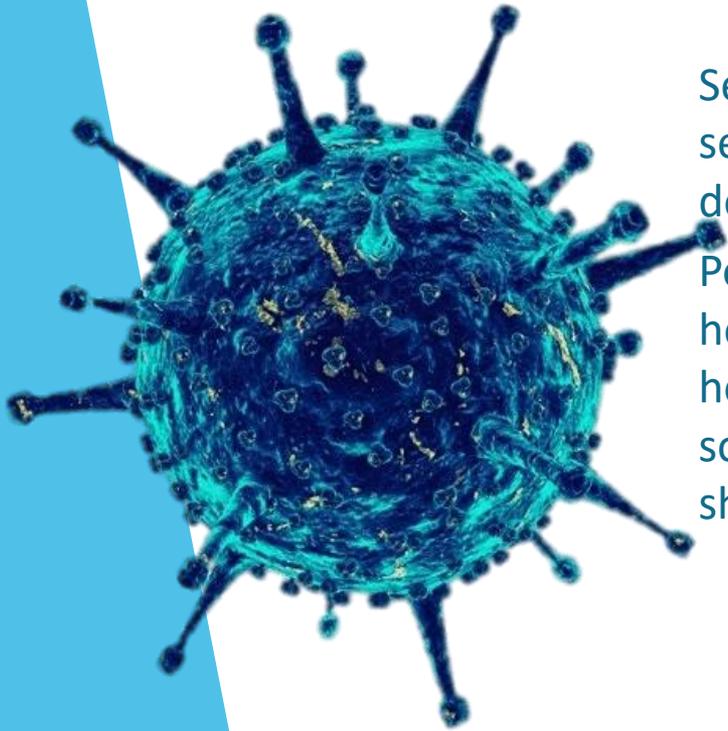
Less common symptoms:

- aches and pains.
- sore throat.
- diarrhoea.
- conjunctivitis.



Serious symptoms:

- difficulty breathing or shortness of breath.
- chest pain or pressure.
- loss of speech or movement.



Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Ref. WHO

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For More Details



Helpline no. & Email ID:

011-23978046 or 1075

[ncov2019\[at\]gov\[dot\]in](mailto:ncov2019[at]gov[dot]in)

Live HelpDesk

<https://wa.me/919013151515>

(MyGov Corona Helpdesk)

Ref.: mygov.in/covid-19

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