Virus

What is a Virus?
Virus is a submicroscopic infectious agent that replicates only inside the living cells of an organism. Viruses can infect all types of life forms, from animals and plants to microorganisms, including bacteria.

Coronavirus is a large family of viruses that cause a variety of diseases including cold to severe pneumonia. Coronaviruses are named for the crown like pikes on their surface.

Human Coronaviruses were first identified in 1960s

Anatomy of the Killer Virus

<table>
<thead>
<tr>
<th>COMMON HUMAN CORONAVIRUS</th>
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<tbody>
<tr>
<td>229 E (alpha coronavirus)</td>
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<tr>
<td>NL63 (alpha coronavirus)</td>
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<tr>
<td>OC43 (beta coronavirus)</td>
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<tr>
<td>HKU1 (beta coronavirus)</td>
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Other Human Coronaviruses

MERS-CoV
The beta coronavirus that causes Middle East Respiratory Syndrome, or MERS

SARS-CoV
The beta coronavirus that causes severe acute respiratory syndrome, or SARS

SARS-CoV-2
The novel coronavirus that causes coronavirus disease 2019, or COVID-19

People around the world commonly get infected with human coronaviruses 229E, NL63, OC43, and HKU1. Sometimes coronaviruses that infect animals can evolve and make people sick and become a new human coronavirus. Three recent examples of this are 2019-nCoV, SARS-CoV, and MERS-CoV.
Managing COVID-19 Things you can do to manage your COVID symptoms

**STAY HOME**
Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

**GET REST AND STAY HYDRATED**

**SEPARATE YOURSELF**
from other people. Stay in a specific room and away from other people and pets in your home.

**WASH YOUR HANDS OFTEN**

**MONITOR YOUR SYMPTOMS**
Common symptoms of COVID-19 include fever, cough or other symptoms. Trouble breathing is a more serious symptom that means you should get medical attention.

**DO NOT SHARE**
personal & household items

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### When to Seek Medical Attention

- Trouble breathing
- Persistent pain or pressure in the chest
- Bluish lips or face
REDUCE YOUR RISK OF CORONAVIRUS INFECTION

TRANSMISSION
Spread from person to person through sneezing or coughing.
Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

WASH YOUR HANDS
often with soap and water for at least 20 seconds.
If soap and water are not readily available, use hand sanitizer.

COVER MOUTH AND NOSE WITH FACE MASK

AVOID CLOSE CONTACTS
Keep distance between yourself and others. Some people without symptoms may be able to spread virus.

CLEAN & DISINFECT frequently touched surfaces like, doorknobs, switches, countertops, phones, faucets & toilet handles.
Don’t shake hands or exchange physical greetings.
Wherever possible stay six feet apart and practise good hand hygiene, especially after being in public places.

**Six Feet.**
That’s the number you need to keep in Mind
Tips for Grocery Shopping During the Pandemic

Consider whether you really need to go shopping

Plan to shop in off-peak hours

Don't touch your face

Wear a mask

Sanitize your hands often

Touch only what you buy, Try not to touch things unnecessarily

Don't touch your face

Opt for no-touch payment option like Google pay, Paytm, Bhim, etc

Rinse fruits & vegetables, first with hot and then, cold water

Change your clothes, if possible, take bath

Wash your hands. Scrub for at least 20 seconds

Leave your footwear outside

Leave packets outside. Bring them in, preferably, after 48 hrs & sanitize all boxes. Make sure to sanitize all counters before placing these packets

After you get back home
Grocery Shopping during the COVID-19 Pandemic
Smart Shopping Tips

Before you go to the store
- Consider whether you really need to go shopping
- Delivery may be an option for uncooked food
- Plan to shop in off-peak hours
- Don't take the whole family
- Don't go if you have symptoms

At the store
- Sanitize your hands often
- Wear a mask
- Practice social distancing, keep a distance of at least 6 feet
- Touch only what you buy, Try not to touch things unnecessarily
- Opt for no-touch payment option like Google pay, paytm, Bhim, etc
- Don't touch your face

When you get home
- Leave packets outside. Bring them in, preferably, after 48 hrs & sanitize all boxes. Make sure to sanitize all counters before placing these packets
- Leave your footwear outside
- Wash your hands. Scrub for at least 20 seconds
- Change your clothes, if possible, take bath
- Rinse fruits & vegetables, first with hot and then, cold water
- Wash reusable bags & sun dry

Help STOP the SPREAD & Stay Healthy