

Noval Coronavirus (2019-nCoV)-General Advisory for Parents

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

Symptom

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

Incubation Period: 14 days asymptomatic

Mode of transmission

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

How to reduce risk of Coronavirus infection (2019-nCoV)

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

D O ' s and DON ' T ' s

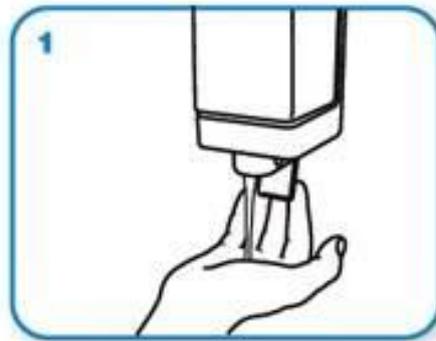
DO's	DON'Ts
<ul style="list-style-type: none">• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing• Frequently wash your hands with soap and water• Avoid crowded places• Person suffering from Influenza like illness must be confined at home• Stay more than one arm's length distance from persons sick with flu• Take adequate sleep and rest• Drink plenty of water/liquids and eat nutritious food• Person suspected with Influenza like illness must consult doctor	<ul style="list-style-type: none">• Touching eyes, nose or mouth with unwashed hands• Hugging, kissing and shaking hands while greeting• Spitting in public places• Taking medicines without consulting doctor• Excessive physical exercise• Disposal of used napkin or tissue paper in open areas• Touching surfaces usually used by public (Railing, door gates, etc)• Smoking in public places• Unnecessary testing

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020
Ph: 011-22307145, 22300012, 2230003

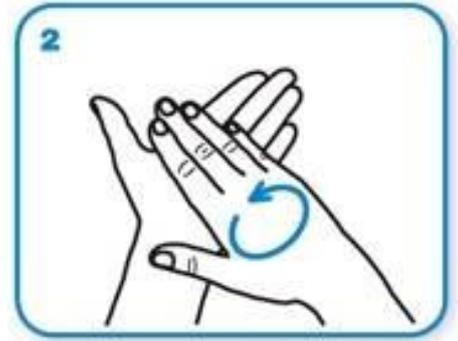
Steps for Hand washing



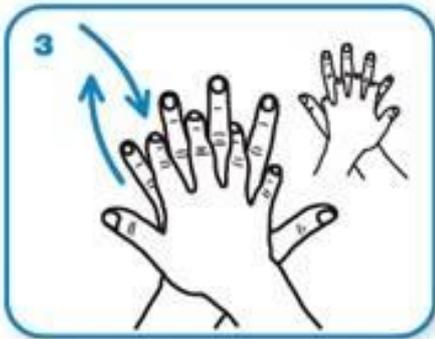
Wet hands with water



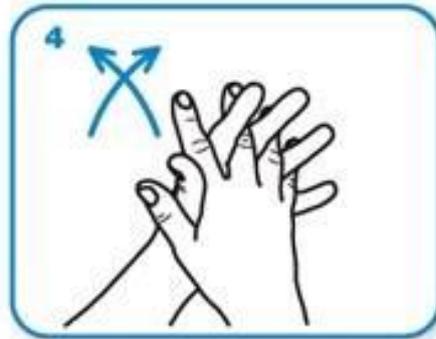
apply enough soap to cover all hand surfaces.



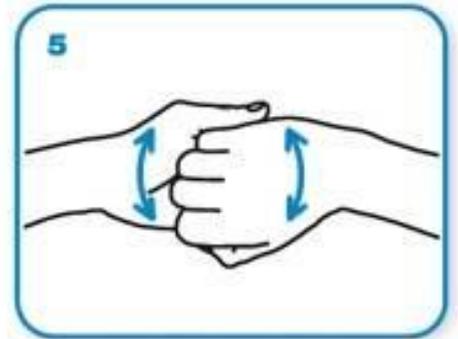
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



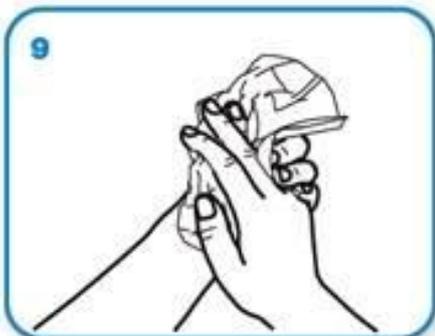
rotational rubbing of left thumb clasped in right palm and vice versa



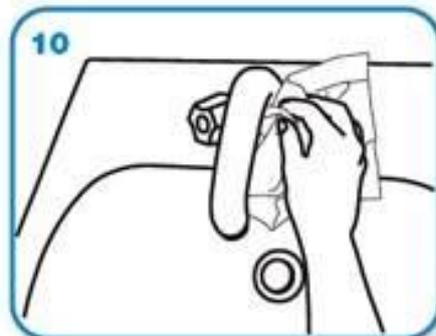
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



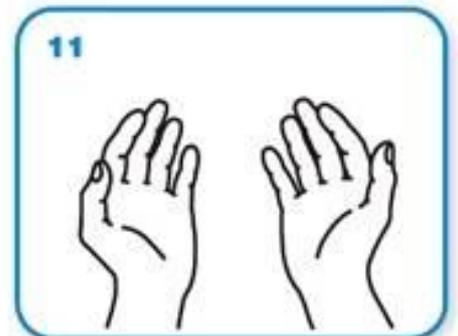
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

GOVERNMENT OF MANIPUR
DIRECTORATE OF AYUSH, LAMPHELPAT

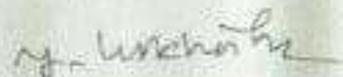
ORDERS

Imphal, the 30th January, 2020

No. B AYUSH/PH/DAS-2018: In view of the outbreak of Coronavirus repeatedly spreading to many of the countries including India, the Ministry of AYUSH, Government of India has adopted Homoeopathic Medicine **Arsenicum Album 30** as prophylactic Medicine against the Coronavirus infection. Therefore, The Medical Superintendent(s) and all the M.O. /c(s) of the different AYUSH institutions working under this Directorate are informed to distribute the Medicine as a preventive measure from the infection of the Coronavirus in the prescribed dose as per protocol of the Government of India, Ministry of AYUSH to the General Public as below.

Arsenicum Album 30 – 4(four) Pills once daily in empty stomach for 3(three) days.

The dose may be repeated after 1(one) month by following the same scheduled in case Coronavirus infection prevailed in the community.



(Dr. Y. Lukhoi Singh)
Director (AYUSH)

Directorate of AYUSH, Lamphelpat

Copy to:

1. The Medical Superintendent, 50-Bedded Integrated AYUSH Hospital, Lamphelpat.
2. The Medical Superintendent, 10-Bedded Homoeopathic Hospital, Singjamei.
3. M.O. /c Thoubek District: Dr.
4. Nodal Officer, State Health Mission Society – with a request for kind instruction of the above Orders to all the AYUSH institutions working under State Health Mission Society, Manipur.
5. Guard File.