



**Directorate of Technical Education
Vocational & Industrial Training
Himachal Pradesh, Sundernagar**

No. STV(IT)-H-F(7)-08/Misc/2019-22125-150

Dated: 12-03-2020

To

The Director/Principal,
All Govt./ Pvt. Engineering College
All Govt./ Pvt. B.Pharmacy College

The Principal,
All Govt./ Pvt. Polytechnics
of Himachal Pradesh.

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12/3/2020

Subject: Awareness Regarding Corona virus.

Madam/ Sir,

On the subject cited above, please find enclosed herewith Do's and Don'ts for protection from Corona virus. Some of the Do's and Don'ts are here as under:

Do's

- Frequent hand washing with soap and water.
- Cover your nose and mouth with handkerchief while sneezing and coughing
- See a doctor if you feel unwell (fever, difficult breathing and cough)
- Avoid participating in large gatherings.

Don'ts

- Don't have a close contact with anyone, if you are experiencing cough and fever.
- Don't Touch your eyes, nose and mouth.
- Don't Split in public.

Further, it is requested to display the do's and don'ts at prominent places and to organize awareness programme in the Engineering, B. Pharmacy & Polytechnic with the help of health expert to make the staff and the trainees aware about the Corona virus.

Encls: As above

Circulation at College website
Notice Board
12/3/2020
Website

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Director
Technical Education,
Vocational & Industrial Training,
Himachal Pradesh, Sundernagar.

DO'S AND DON'TS FOR PROTECTING YOURSELF AND OTHERS FROM CORONA VIRUS

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.