

COVID -
19

SYMPTOMS AND PRECAUTIONS

SYMPTOMS

COVID-19 SYMPTOMS & WARNING SIGNS



- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**
- **PERSISTENT PAIN OR CHEST PRESSURE***
- **BLUISH LIPS OR FACE***

*** SEEK IMMEDIATE EMERGENCY TREATMENT**

IF YOU DEVELOP SYMPTOMS AND HAVE BEEN IN CONTACT WITH SOMEONE WITH COVID-19, OR TRAVELED TO AN AREA WITH ONGOING SPREAD, CALL YOUR DOCTOR

BE SMART READ THESE SYMPTOMS

Distinguish
Between
Normal Flu
and
Corona
virus

**DIRECT SPREAD WITH
RESPIRATORY DROPLETS**

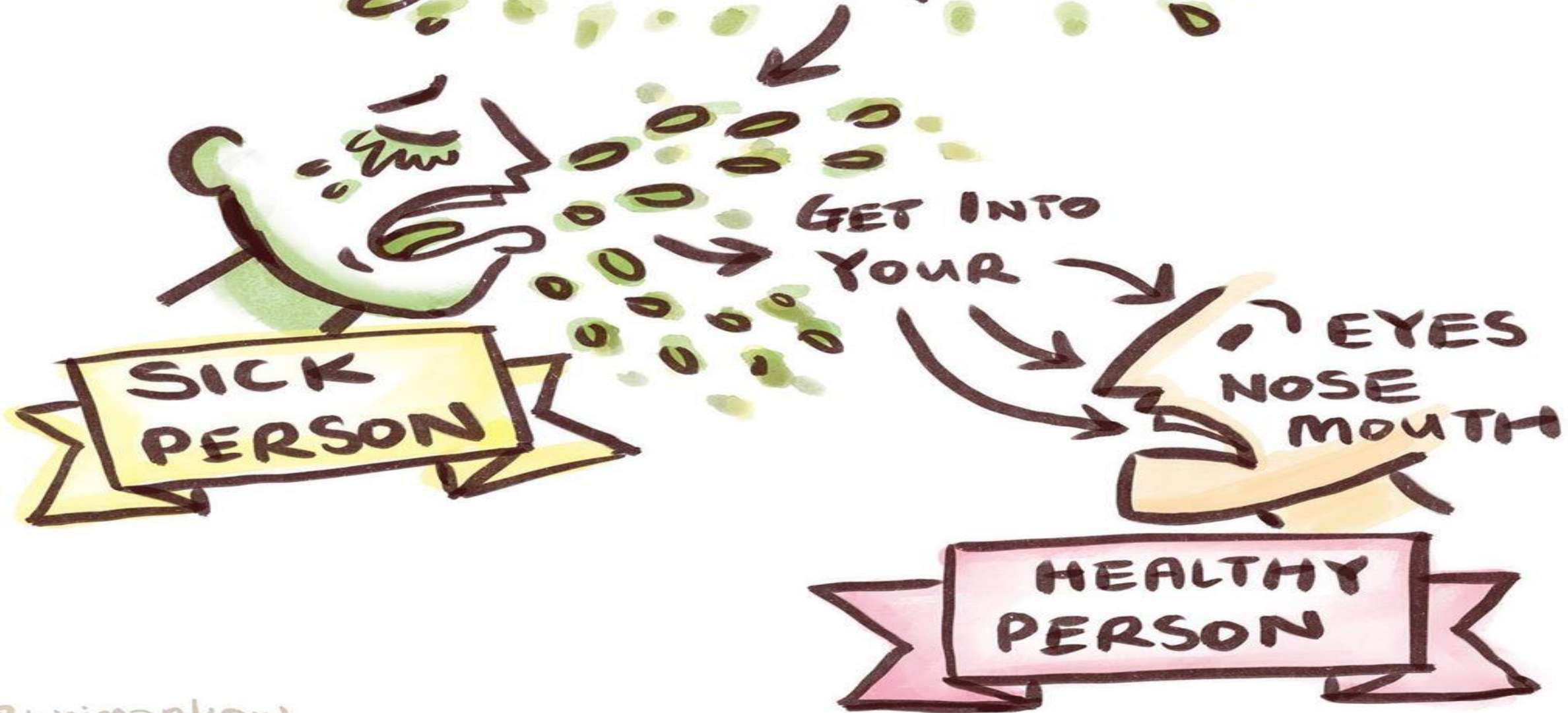
**Touching Surfaces
Contaminated with the
virus and touching it
on your face**

Coronavirus
Spread

CLOSE CONTACT

**DOES NOT SPREAD BY
AIRBORNE ROUTE**

THE VIRUS SPREADS WHEN
these droplets



Although everyone is at risk, but the high risk population is



Old Age

**Chronic Medical Conditions
(Hypertension;
Asthma; and
Diabetes)**

Small Children

Pregnant Women

PRECAUTIONS TO BE TAKEN AMIDST CORONA VIRUS

HOW TO
MAKE
YOURSELF
SAFE

Measures To Be
Taken

Help Prevent the Spread of Coronavirus (and other contagious diseases)



**Wash Your Hands
Frequently - for
20 Seconds**

**Cough or Sneeze
into Your Sleeve**



**If You are Sick,
Stay Home**

- If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

WHAT CAN I DO TO HELP MY SOCIETY

FEEL FREE TO CONTACT ON THIS
NUMBER IF YOU FIND EITHER YOU OR
ANYONE IN YOUR VICINITY HAVE
SYMPTOMS OF CORONAVIRUS



Ministry of Health & Family Welfare
Government of India

Helpline for
Novel Coronavirus
+91-11-23978046

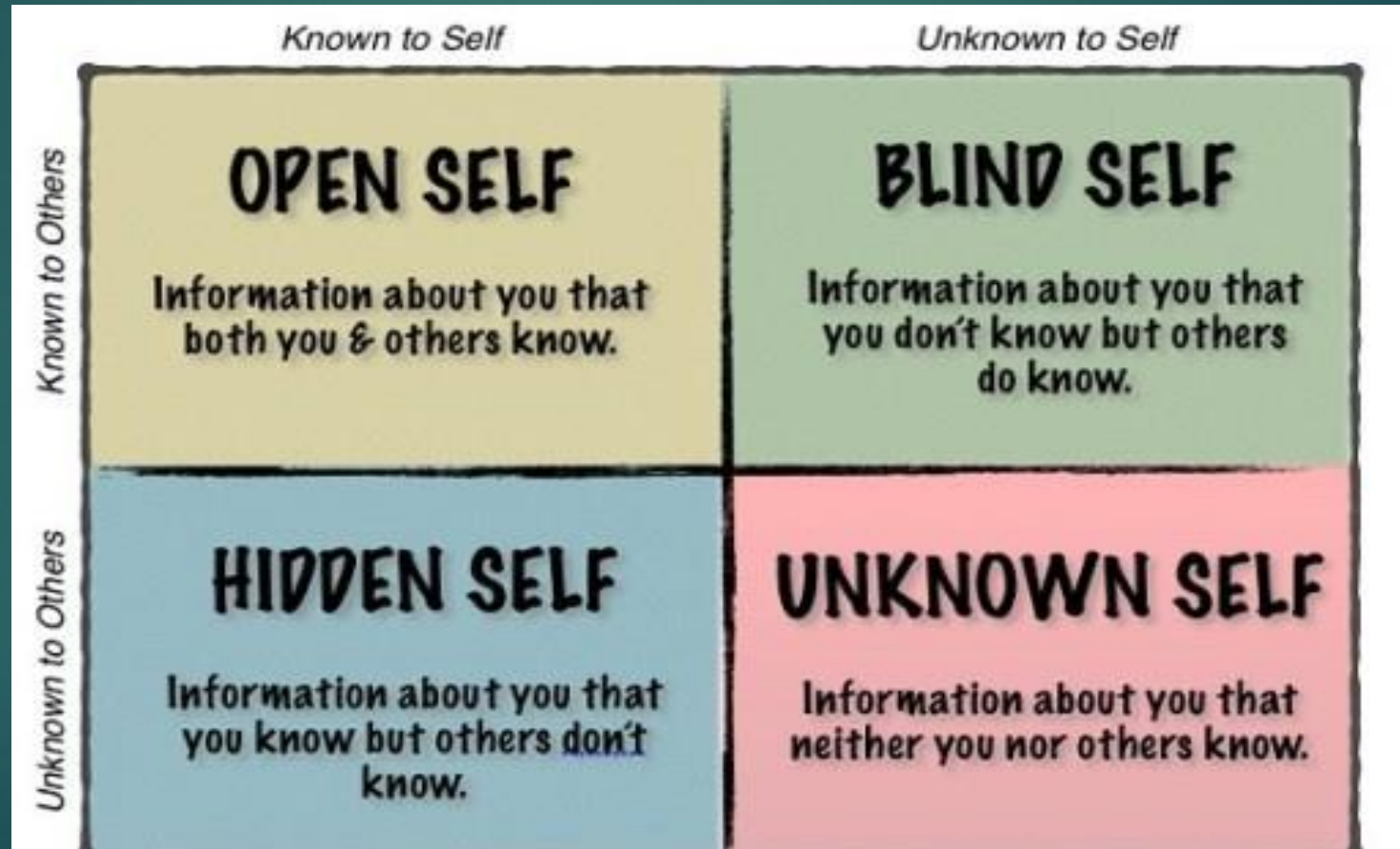


SITTING AT HOME??



**GIVE YOURSELF TIME
TO REDISCOVER
YOURSELF**

4 SIMPLE STEPS OF IDENTIFYING SELF WITH YOUR FAMILY



WHAT WILL YOU GAIN FROM THIS ANALYSIS??

Need for Johari Window

Self-Awareness

Cordial Relationships

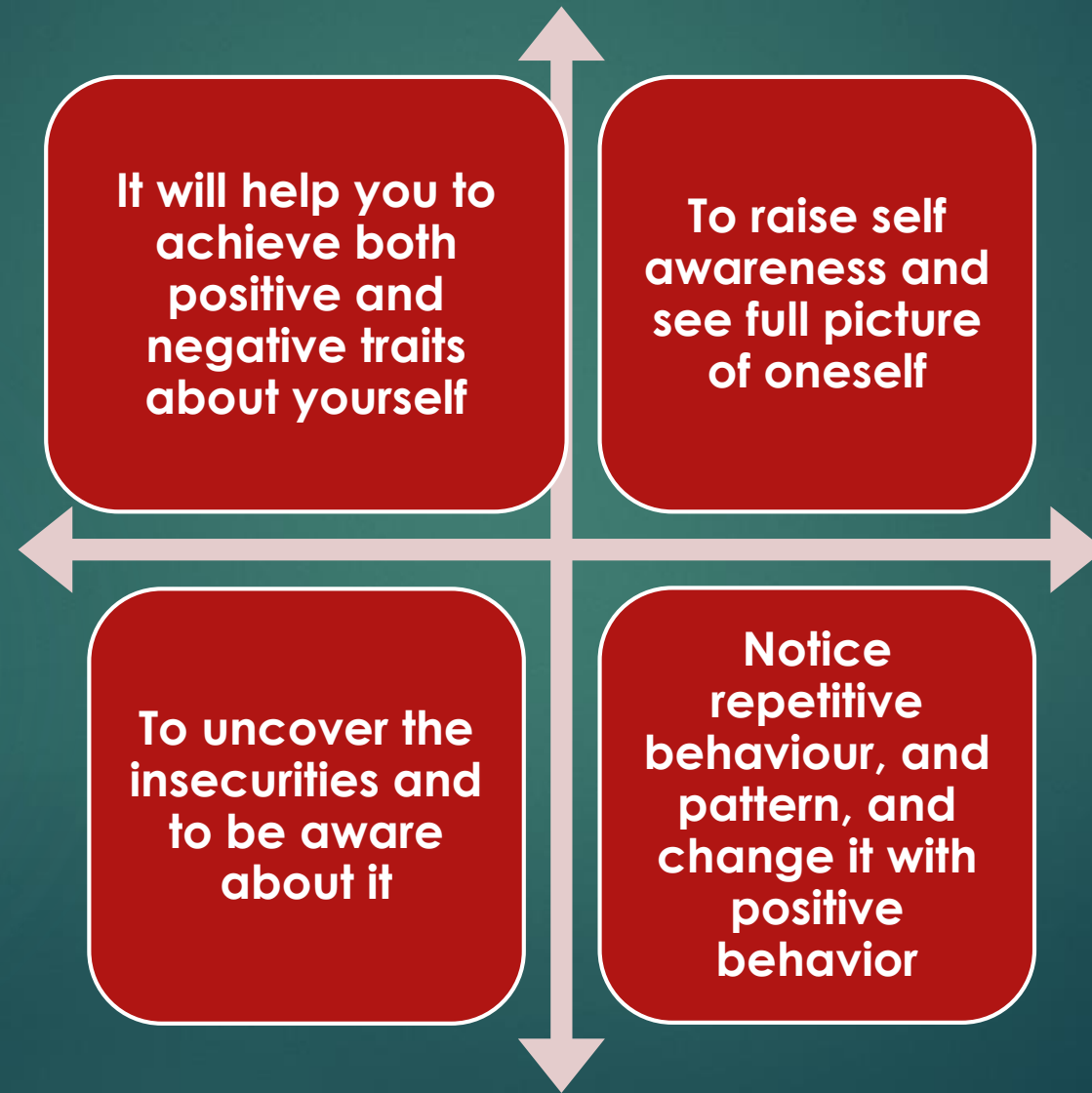
Improves Communication

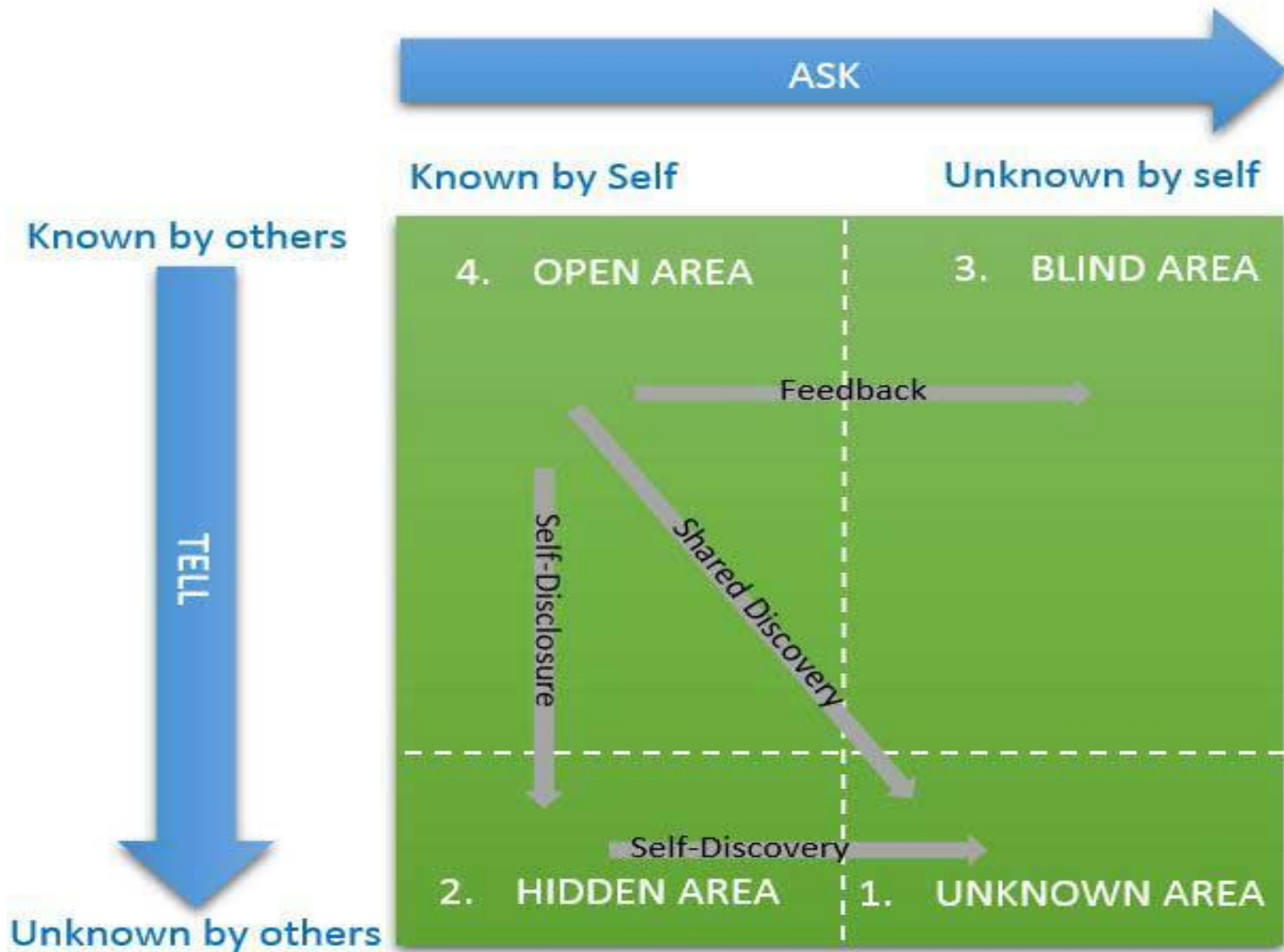
Team Development

Personal Development

Group Dynamics

WHAT WILL YOU ACHIEVE





Sit with your family, and start discovering yourself and each other.

PRECAUTIONS DURING JOHARI WINDOW



Thank you!