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HEALTH INSURANCE

DECODING... CORONAVIRUS (COVID-19)

HOW DOES IT SPREAD?



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SICK PERSON



HEALTHY PERSON

**WHEN THE COUGH DROPLETS
OF A SICK PERSON GETS
TRANSFERRED TO A HEALTHY PERSON
(EYE, NOSE & MOUTH)**

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6 FEET DISTANCE

AACHOO!!!!

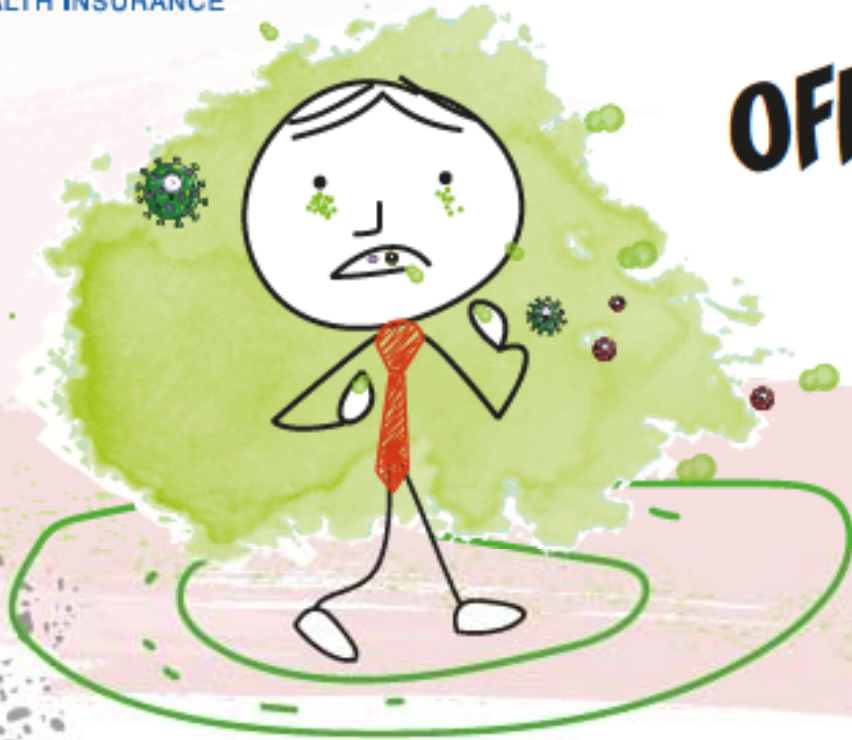
**IF SOMEONE AROUND YOU
IS SNEEZING OR COUGHING**

**MAINTAIN A 6 FEET DISTANCE
FROM THE PERSON WHICH WILL
KEEP YOU SAFE FROM LARGE DROPLETS.**

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OFFER THEM A FACE MASK.



SICK PERSON

**THEY CAN COUGH/SNEEZE INTO IT
AND PROTECT EVERYONE
ELSE NEARBY.**

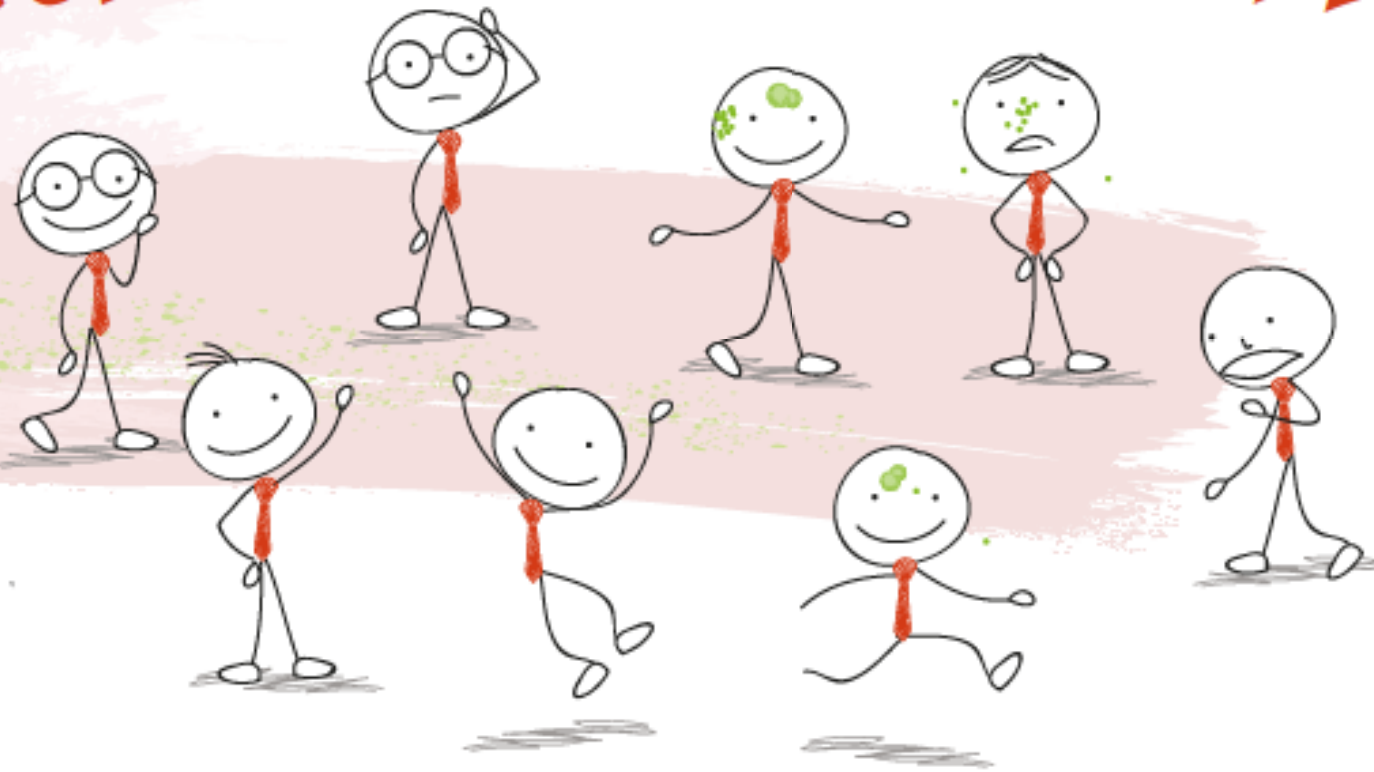


HEALTHY PERSON

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STOP BEING A SOCIAL BUTTERFLY!



AVOID LARGE GATHERING, BECAUSE YOU MIGHT NOT KNOW WHO IS SICK. INFECTED PEOPLE SHOW NO SYMPTOMS IN THE INITIAL STAGES BUT THEY STILL MIGHT INFECT OTHERS.

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TOUCH ME NOT!

SOMETIMES A SICK PERSON'S SALIVA
CAN GET ON OTHER THINGS:



DOOR KNOBS



DIGITAL DEVICES



CUPS



MOUSE



HANDRAILS OF STAIRS



LIFT BUTTONS



TISSUE



PENS



EVEN ON THE
OUTSIDE OF YOUR FACE MASK.

ACCIDENTALLY TOUCHING THESE THINGS AND THEN TOUCHING
YOUR EYES, NOSE OR FACE MAY MAKE YOU UNWELL

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WATER
+
SOAP!



**VIRUSES CAN LAST FOR UPTO 48 HOURS ON OBJECTS.
THE ONLY EFFECTIVE WAY TO GET RID OF THEM
IS TO WASH THEM OFF WITH SOAP OR
CLEANSE THEM WITH A SANITIZER.**

THE 10 COMMANDMENTS:

**HOW CAN WE AVOID
GETTING INFECTED?**

FOLLOW THESE SIMPLE STEPS

1



**WASH YOUR HANDS FREQUENTLY
AND THOROUGHLY WITH SOAP AND
WATER FOR AT LEAST 20 SECONDS
AFTER TOUCHING A SUSPECTED
CONTAMINATED SURFACE.**



2

WHILE COUGHING, COVER YOUR FACE WITH A DISPOSABLE TISSUE OR USE A MASK AND DISCARD THEM IMMEDIATELY IN A WASTE BIN. DON'T WEAR THE MASK FOR MORE THAN 1 DAY.



3

**IN THE ABSENCE OF DISPOSABLE
TISSUES, YOU MAY COUGH/SNEEZE
INTO YOUR FOLDED ELBOW**



SICK PERSON

HEALTHY PERSON

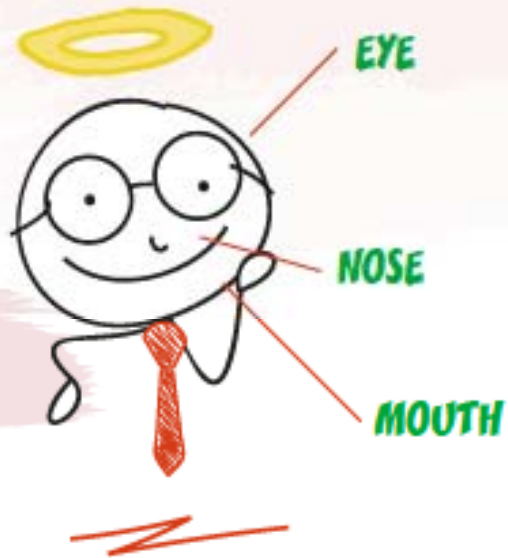
4

**AVOID HANDSHAKES AND HUGS.
MOST HYGIENIC FORM OF
GREETING IS NAMASTE!**



5

**AVOID COMING INTO CONTACT
WITH PEOPLE WHO ARE SICK.**



HEALTHY PERSON

6

**AVOID TOUCHING YOUR
EYES, EARS AND NOSE**

7



**USE AN ALCOHOL BASED HAND
SANITISER THAT CONTAINS AT
LEAST 60% ALCOHOL IF SOAP AND
WATER ARE NOT AVAILABLE**

9



**CLEAN AND DISINFECT
FREQUENTLY TOUCHED OBJECTS
AND SURFACES**

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10

**AND FINALLY,
SEEK MEDICAL ADVICE
IF YOU ARE SICK**

**STAY SAFE...
&
GO WASH YOUR HANDS NOW!**