



Bundelkhand University, Jhansi

Important Notice

Bundelkhand University, Jhansi is ready to fight with Epidemic Novel Corona Virus “COVID-19”, Let's stay strong and fight the COVID-19 outbreak by taking all precautionary measures. Stay safe, be vigilant and most importantly remember, prevention is better than cure. Please take care everyone.

Bundelkhand University has setup a helpline to resolve the queries related to Novel Corona Virus. Any query can be made through whatsapp on following numbers-

- i. 9473583251
- ii. 9839462439

Please check following precautions suggested by WHO(World health Organization) to stay safe at your home.

GET SAFE FROM CORONA VIRUS “COVID-19”



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

GET SAFE FROM CORONA VIRUS “COVID-19”



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider





**STAY HEALTHY
WHILE TRAVELLING**

Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



 World Health Organization

**STAY HEALTHY
WHILE TRAVELLING**

Avoid close contact with people suffering from a fever and cough



Frequently clean hands by using alcohol-based hand rub or soap and water



Avoid touching eyes, nose or mouth



 World Health Organization

GET SAFE FROM CORONA VIRUS "COVID-19"



STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands



If you choose to wear a face mask, be
sure to cover mouth and nose -
avoid touching mask once it's on

Immediately discard single-use mask
after each use and wash hands after
removing masks



World Health
Organization

STAY HEALTHY WHILE TRAVELLING

If you become sick
while travelling,
inform crew and
seek medical care
early



If you seek medical
attention, share travel
history with your health
care provider



World Health
Organization



STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food 

 **Avoid spitting in public**

Avoid close contact and travel with animals that are sick 

 World Health Organization

Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.





 World Health Organization



Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



Practise food safety

Sick animals and animals that have died of diseases **should not be eaten**





Hand Washing Technique



WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

Wear a mask, if you are coughing or sneezing

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**

