INDIAN INSTITUTE OF TECHNOLOGY ROPAR

OFFICE OF INTERNATIONAL RELATIONS

5th March, 2020

ADVISORY FOR NOVEL CORONA VIRUS

Coronaviruses (COVID-19) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The novel coronavirus is a new strain earlier not recognised in humans. The virus can be transmitted between humans and animals.

Common signs of COVID-19 infection include respiratory symptoms, fever, dry cough and shortness of breath. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The infection can be spread from people who have the virus. The disease can spread from droplets of the nose or mouth and are spread when an infected person coughs or exhales. When the droplets come in contact with others and they touch their mouth or eyes or nose, the infection spreads. People can also catch the virus if they breathe in droplets from a person with COVID-19 who coughs or exhales droplets. World Health Organisation says studies suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

Preventive measures:

- Regularly wash hands thoroughly with alcohol-based hand rub or wash with soap and water. Wash hands before and after meals and at regular intervals to get rid of viruses.

- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing to avoid contracting droplets from anyone infected.

- Avoid touching eyes, nose and mouth without washing.

- 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.

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

- People with no respiratory symptoms, such as cough, do not need to wear a medical mask. People with symptoms should wear a mask as a preventive measure. Not all masks help in prevention of the spread of virus. There are some masks that would work which also need proper training to put on. Ensure the mask is cleaning, unused, has no holes and clean your hands before putting it on. Discard the mask after use and wash hands again.

What to do:

- Good personal hygiene is a must if Covid-19 spread has to be contained
- Practice frequent hand washing with soap(better with a hand wash)
- Always keep a hand sanitizer with you
- Cover your mouth when coughing or sneezing or through bending your arm
- Wear a mask if you have respiratory symptoms such as cough or running nose
- Don't get close to the persons having any cold or cough symptoms

What not to do:

- Avoid travelling if sick
- Avoid to be a part of crowd if not essential
- Close contact with people who are unwell or showing symptoms of illness should be avoided
- Don't consume raw/undercooked meat and avoid contact with live animals
- Avoid to eat street food (specially nonveg)

Request to IIT Ropar Fraternity:

- **In general, avoid international travel.**
- **Students availing exchange visits, conferences, workshops are required to consult their hosts and inform their travel plans to family members. They are required to sign a declaration form (available at the office of International Relations) before any foreign travel, till further notice.**
- **Faculty members are requested to consult their hosts before planning any international travel. However, there is no declaration form to be filled by them.**