

**DEPARTMENT OF PHYSIOLOGY,
SOUTH CALCUTTA GIRLS' COLLEGE**

Guidelines to stay healthy

- 1. Don't panic.**
- 2. Stay at Home for 21 days as suggested by the Government.**
- 3. Clean your hands in regular interval with alcohol based hand sanitizers, hand wash or soap.**
- 4. Don't touch your mouth, nose and eyes without any reason.**
- 5. Maintain social distance (atleast 1 meter) while you are in public place and home.**
- 6. 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.**
- 7. If you have fever, cough and difficulty in breathing, consultwith your doctor. Don't panic.**
- 8. Wear a mask if you are coughing or sneezing. You only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.**
- 9. Drink sufficient amount of water regularly.**
- 10. Increase your immunity, which can protect you from COVID 19.**

- 11. Take sufficient amount of Dietary protein by consuming the food like pulses, soybean, egg, fish and meat, which increases your immunity and can combat with COVID 19.**
- 12. Drink regularly warm water with lemon which washes the virus from throat.**
- 13. During this period please take vitamins along with your food (like Vit C, B12 etc) or take Vitamin Capsule (multivitamin) which also increases the immunity level.**
- 14. We all know, increase immunity level can save from any viral infection along with COVID 19**
- 15. Citrus fruit, Ginger, garlic, turmeric, broccoli, dark chocolate, spinach, nuts, almonds, papaya, kiwi and yogurt also increases the immunity level of Human beings, which can protect from 2019-nCoV infection.**
- 16. So if your immune level is at the best level, 2019-nCoV infection does not spread. So boost your immune level immediately.**
- 17. Above all, Once again we repeat, don't panic, because only 3-4% (still) is the mortality rate of COVID 19. So, we have to take the following precautions seriously as suggested by State, Central Government, WHO.**
- 18. Don't forget "Prevention is better than cure".**