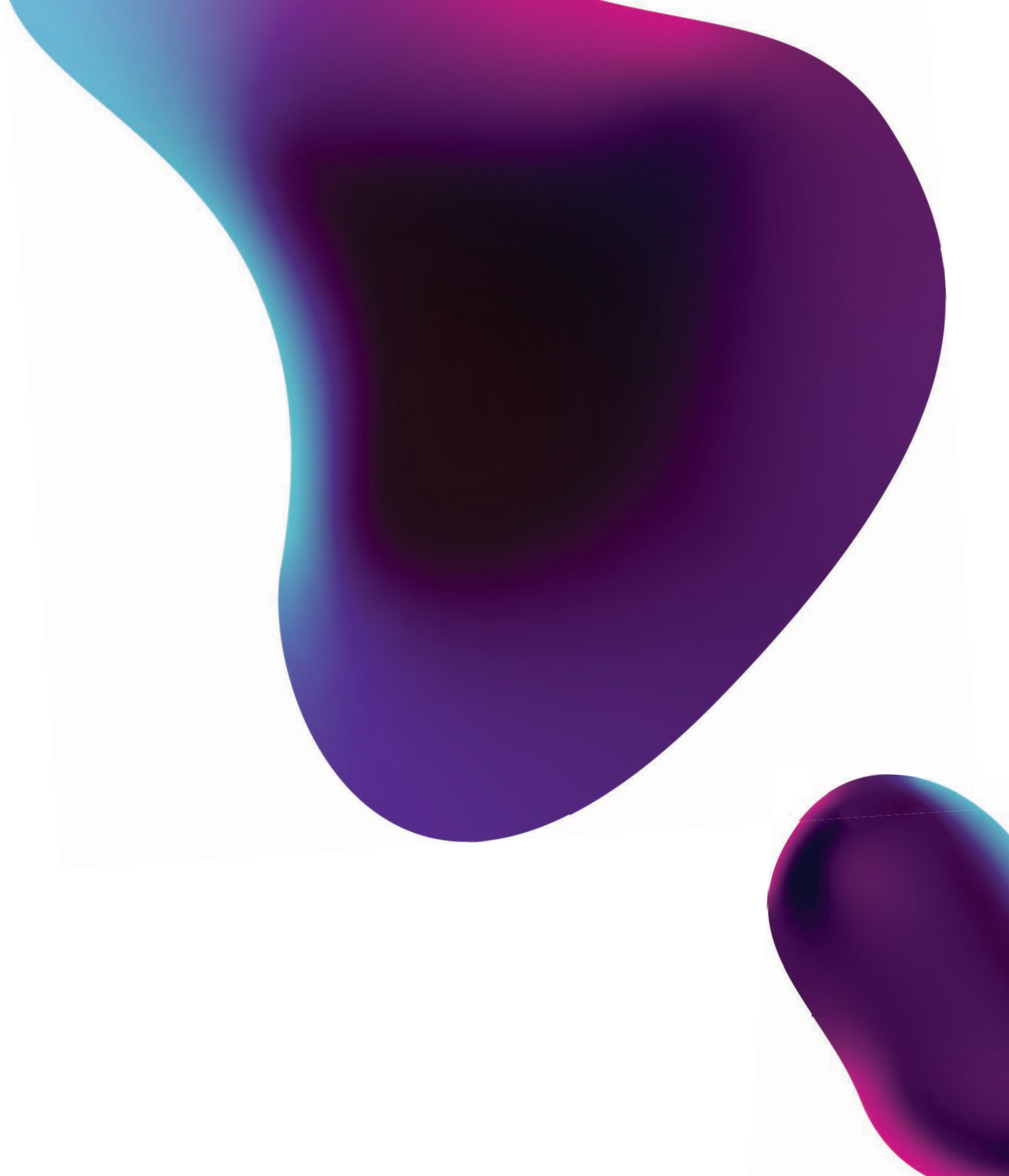


COVID19 Guidelines

Namaste Tourism



**Who are
at greatest risk?**

All ages can be infected

Following people are more vulnerable to becoming critically ill with the virus:

People over the
age of 65

People with
asthma

People with
diabetes

People with
heart issues or
disease

People with
compromised
immune

What are the symptoms of COVID19?

Symptoms of COVID19



Symptoms of COVID19

Most common symptoms

- fever
- dry cough
- tiredness

Less common symptoms

- aches and pains
- sore throat
- diarrhoea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin, or discolouration of fingers or toes

Serious symptoms

- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

How does COVID19 spread?

Spreading of COVID19



HUMAN CONTACT



PERSON COUGHS



**OBJECTS & SUBSTANCES
CONTACT**

How long does COVID19 last on surfaces?

COVID19 lifespan on common surfaces

 Air	3 hours	<div></div>
 Copper	4 hours	<div></div>
 Cardboard	24 hours	<div></div>
 Stainless Steel	2–3 days	<div></div>
 Polypropylene plastic	3 days	<div></div>

*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity

Source: New England Journal of Medicine

BUSINESS INSIDER

How to avoid the spread of COVID19?

7 steps to avoid the spread of COVID19

01

Washing your hands regularly

02

Avoid touching your mouth, eyes and nose

03

Cover your cough with the bend of your elbow or tissue

04

Avoid crowded places

05

Stay at home if you feel unwell even with a slight fever or cough

06

If you have fever, cough and difficulty in breathing, seek medical care early but make a phone call first

07

Stay aware about the latest information from WHO





Wearing mask



Wash your hands
frequently



Do not touch
your face



Keep distance



Keep clean



Cover coughs and sneezes



Use shirt arm
when cough



Stay home

and maintain physical distancing

**What is to be done if
someone is found to be
COVID19 positive?**

Care for the person...



01

Isolate sick people from healthy people by providing them separate rooms

02

Identify separate bathroom for sick person to use if possible

03

Prohibit visitors

04

Provide clean disposable face mask to sick person

05

Clean high touch surfaces such as door knob, bathroom fixtures, tables, toilets, phone keyboards, etc

06

Wash laundry separately and thoroughly

07

Put mask, gloves and other patient related items in a separate disposable bag before disposing it with other items

08

Monitor patient and your health and inform medical care immediately if anyone develops symptoms suggestive of COVID19

What are the myths about COVID19?

Myths about COVID19...



Mosquito bites spread virus

Hold your breath to test if you are COVID19

Eat garlic to avoid infection

Drinking cows urine treats infection

How to travel during COVID19?

6 ways to travel safely...



01

Wear reusable masks

02

Maintain physical distance of 1 metre at all times

03

Wash hands thoroughly with soap & water or sanitizer. Also clean the surfaces

04

Avoid mass gatherings

05

Be empathetic towards others

06

Monitor your health regularly



Namaste Tourism encourages safe &
responsible travel

+91 9833128208 | info@namastetourism.com | www.namastetourism.com
Follow us on Facebook & Twitter @namastetourism | Instagram #namastetourism