

- cover your nose and mouth with disposable fissi or handkerchief flexed arm position and avoid crowded places.
- 2. Frequently wash your hands with soap and water.
- 3. Person suffering from Influenza like illness must be confined (quarantine) at home and consult doctor.
- 4. Stay more than one meter's length distance from person sick with flu and wear mask (Sanitize after every use).
- 5. Drink plenty of warm water and eat nutritious food.

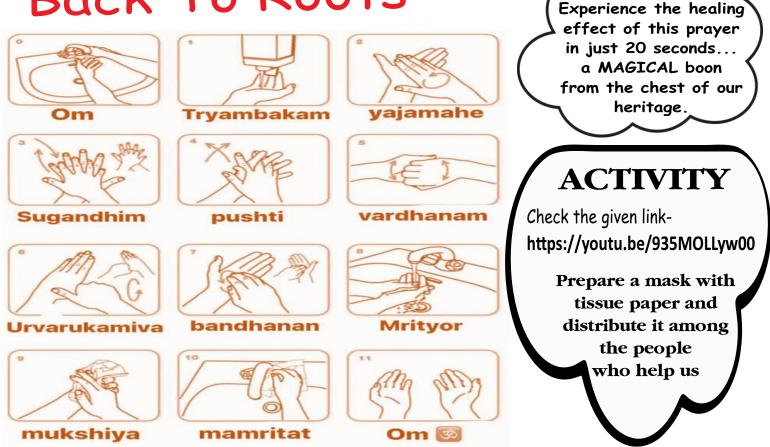
- 1. Touching eyes, nose or mouth with unwashed hands while coughing or sneezing.
- 2. Hugging, shaking hands or by any means being in physical contact.
- 3. Taking medicines without consulting doctors.
- 4. Disposal of used napkin or tissue papers in open areas.
- 5. Touching surfaces usually used by public (like railing, knob of doors, handles of gates or transport seats).

HOME REMEDIES



- \checkmark Bath with salt water
 - Take more lemons with hot water and turmeric

Back To Roots



State whether the following statements are True or False:-

- 1. Corona virus that has spread in many countries had started from Wuhan in China.
- 2. WHO doesn't consider this virus very serious.
- 3. Inability to sleep is one of the symptoms of this virus.
- 4. Corona virus disease is also known as Covid-19.
- 5. People can travel where ever they want despite of this widespread virus freely.

Match the following:-

<u>Column - A</u>

- 1. Clean hands frequently with
- 2. Cover nose and mouth
- 3. If you develop any symptoms of corona virus
- 4. People may experience in case if infected
- 5. Drink plenty of warm water and

<u>Column - B</u>

- a. Flexed elbow
- b. Consult your doctor immediately and avoid traveling and contacts with others
- c. Alcohols-based hand rub or soap and water
- d. Eat nutritious food
- e. Runny nose, sore throat, cough, fever, difficulty breathing (severe cases)

Complete this assignment and hand it over to the Class Teacher of your new class on the First Day of School.