

# NO TENSION GUIDE TO BEAT CORONA

Stay Home, Stay Safe.

#indiafightscorona



## WHAT IS COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.



FEVER



DRY COUGH



BREATHING DIFFICULTY

## PROTECT YOUR LOVED ONES

There is no need to panic. Just follow these 4 easy steps.



01.  **Wash your hands** regularly with soap and water.



02.  **Wear a mask** whenever you go out.



03.  **Cover your mouth and nose** with something while sneezing or coughing.



04.  **Avoid contact with others. Stay home. Stay safe.**



## FOLLOW NEWS, NOT WHATSAPP

Don't spread misinformation.

Make sure you are verifying anything you read about COVID-19 on the World Health Organization website or from the government's updates. Don't spread misinformation, it can be very harmful and lead to a lot of panic.



**Taking a hot bath can prevent COVID-19.**



This is NOT true. Taking a hot bath will not prevent you from catching COVID-19.

**Mosquitos and animals like dogs and cats can transmit COVID-19.**



This is NOT true. There is no evidence that mosquitos or animals transmit this disease. Only human-to-human contact can transmit COVID-19.

**Eating garlic helps prevent infection with the COVID-19.**



This is NOT true. Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from COVID-19.



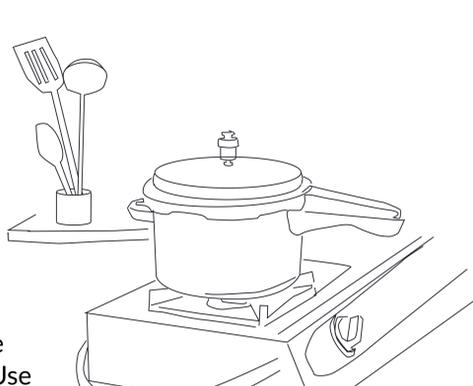
**For More Corona Related Questions**

Please Send a "hi" on WhatsApp to +41 22 501 76 55. The WHO (World Health Organisation ) will answer.

## BE HAPPY AND HEALTHY

Take care of yourself.

During such times, we all can get stressed and have fears because we've lost the flow of our regular schedule. Use this time to develop calming habits that can help your mental and physical self.



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### TALK TO A FRIEND

Call or chat with a friend everyday. Try to talk about things other than the epidemic. Talking to a friend can help you feel at ease.

### MEDITATION PRACTICE

You don't have to sit for an hour to reap the benefits of meditation. Just take out 10 min a day to sit with yourself. Try to go outside your 'thoughts.' This will help centre you and keep stress at bay.

### PHYSICAL EXERCISE

Write down a 10 min exercise set for yourself or use youtube and pick a favorite home video. Exercising releases endorphins in the brain and keeps you feeling happy and energetic. If you find it hard to develop an exercise routine, try using this set and repeat this cycle 2 or 3 times.

- Jumping Jacks (20)
- Pushups (15)
- Stomach crunches (20)
- Jog in place (60 seconds)
- Hip Raisers (15 each side)

(repeat this 2 to 3 times)

### EAT WELL

Try to eat nutritious food and avoid junk food. Our immunity needs to be boosted and healthy at this time. We need all the vitamins, minerals and proteins we can get. So stick to veggies, proteins, fruits, and some carbohydrates.

### LEARN SOMETHING NEW

If you have added time in your day, try to learn or do something in the house you never had time for before. Maybe try to learn the basics of a new language online. Do a home craft project with your family. Learn to cook new dishes. Repetitive actions also help with stress, so you can learn to knit or stitch.

### HELP OTHERS IN NEED

No matter how little or much we have, we can always help others. We can donate money to organizations helping people who don't have access to food or medicines. Or to individuals cooking for the elderly people in our neighborhood. Help can be as simple as making sure you are checking in with your family and friends to see if they are doing ok and need anything. Times like these can teach us to find our kindest selves!

Together, we all can be healthier and have NO TENSION.

Be aware, practise social distancing, and wash your hands. Try to use this time positively. Good luck!