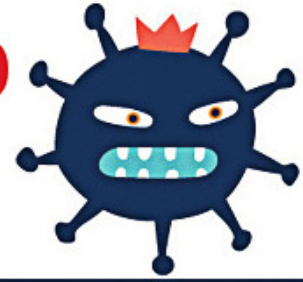




HEALTH ADVISORY TO PREVENT SPREAD OF CORONA VIRUS INFECTION

Stay Protected Stay Safe



Reduce the risk of Corona Virus Infection by following these important and comprehensive information. For Guidance and any Clarifications, you may reach out to **SCSC** (who are the Designated Liasoning Body)

Corona Virus is a new disease which originated in China and has spread to several other countries. The Virus has flu like symptoms.



**HELP LINE NUMBER
104**

SYMPTOMS



FEVER



COUGH



SHORTNESS OF BREATH

INFECTION



1. You may get infected only when you come into physical proximity of an infected person. Proximity of within 3 feet, when you are exposed to the cough/ sneeze of the infected person.
2. When you touch the surface that is touched by the infected person
3. You will not get infected by living in the same city/ community/ building/ or by sharing same office space. This is not an air-borne disease and hence co-existence without proximity does not impact

Procedure for Employees returning from abroad

1. If the returning employees have symptoms of Covid - 19 ask them to get tested, at nearby listed hospitals and allow them for self isolation and work from home for 14 days
2. If the returning employee has no symptoms but he/she had travelled from a country in a Covid -19 risk zone, allow them for self isolation and work from home for 14 days



PRECAUTIONS



Wash your hands frequently with soap and water or use an alcohol based handrub



Avoid close contact with anyone showing symptoms of respiratory illness such as coughing & sneezing



Avoid consumption of raw or undercooked animal products



When coughing and sneezing, cover mouth and nose with flexed elbow or tissue



If you have fever, cough or shortness of breathe, inform your HR and seek medical care immediately



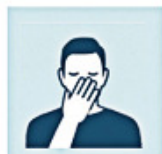
Limit going to public places (religious gatherings, entertainment, restaurants, sports arenas, market places, malls, theatres, ...)



Maintain social distancing – maintain at least 1 mt (3 ft) distance from other people



When you see some one in office with Covid-19 symptoms, please bring it to the attention of your HR



Avoid touching eyes, nose & mouth



Not everyone showing symptoms of Cold, Cough & Fever is a Covid-19 suspect. Show respect & kindness.



You need to wear a mask only if you have respiratory symptoms (coughing/ sneezing) to protect others – if you wear a mask, please be aware of how to use and how to dispose

If you do not have symptoms, there is no need for using mask

PREVENTION OF RUMOURS

1. Do not believe everything that is received in WhatsApp
2. In case of any rumours, please check with your HR & validate.
3. Please follow daily media bulletins released by Health Department.
4. Follow advisories on Twitter from CP Cyberabad (@cpcybd) and SCSC (@SCSC_Cyberabad)

To the extent possible, use technology for meetings & avoid hosting non-essential meetings that may involve large gatherings



Maintain high immunity levels by - sleeping at least 6-8 hrs/day, drink adequate fluids, exercise 30 mins daily to reduce impact of the virus.

Let's work together to keep Hyderabad free of Covid-19 virus!