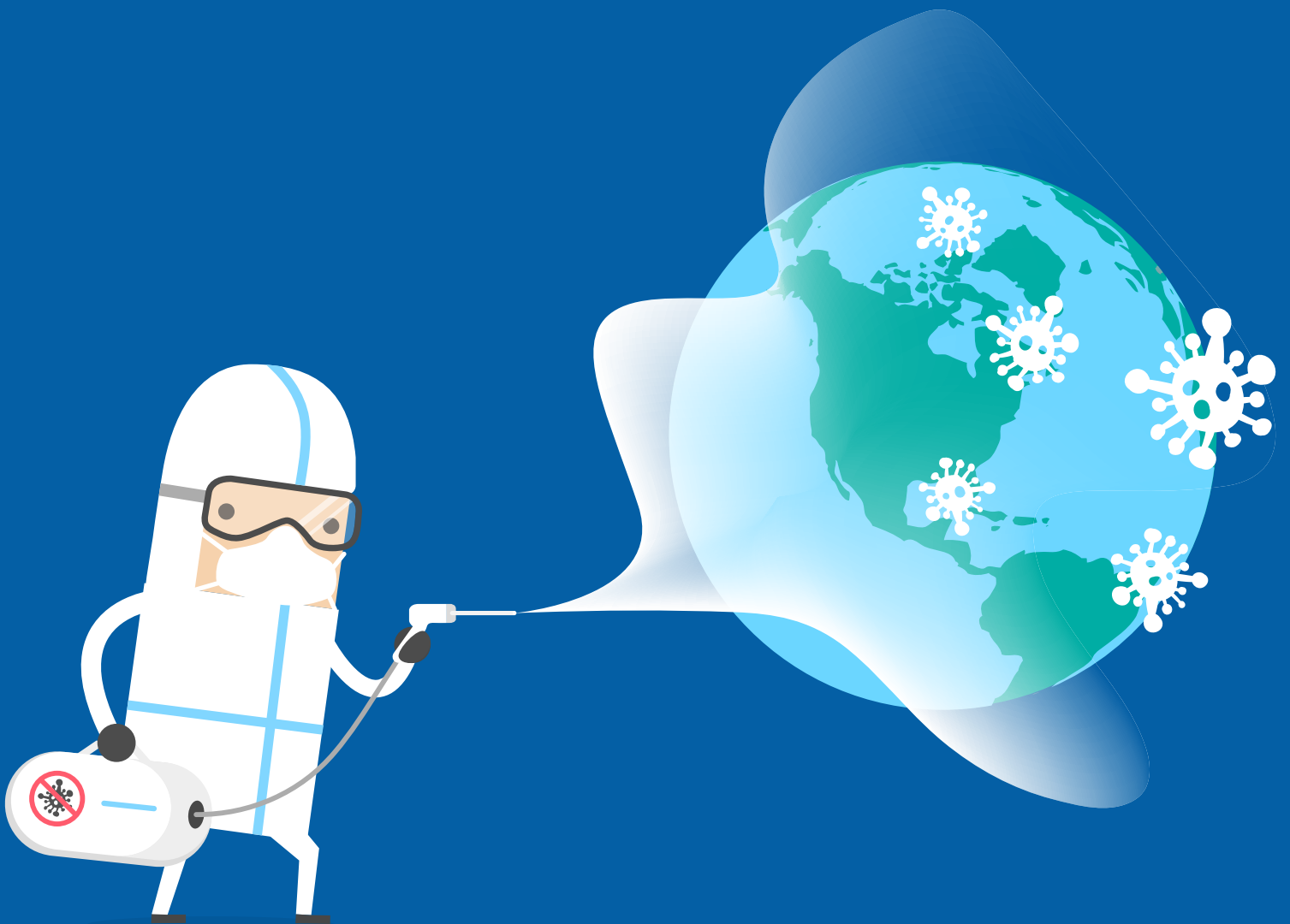


KNOW THE CORONAVIRUS/ COVID-19

BETTER KNOWLEDGE FOR BETTER SAFETY



Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases.

In severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

COVID-19 is now a matter of concern.

Here's a guide to help you through it.

CONSULT A DOCTOR IF YOU HAVE THE FOLLOWING SYMPTOMS:



FEVER



BODY ACHES



COUGH



**DIFFICULTY
IN BREATHING**



FATIGUE

HERE'S HOW YOU CAN PROTECT YOURSELF:



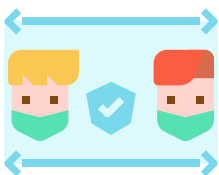
Wash your hands regularly for 20 seconds
(While you wash your hands for 20 sec, do remember to close the tap to save water.)



Cover mouth with elbow/tissue while coughing & sneezing



Cook meat and eggs thoroughly



Limit your social interactions
Stay at home as much as possible



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

THINGS YOU MUST KEEP IN MIND



Avoid touching eyes, nose and mouth



If you have fever, cough and difficulty breathing, seek medical care early

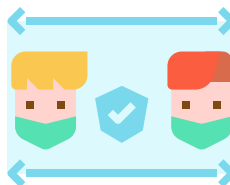
THINGS TO REMEMBER WHEN IN PUBLIC PLACES



AVOID TOUCHING
EYES, NOSE AND MOUTH

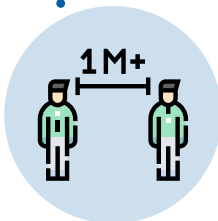


KEEP SANITIZER
WITH YOU
ALWAYS



**MAINTAIN
A DISTANCE**
FROM PEOPLE

**DON'T
SHAKE HANDS,**
GREET PEOPLE WITH A
"NAMASTE"
INSTEAD



Central Helpline Number for Corona-Virus:-

+91-11-23978046

S. No	Name of the State/ Union Territory	Helpline Nos.
1	Uttar Pradesh	18001805145
2	Delhi	011-22307145
3	Haryana	8558893911

List of Private Laboratories to test COVID-19

State/UT	LIST OF VRDLs
Uttar Pradesh	<ol style="list-style-type: none"> 1. RML Mehrotra Pathology Pvt Ltd, Nirala Nagar, Lucknow 2. Dept of Lab Medicine, Jaypee Hospital, Sector 128, Noida
Delhi	<ol style="list-style-type: none"> 1. Lal Path Labs, Block -E, Sector 18, Rohini, Delhi 2. Dr. Dangs Lab, C-2/1, Safadarjung Development Area, NewDelhi 3. Laboratory Services, Indraprastha Apollo Hospitals, Sarita Vihar, New Delhi 4. Max Lab, Max Super Speciality Hospital, Saket, New-Delhi 5. Sir Ganga Ram Hospital Clinical Lab Services, Sir Ganga Ram Hospital, Delhi 6. Oncquest Labs Ltd, 3-Factory Road, New-Delhi 7. Prognosis Laboratories, 515-16, Sector 19, Dwarka 8. City X-Ray & Scan Clinic Pvt Ltd, 4B/18, Tilak Nagar, NewDelhi
Haryana	<ol style="list-style-type: none"> 1. Strand Life Sciences, A-17, Sector 34, Gurugram 2. SRL Limited, GP26, Sector 18, Gurugram 3. Modern Diagnostic & Research Centre-Lab, 363-364/4, Jawahar Nagar. Gurgaon 4. Core Diagnostics Pvt Ltd, Udyog Vihar Phase-3, Gurgaon 5. MolQ Laboratory, Plot 28,29; Sector 18(P), Electronic city, Udyog Vihar, Phase IV, Gurgaon 6. Pathkind Diagnostics Pvt Ltd, Plot 55-56, Phase 4, Udyog Vihar, Sec 18, Gurgaon

List of Government Laboratories to test COVID-19

State/UT	LIST OF VRDLs
Uttar Pradesh	<ol style="list-style-type: none"> 1. King George Medical University, Lucknow 2. Institute of Medical Sciences, Banaras Hindu University, Varanasi 3. Jawaharlal Nehru Medical College, Aligarh 4. Command Hospital, Lucknow 5. Lala Lajpat Rai Memorial Medical College, Meerut 6. Sanjay Gandhi Post Graduate Institute, Lucknow 7. MLN Medical College, Allahabad 8. Uttar Pradesh University of Medical Sciences (Formerly Uttar Pradesh RIMS), Saifai 9. MLB Medical College, Jhansi 10. Regional Medical Research Centre, Gorakhpur 11. SN Medical College, Agra 12. RML Hospital, Lucknow 13. Govt. Institute of Medical Sciences, Noida 14. GSVM Medical College, Kanpur 15. National Institute of Biologicals, Noida (Highthroughput Laboratory)
Delhi	<ol style="list-style-type: none"> 1. All India Institute Medical Sciences 2. Lady Hardinge Medical College 3. National Centre for Disease Control 4. Ram Manohar Lohia Hospital 5. Institute of Liver & Biliary Sciences 6. Army Hospital Research & Referral 7. Maulana Azad Medical College 8. Vardhman Mahavir Medical College & Safdarjung Hospital
Haryana	<ol style="list-style-type: none"> 1. Pt. B.D. Sharma Post Graduate Inst. Of Med. Sciences, Rohtak, Haryana 2. BPS Govt. Medical College, Sonipat 3. ESIC Hospital, Faridabad 4. *ICAR-National Research Centre on Equines, Hisar

*CSIR/DBT/DST/DAE/ICAR/DRDO Labs. No support is sought from ICMR/ State Govt.

MYTH

The virus does not survive in warm climates

Cold weather and snow kills the virus

Spraying alcohol/chlorine all over your body will kill the virus.

BUSTED

Not true. The virus can be transmitted in ALL areas.

Not true. Human body temperature remains around 36.5-37 degrees regardless of the external temperature.

No, this will not kill the viruses that have already entered your body.

**STAY SAFE,
STAY HEALTHY.**



STAY HOME, STAY SAFE

GO DIGITAL FOR YOUR DAILY NEEDS



Banking Transactions



Groceries



Medicines



Electricity/Water bills



Insurance



Issued in public awareness by Jaypee Healthcare

Jaypee Hospital, Sector-128, Noida-201304, UP, India
0120 412 2222 | askus@jaypeehealthcare.com | www.jaypeehealthcare.com | Follow us: 