



Information about Novel Coronavirus Disease (COVID-19)

- 1 Novel Coronavirus Disease (COVID-19) is an infectious disease
- 2 The most common symptoms of COVID-19 are fever, cough and difficulty in breathing
- 3 Most people (4 in 5) who are infected with COVID-19 develop very mild or mild symptoms only, while a few (1 in 5) may develop a comparatively severe form of illness
- 4 Older people and those with underlying medical problems like hypertension, cardiovascular disease, diabetes, chronic respiratory disease or cancer are more likely to develop serious illness

Advisory for Passengers travelling by Train

- Maintain hand hygiene:**
 - ▶ Wash or sanitize hands frequently
- Maintain respiratory hygiene:**
 - ▶ Respiratory diseases like COVID-19 spread through droplets of saliva, usually when people cough or sneeze, and when others come in contact with the droplets. So, cover nose and mouth with a tissue / handkerchief while coughing or sneezing
 - ▶ Avoid touching your eyes, nose and mouth
- Wear a mask:**
 - ▶ It is mandatory to wear face covers / masks
 - ▶ Avoid touching the face cover / mask
 - ▶ Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
 - ▶ To remove the mask: remove it from behind (do not touch the front of mask)
 - ▶ Clean your hands with alcohol-based hand rub or soap and water, every time after touching your mask
 - ▶ Do not throw the used masks here and there
- Physical Distancing:**
 - ▶ Greet people without physical contact
 - ▶ Keep a distance of at least 1 meter or maintain appropriate distance from others while in the train or at the railway station
- Do not follow unhealthy habits:**
 - ▶ Do not smoke
 - ▶ Do not chew tobacco, khaini, gutka
 - ▶ Do not spit inside the train or from the window or on the platform. Spit only in the wash basin in the train toilet and then clean it with running water
- Clean up:**
 - ▶ Avoid touching frequently used surfaces/objects with bare hands
 - ▶ Keep the windows open for circulation of air
 - ▶ Do not share your personal items with co-passengers (phones, clothes, bedding, towels, eatables, toiletries etc)
 - ▶ Ensure toilets are left clean after use and wash hands frequently
- Stay alert for any signs of illness:**
 - ▶ In case you develop cough / fever / difficulty in breathing inform Railway staff and follow their instructions
- Remember to:**
 - ▶ Download the Arogya Setu App
 - ▶ Remember to keep practicing these simple DO's and Don'ts even afterwards and Be Safe

Get the right information here-

- (i) Government of India's national toll-free helpline-1075
- (ii) Ministry of Health and Family Welfare's website (www.mohfw.gov.in)