Corona Virus

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus causes corona virus disease COVID-19.

The symptoms are fever, cough, sorethroat, breathlessness, sneezing, myalgia, GI symptoms, weakness.

Basic preventive measures to be followed:

1. Physical distancing of at least one meter (6 feet) between individuals to be followed at all times.

2. Employees and Students entering the campus shall be thermally scanned for their body temperature. If the body temperature is normal, then nothing needs to be done. If the body temperature is higher than normal, then the Institute Health Centre must be informed, and the person scanned should be asked to visit the Health Centre, and their vehicle will also be disinfected.

3. Use of face covers/masks to be mandatory.

4. Don't touch your face, mouth and nose as this might increases the risk of infection.

5. Practice frequent hand washing (for at least 40-60 seconds) even when hands are not visibly dirty and use of alcohol based hand sanitizers (for at least 20 seconds).

6. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.

7. Self-monitoring of health by all and reporting any illness at the earliest

8. Spitting anywhere in the campus is strictly banned.

9. All employees must carry their ID card to be shown when stopped and asked by the Security.

10. Anyone coming to the campus from abroad or outside Warangal has to undergo a mandatory home quarantine for as per GOI norms after arrival on the campus.

11. Putting sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled.

12. Making sure that all toilets are disinfected at least twice a day, and all common areas are disinfected periodically.

13. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention. People can catch COVID-19 from others who have the virus.

14. Eat healthy foods to boost immunity.