COVID 19 message in Hindi

Hello friends, my name is Dr Hari Talreja, I am doctor working at Counties Manukau Health.

0:07: Today, we will talk about Coronavirus or COVID-19, about its signs and symptoms and what can we do about it.

0:22: This is a new kind of virus that can affect your airways and lungs. The main symptoms include fever that is generally above 38 ₀C, cough and shortness of breath. But remember that these symptoms may also be due to other infections such as influenza (flu). So we need to watch for these main symptoms.

0:55: And it has been found that these symptoms can occur anywhere between 2 to 10 days after exposure to Coronavirus.

1:04: Other important thing to know is how it spreads. This disease can spread though droplets so if anyone is sneezing or coughing, so many droplets of this virus are formed and we can get infected if we are exposed to these droplets. Also, these droplets can remain on different surfaces such as tables or chairs, and therefore the disease can also spread when these surfaces are touched. Therefore, regular hand washing is very important.

1:37: So what can do to prevent this infection? To avoid this infection, we can do simple things such as regular hand washes, just remember hands are to be washed with soap and water for at least 20 seconds, and this will be helpful. Another thing would be to make sure that your face is covered when you are about to sneeze or cough. If you do not have tissue, you may use your ‘armpit *or elbow*’ to do that. This will reduce the spread of droplets, and therefore will reduce the risk for others.

2:10: Also, if someone is unwell, make sure that you maintain a safe distance of at least 6 feet or 2 metres. And preferably avoid a contact for 15 mins or more. So as much as possible, please avoid close contact with someone who is unwell.

2:22: And if you yourself are unwell with such symptoms, then avoid going to public places, or to work. Prefer staying at home. If you are feeling unwell, we have good resources. You can contact Healthline on the number given below. Or you can call your family doctor over the phone first if you may need to visit the clinic. If you are feeling very sick, you may need to call 111. But remember to please call before you visit any healthcare facility to let them know about your symptoms, and maintain a distance from others.

Thank you