



LORDS INSTITUTE OF ENGINEERING & TECHNOLOGY

Approved by AICTE / Affiliated to Osmania University / Estd.2003.

Accredited 'A' grade by NAAC, Accredited by NBA



Sy.No:32, Himayathsagar, Golconda Post, Near TSPA Junction, Hyderabad-500 091
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NATIONAL SERVICE SCHEME (NSS UNIT)

Event Name: Awareness Programme on Covid-19 – Corona and Distribution of Hand Sanitizers in Temples & Churches

Date: 15-02-2020

Venue: Rajendranagar Village Time: 10.00 AM

SafetyNow COVID-19 PREVENTION

What is Covid-19?
Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as COVID-19.

Prevention & Risks
There are some things you can do to prevent the spread of COVID-19 in your community. Before you will find preventative measures and actions you can take to stay healthy and prevent the spread of COVID-19.

HAND WASH
WASH HANDS: Rub with soap and water for at least 20 seconds. The right move is to get rid of the germs that get on your hands.

CLEAN & DISINFECT
CLEAN & DISINFECT: your home with household cleaning and disinfectants. If you can't clean, you can't prevent the spread of disease including COVID-19.

WEAR A MASK
WEAR A MASK: It acts as a barrier and helps stop the droplets from spreading when you cough or sneeze.

DISINFECT FREQUENTLY TOUCHED SURFACES
DISINFECT: Frequent use of hand sanitizer can be used to clean your hands if you are not nearby to wash your hands.

SOCIAL DISTANCE
SOCIAL DISTANCE: Stay 6 feet away from others. Avoid handshakes, hugs, and kisses. Avoid groups of people. Stay home, unless you are sure you are not infected.

STAY AT HOME
STAY AT HOME: If you have symptoms of COVID-19, stay home. Avoid public places and avoid contact with others. If you must go out, wear a mask and avoid public places.

How is it spread?
Through respiratory droplets produced when an infected person coughs or sneezes.
Between people who are in close contact with one another (within 6 feet).

How is it prevented?
The CDC recommends **everyday** preventative actions to prevent the spread of respiratory diseases:
• Wash hands often with soap and water for **at least 20** seconds.
• Avoid touching eyes, nose or mouth.
• Avoid contact with sick people.
• Stay home while you are sick.
• Cover cough/sneeze with tissue, then throw tissue in trash.
• Clean/disinfect frequently touched objects and surfaces.
• Maintain current vaccinations (i.e. influenza)

What are the symptoms?
Symptoms may appear 2-14 days after exposure:
• FEVER
• COUGH
• SHORTNESS OF BREATH

For more information: www.cdc.gov/COVID19

Before arriving for treatment at ANY healthcare facility, please call ahead if you are experiencing symptoms mentioned above AND have recently traveled to an area that has COVID-19 transmission OR have been in contact with someone who is known to have COVID-19.

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COVID-19 General Prevention

Protect yourself from all infectious diseases by using these precautions.

- Stay home when you are sick
- Avoid contact with people who are sick
- Get adequate sleep and eat well-balanced meals
- Wash hands often with soap and water 20 second or longer
- Dry hands with a clean towel or air dry your hands
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Clean and disinfect "high touch" surfaces often
- Call before visiting your doctor

Clean all "high-touch" surface every day.
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables and mobile devices. Use the standard cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning products, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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National Service Scheme
Awareness program on COVID-19

on 15-02-2020 Friday in Rajendra Nagar & College Campus.
STAY HOME and STAY SAFE





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REPORT

The NSS Unit of Lords Institute of Engineering and Technology organized an Awareness Programme on Covid-19- Corona Virus on 15-02-2020. With the surge of the pandemic affecting the entire world, not only on the health but also the socio-economic conditions of the people, there was a need to create awareness among the public to safeguard themselves and their families from the deadly virus. In this regard, an awareness programme was organized for the residents at Rajendranagar where they were explained about the importance of maintaining cleanliness and hygiene to curb the spread of the virus. The residents were demonstrated on how to wear masks, maintain social distance, cover their nose and mouth during sneezing etc. They were emphasized on the importance of washing hands for every 30 minutes, wearing masks, avoid touching eyes, nose and mouth, practice respiratory hygiene and downloading Arogya Setu app which will alert the residents of the hotspots of corona virus prevalent nearby. Free masks and hand sanitizers were given to the residents and were demonstrated on how to use the sanitizers properly. The awareness programme received a great response from the residents who were inquisitive to gain more knowledge on the impact of the deadly virus. Nearly 300 students participated in the programme who enthusiastically volunteered in providing masks and sanitizers.