

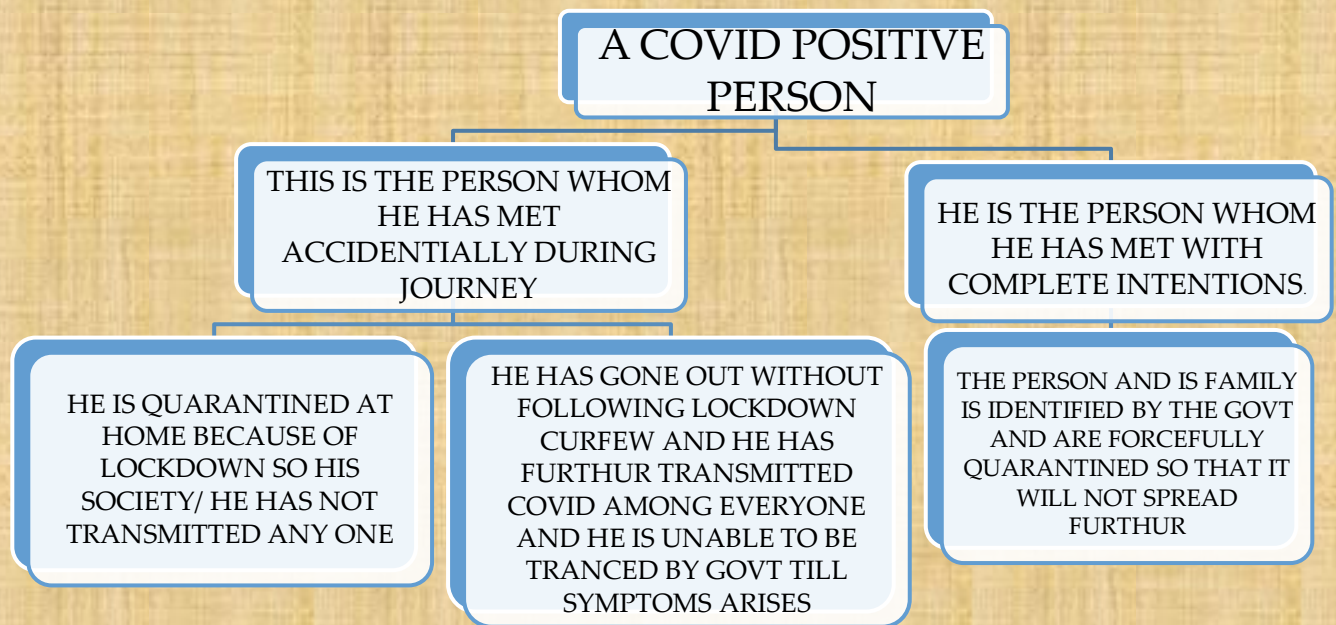
COVID-19: Understanding the importance of Quarantine, maintaining Social Distance and understanding isolation... and what our college has done on it.

By: J.Kuber Singh.

What we have understood till today is that, COVID-19 is a respiratory disease caused by a virus originated from china named as SARS-CoV-2 [nCoV-19]. This virus belongs to the family of corona viruses and is novel among them all. This disease has been declared as global health emergency by the World Health Organisation and there is no treatment found for it till the date...

So the only way that we can escape this pandemic crisis is by being in quarantine and maintaining social distance and following lockdown curfew.

So why is it important for us to stay at home ?




So, this means that if the positive person 'A' travels through bus, train, auto or taxi to meet someone 'C' and he accidentally meet some 'B' then the government will put the person 'C' and their family to forceful quarantine of 14 days.



But the person 'B' has 2 options...

Option 1: The person goes on self-quarantine for 14 days following lockdown curfew and not spreading it

to their dear ones.  LOCKDOWN

Option 2: Since the person is not recognised by govt for being in contact with the COVID19 positive. He/She will break lockdown curfew and meet many more people spreading COVID 19 and making many more accidental B's. So it is very much important to follow lockdown curfew.

So what has KLE College Of Pharmacy has done to create awareness?

- With the help of our principal Dr. Raman Dang and our NSS Programme Officer Dr. Mamatha. A, the team NSS has created online training and awareness conference through ZOOM app, has created many informative flyers and messagefull posters.

In the Online training program around 110 participants were involved and in presence of

regional NSS directorate and state NSS representatives.

Here are few flyers and informative posters;

**KLE COLLEGE OF PHARMACY
NATIONAL SERVICE SCHEME UNIT 8
BANGALORE-10**

PM SHRI NARENDRA MODI, JI URGES THE NATION TO SHOW THE UNITY AGAINST COVID 19 EMERGENCY ON 5TH APRIL 2020 AT 9PM FOR 9 MINUTES

What should we do?

1. On 5th April at 9pm we must all turn off our lights at home
2. Stand in balcony or at the door of our houses
3. Do not gather or assemble at any place
4. Light candles, Diya's, Torches or Mobile Flashlight
5. Do this for 9 minutes...

By doing this we show show that we all are ready to fight against COVID 19 and support the frontliners...

Contact No. Of Corona Warrior's :
Dr. Raman Dang - Principal & Chairman NSS KLECOP 9945846106
Dr. Mamata.A - NSS Programme Officer KLECOP 9448080051
NSS Students Coordinator- J.Kuber Singh & Rahul Kumar 7204628879 & 8217285867
NSS Volunteers- Balaji Gupta & Shashank V 8762946525 & 8748003290

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Category	Count
Active	2321
Recovered	192
Deceased	73

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**KLE COLLEGE OF PHARMACY
BANGALORE 560010
NATIONAL SERVICE SCHEME UNIT-8**

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include:

- Fever
- Cough
- Shortness of breath

Symptoms may appear 2-14 days after exposure. Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have had or have recently been in an area with reported cases of COVID-19.

INDIA COVID-19 TRACKER
A CROWDSOURCED INITIATIVE

CONFIRMED	ACTIVE	RECOVERED	DECEASED
718	660	45	13

LIVE TRACKING ON CASES : <http://www.covid19india.org>

HELPLINE NO. :
Dr. Raman Dang - NSS CHAIRMAN & PRINCIPAL, KLECOP (9945846106)
Dr. Mamata A - NSS Programme Officer, KLECOP (09686811051)
J.Kuber Singh & Rahul Kumar- NSS Co-ordinator, KLECOP (7204628879/ 8217285867)

**KLE COLLEGE OF PHARMACY
2nd BLOCK RAJAJINAGAR-560010
NATIONAL SERVICE SCHEME UNIT-8**

"Say No To Corona"
#Stay Healthy
#Stay Home
#Stay Safe

Make Your own Hand Sanitizer At Home

Nis Care For You

Take Any Soap in a vessel, make into smaller pieces. Then add some water and then add some SURGICAL SPIRIT available in the nearby medical Shop. Then Boil it until the soap dissolve.

Home Made Sanitizer Is Ready

step 1: In a litre take 95 ml of water (available in medical shop)

step 2: To it add 5ml of hydrogen peroxide (also available in medical shop)

step 3: add 2 ml of glycerol (available in medical shop) if not 10 drops of coconut oil.

step 4: Mix them thoroughly and take it in a small container.

HELPLINE NUMBERS OF CORONA WARRIORS
NSS CHAIRMAN AND PRINCIPAL OF KLECOP, DR. RAMAN DANG (+91-9945846106)
NSS PROGRAMME OFFICER, DR. MAMATHA (+91-9448080051)
NSS STUDENT COORDINATORS, RAHUL, SHASHANK (+91-8762946525) / KUBER SINGH (+91-7204628879)
NSS VOLUNTEER, SHASHANK V (+91-8748003290) / BALAJI GUPTA (+91-8762946252)

Our volunteers were successful in creating awareness and providing correct information's to the society.

To know more about us Follow us on our instagram page @nssklecops and in twitter @nssklecop and like our facebook page @nssklecops

For livetracking the no. of cases of COVID19 click the below link, www.covid19india.org .