Office of the Registrar  
(General Section)  
Aligarh Muslim University  
Aligarh

No. DJ-2//Gen

Dated: 04.03.2020

Advisory

Due to recent outbreak of COVID-19 caused by a new coronavirus, an advisory has been issued from the Ministry along with a copy of advisory both in Hindi and English to be circulated amongst the faculties, employees and students teaching/working and studying in the entire University.

As directed by the Vice-Chancellor, the said advisory in Hindi and English are enclosed herewith. Director, Computer Centre and Public Relations Office are requested to upload the aforesaid advisory on all the website for wide publicity and information.

For awareness amongst the University students, the Dean Students' Welfare, Principal, Women's College and all Provosts of Halls of residences may kindly issue necessary instructions separately in this regard.

(S.M. Rizwanur Rahman)  
Joint Registrar  
(General)

Encl: As above

Distribution:
1. All Deans of the Faculty/DSW
2. All Chairman of the Departments of Studies,
3. All Principals of Colleges/Polytechnics/Schools
4. All Heads of Centres/Cells/Sections/Units etc.
5. Asstt. Registrar, VC's/PVC's Secretariat
6. PS to Registrar/Finance Officer/Controller of Exams.
From: ali jafar abedi <alljafarabedi@gmail.com>                   Tue, Mar 03, 2020 06:06 PM

Subject: <No Subject>

To: vcamu@amu.ac.in

Sir,

Six cases with high viral load have been detected during sample testing in Agra. These are the ones who have come in contact with the COVID-19 patient from New Delhi, reported yesterday. Taking this in view it is requested that the attached advisory from ministry may be kindly put on university website and also mailed to all departments for publicity.

With warm regards

---

0_Advisory+Virus.pdf
437 KB

[Handwritten notes]

---

JR (Gen)

REGISTRAR
04/13
Ms. Naveen

A.M.U., Aligarh

[Handwritten notes]

---

Joint Registrar (General)
A.M.U., Aligarh

[Handwritten notes]

---

P.R.O.

[Handwritten notes]
Noval Coronavirus (2019-nCoV)-General Advisory for Public

The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

**Symptom**

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

**Incubation Period:** 14 days asymptomatic

**Mode of transmission**

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

**How to reduce risk of Coronavirus infection (2019-nCoV)**

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for atleast 14 days.

**DO's and DON'Ts**

<table>
<thead>
<tr>
<th>DO's</th>
<th>DON'Ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cover your nose and mouth with disposable tissue or handkerchief</td>
<td>Touching eyes, nose or mouth with unwashed hands</td>
</tr>
<tr>
<td>while coughing or sneezing</td>
<td>Hugging, kissing and shaking hands while greeting</td>
</tr>
<tr>
<td>Frequently wash your hands with soap and water</td>
<td>Spitting in public places</td>
</tr>
<tr>
<td>Avoid crowded places</td>
<td>Taking medicines without consulting doctor</td>
</tr>
<tr>
<td>Person suffering from Influenza like illness must be confined at home</td>
<td>Excessive physical exercise</td>
</tr>
<tr>
<td>Stay more than one arm's length distance from persons sick with flu</td>
<td>Disposal of used napkin or tissue paper in open areas</td>
</tr>
<tr>
<td>Take adequate sleep and rest</td>
<td>Touching surfaces usually used by public (Railings, door gates, etc</td>
</tr>
<tr>
<td>Drink plenty of water/liquids and eat nutritious food</td>
<td>Smoking in public places</td>
</tr>
<tr>
<td>Person suspected with Influenza like illness must consult doctor</td>
<td>Unnecessary testing</td>
</tr>
</tbody>
</table>

24*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020

Ph: 011-22307143, 22300012, 22300036
कोरोना वायरस

कोरोना वायरस एक तरह का संक्रमित वायरस है। यह वायरस एक व्यक्ति से दूसरे व्यक्ति में संक्रमण के जरिए फैलता है। इस वायरस के लक्षण निम्नलिखित की तरह हैं।

कोरोना वायरस के लक्षण :-

- सिर दर्द।
- राख पत्ते में तकलीफ।
- चीक।
- खांसी।
- वुधार।
- विकल्प फेल।

कोरोना वायरस से चिकारा :-

- अपने शरीर साफ और पानी या अल्कोहल युक्त हंडरब से साफ करे।
- खासीं और छीके वक अपनी नाक और मुंह को दिस्यूं या मुंत्री हुई कोहोली से ठंके।
- अपनी साडी या पल्लू जैसे लक्षण हो तो उनके साथ करीबी संपर्क बनाने से बचे।

क्या करें - क्या न करें

<table>
<thead>
<tr>
<th>क्या करें</th>
<th>क्या न करें</th>
</tr>
</thead>
<tbody>
<tr>
<td>खासीं और छीके वक अपनी नाक और मुंह को दिस्यूं या मुंत्री हुई कोहोली से ठंके।</td>
<td>गंदे हाथों से ऑंब, नाक और गूँह को लेना।</td>
</tr>
<tr>
<td>अपने हाथों को साफ और पानी से नियमित धोन।</td>
<td>किसी को मिलने के दौरान गले लगना, चूमना या हाथ मिलान।</td>
</tr>
<tr>
<td>ब्रांड-बाट वाले क्षेत्रों में जाने से बचें।</td>
<td>सार्वजनिक स्थानों पर जाना।</td>
</tr>
<tr>
<td>पल्लू से संक्रमित हो तो घर पर ही आराम करें।</td>
<td>बिना चिकित्सक के परामर्श के द्वारा लेना।</td>
</tr>
<tr>
<td>पल्लू से संक्रमित व्यक्ति से एक हाथ तक की दूरी बनाए रखें।</td>
<td>इस्तेमाल किए हुए नेप्किन, टिस्यू, पेपर इल्यादी खुले में फेल।</td>
</tr>
<tr>
<td>पर्यायी नीद और आराम लें।</td>
<td>पल्लू वायरस से दूरित स्थानों का स्थान (शरीर, दरवाजे इत्यादि)</td>
</tr>
<tr>
<td>पर्यायी मात्रा में पानी / ठंडे पानी चिप्स और पोषक आहार खाएं।</td>
<td>सार्वजनिक स्थानों पर धूसर पान करना।</td>
</tr>
<tr>
<td>पल्लू से संक्रमण का संदेह हो तो चिकित्सक से सलाह अर्जित करें।</td>
<td>अनावश्यक एच 1 एच 1 की जांच करवाएँ।</td>
</tr>
</tbody>
</table>

संबंधित जानकारी के लिए 24X7 कंट्रोल रूम के निम्नलिखित नंबरों पर संपर्क करें:
22307145, 22300012, 22300036
Steps for Hand washing

0. Wet hands with water;

1. Apply enough soap to cover all hand surfaces;

2. Rub hands palm to palm;

3. Right palm over left dorsum with interlaced fingers and vice versa;

4. Palm to palm with fingers interlaced;

5. Backs of fingers to opposing palms with fingers interlocked;

6. Rotational rubbing of left thumb clasped in right palm and vice versa;

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8. Rinse hands with water;

9. Dry hands thoroughly with a single use towel;

10. Use towel to turn off faucet;

11. Your hands are now safe.