



Chettinad
Academy
of Research and Education

COVID 19 Preventive measures





Avoid crowded places/gathering



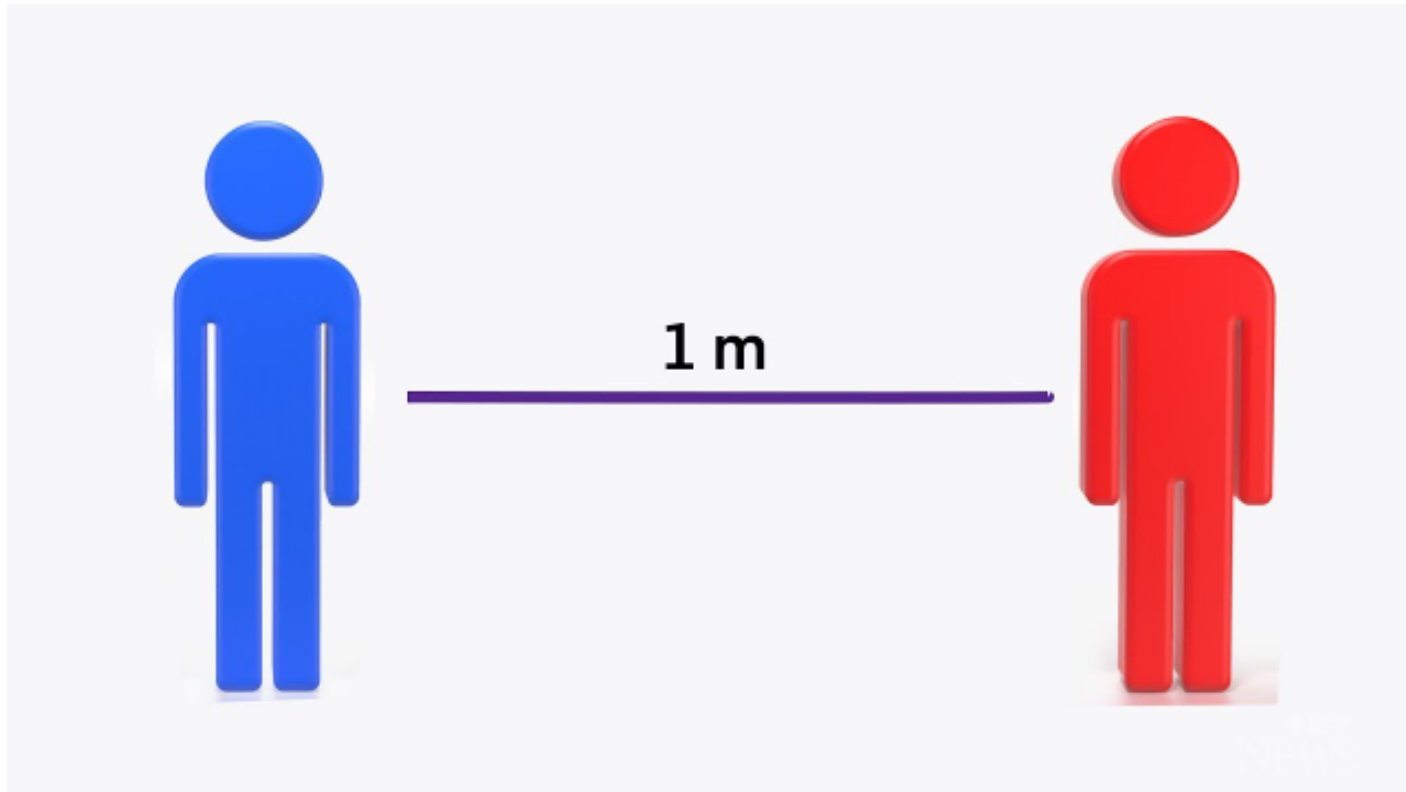


Avoid close contact & hand shake





Maintain Social Distancing





Wash hands with soap & water
frequently





Keep objects & surfaces disinfected





Keep your body hydrated

Drink plenty of water – 2 to 2.5 litres/day





Cover the nose
and mouth with
handkerchief/
tissue while
coughing or
sneezing

Throw tissues into closed dustbin
immediately after use





Don't panic

- Don't look for additional information about the virus on the internet.



Stay home Stay protected



During the symptoms of
cough, cold & fever



a. Wear mask



During the symptoms
of
cough, cold & fever



b. Self isolate in a
separate room

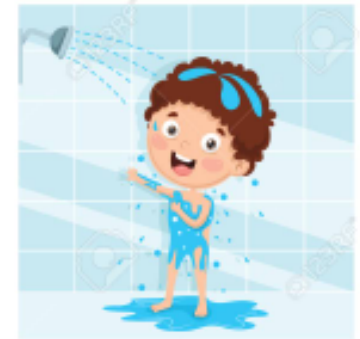
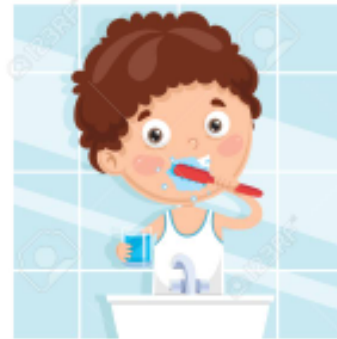


During the symptoms of cough, cold & fever

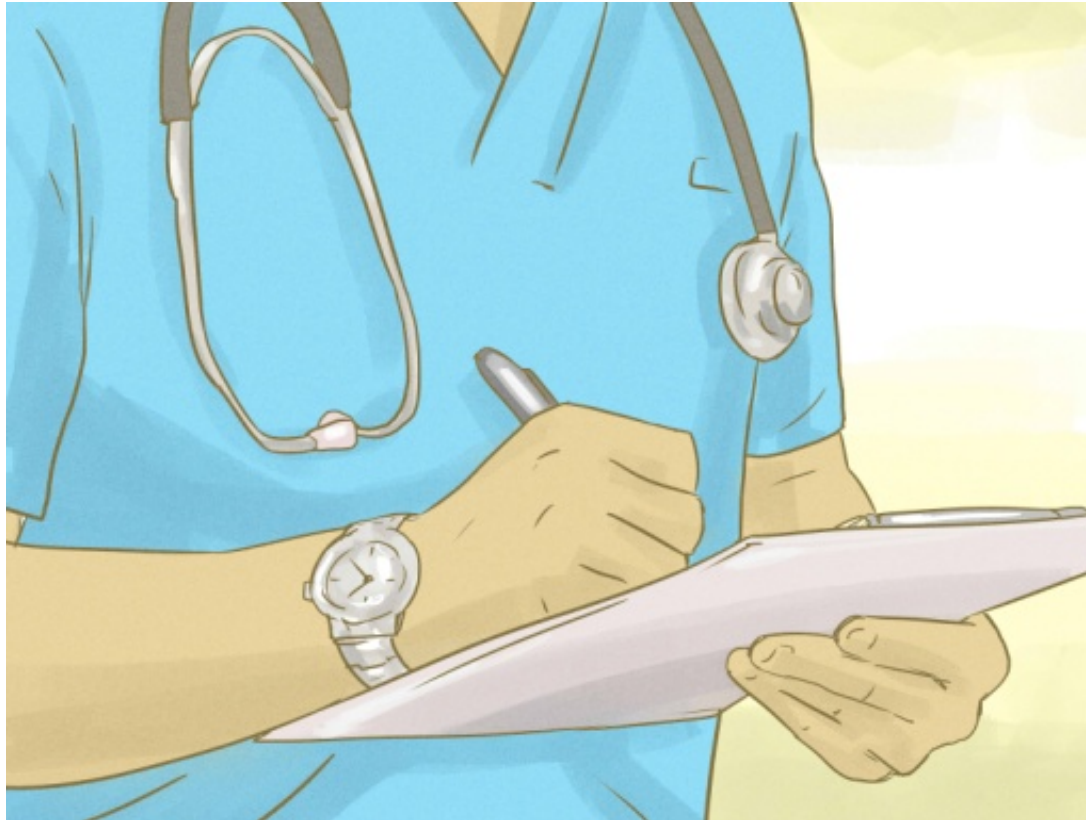


C. Maintain personal hygiene

- Take bath daily
- Wash hands frequently
- Use separate toilet
- Wash utensils separately
- Wash clothes in hot water & hang separately



During the symptoms of
cough, cold & fever



d. Seek medical advice

e. Contact the nearest hospital



- Symptoms getting worse
- New symptoms appear
- Use ambulance to reach hospital





For tele-medical advice

CARE e-Clinic

Talk to our doctors from various specialities for free medical advice

Visit us at: eclinic.chettinadhealthcity.com

Why CARE e-Clinic?

Your current medical condition may require a hospital visit and examination. But you may have concerns that your visit to the hospital may expose you to Covid-19 infection. Chettinad Academy of Research and Education(CARE) and its alumni provide medical advice to the concerned patients through its e-portal in the current period of national lockdown.

How does it work?

Visit us at eclinic.chettinadhealthcity.com and fill in details. Our doctors will call and give medical advice.

Step 1 - Register and provide the details asked for using the link.

Step 2 - Wait for the call from our doctor to provide appropriate medical advice.

Note:

- Medical advice is available only for NON-EMERGENCY cases.
- Medical advice is limited to first aid, life-saving measure, counseling and advice on referral.
- For emergencies, please visit the nearest hospital.



Stay Home Stay Protected
CARE Cares for you!



Chettinad
Academy
of Research and Education

STAY SAFE
STAY PROTECTED
CARE CARES FOR U