

HOMEOFRAGMENT

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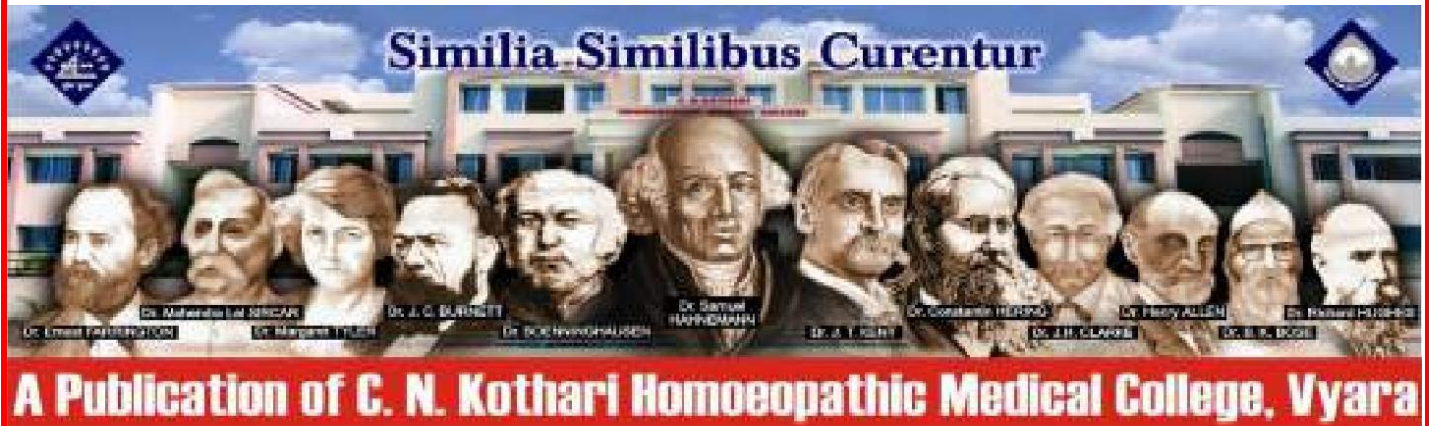


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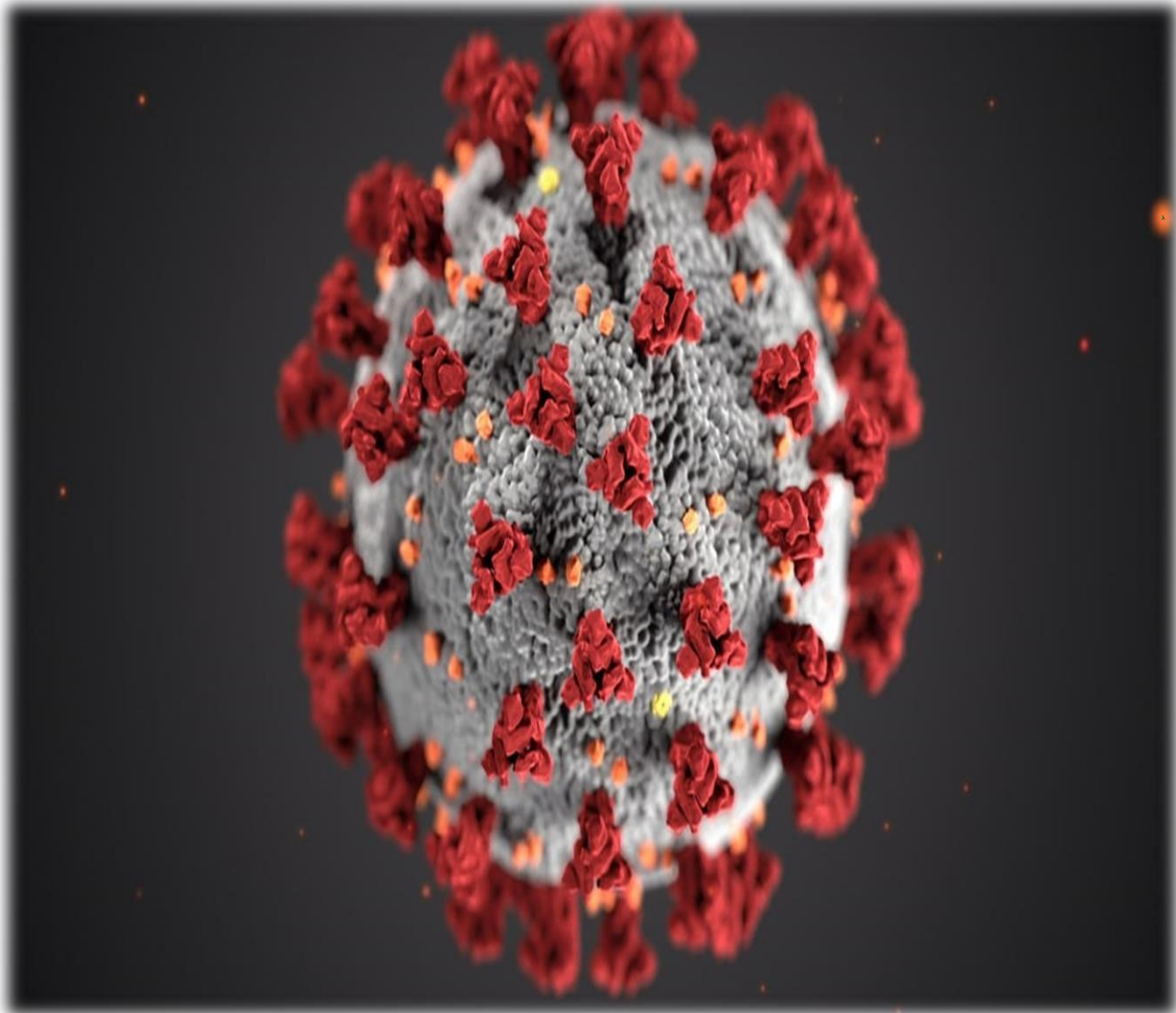
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Novel Covid -19



What is a corona virus?

Corona viruses are a group of related RNA viruses that cause diseases in mammals and birds. In humans, these viruses cause respiratory tract infections that can range from mild to lethal. Mild illnesses include some cases of the common cold (which is also caused by other viruses, predominantly rhinoviruses), while more lethal varieties can cause SARS, MERS, and COVID-19. Symptoms in other species vary: in chickens, they cause an upper respiratory tract disease, while in cows and pigs they cause diarrhea. There's yet no vaccines or antiviral drugs to prevent or treat human corona virus infections.

Corona viruses constitute the subfamily Orthocoronavirinae, in the family Coronaviridae, order Nidovirales, and realm Riboviria. They are enveloped viruses with a positive-sense single-stranded RNA genome and a nucleocapsid of helical symmetry. The genome size of corona viruses ranges from approximately 26 to 32 kilobases, one of the largest among RNA viruses. The most recently discovered corona virus causes corona virus disease COVID-19. They have characteristic club-shaped spikes that project from their surface, which in electron micrographs create an image reminiscent of the solar corona, from which their name derives.

History of corona virus

The first corona virus was discovered in chickens in the 1930s. It was a few decades until the first human corona viruses were identified in the 1960s. To date, seven corona viruses have the ability to cause disease in humans. Four are endemic (regularly found among particular people or in a certain area) and usually cause mild disease, but three can cause much more serious and even fatal disease. Scientists first identified a human corona virus in 1965. It caused a common cold. Later that decade, researchers found a group of similar human and animal viruses and named them after their crown-like appearance.

In 2004, NL63 was detected for the first time in a baby suffering from Bronchiolitis (a lower respiratory tract infection) in the Netherlands. This virus has probably been around for hundreds of years, we just hadn't found it until then. A year later, in Hong Kong, another corona virus was found – this time in an elderly patient with pneumonia. It was later named HKU1 and has been found to be present in populations around the world.

SARS-CoV-2 originated in bats. That's also how the corona viruses behind Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS) got started. SARS-CoV-2 made the jump to humans at one of Wuhan's open-air "wet markets." They're where customers buy fresh meat and fish, including animals that are killed on the spot. Some wet markets sell wild or banned species like cobras, wild boars, and raccoon dogs. Crowded conditions can let viruses from different animals swap genes. Sometimes the virus changes so much it can start to infect and spread among people. Still, the Wuhan market didn't sell bats at the time of the outbreak. That's why early suspicion also fell on pangolins, also called scaly anteaters, which are sold illegally in some markets in China. Some corona viruses that infect pangolins are similar to SARS-CoV-2. As SARS-CoV-2 spread both inside and outside China, it infected people who have had no direct contact with animals. That meant the virus is transmitted from one human to another. It's now spreading around the globe, meaning that people are unwittingly catching and passing on the corona virus. This growing worldwide transmission is now a pandemic.

Seven corona viruses can infect humans. The one that causes SARS emerged in southern China in 2002 and quickly spread to 28 other countries. More than 8,000 people were infected by July 2003, and 774 died. A small outbreak in 2004 involved only four more cases. This corona virus causes fever, headache, and respiratory problems such as cough and shortness of breath.

MERS started in Saudi Arabia in 2012. Almost all of the nearly 2,500 cases have been in people who live in or travel to the Middle East. This corona virus is less contagious than its SARS cousin but more deadly, killing 858 people. It has the same respiratory symptoms but can also cause kidney failure.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

Symptoms of COVID-19

The main symptoms include:

- Fever
- Coughing
- Shortness of breath
- Trouble breathing
- Fatigue
- Chills, sometimes with shaking
- Body aches
- Headache
- Sore throat
- Loss of smell or taste
- Nausea
- Diarrhea



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The virus can lead to pneumonia, respiratory failure, septic shock, and death. Many COVID-19 complications may be caused by a condition known as cytokine release syndrome or a cytokine storm. This is when an infection triggers your immune system to flood your bloodstream with inflammatory proteins called cytokines. They can kill tissue and damage your organs. If you notice the following severe symptoms in yourself or a loved one, get medical help right away:

- Trouble breathing or shortness of breath
- Ongoing chest pain or pressure
- New confusion
- Can't wake up fully
- Bluish lips or face

Corona viruses have led to two serious outbreaks:

Middle East respiratory syndrome (MERS). About 858 people have died from MERS, which first appeared in Saudi Arabia and then in other countries in the Middle East, Africa, Asia, and Europe. In April 2014, the first American was hospitalized for MERS in Indiana, and another case was reported in Florida. Both had just returned from Saudi Arabia. In May 2015, there was an outbreak of MERS in South Korea, which was the largest outbreak outside of the Arabian Peninsula.

- **Severe acute respiratory syndrome (SARS).** In 2003, 774 people died from an outbreak. As of 2015, there were no further reports of cases of SARS.

Transmission

COVID-19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID-19 from someone who has just a mild cough and does not feel ill.

Self- Isolation

Self-isolation is an important measure taken by those who have COVID-19 symptoms to avoid infecting others in the community, including family members.

Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places. This can be voluntarily or based on his/her health care provider's recommendation. However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 meter distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

Self-Quarantine

To self-quarantine means to separate yourself from others because you have been exposed to someone with COVID-19 even though you, yourself, do not have symptoms. During self-quarantine you monitor yourself for symptoms. The goal of the self-quarantine is to prevent transmission. Since people who become ill with COVID-19 can infect people immediately self-quarantine can prevent some infections from happening. In this case:

- Have a large, well-ventilated single room with hand hygiene and toilet facilities
- If this is not available place beds at least 1 meter apart.
- Keep at least 1-metre distance from others, even from your family members.
- Monitor your symptoms daily
- Self-quarantine for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.
- However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help.
- When you attend the health facility wear a mask if possible, keep at least 1 meter distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

Difference between Self-Isolation, Self-Quarantine and Distancing

Quarantine means restricting activities or separating people who are not ill themselves but may have been exposed to COVID-19. The goal is to prevent spread of the disease at the time when people just develop symptoms.

Isolation means separating people who are ill with symptoms of COVID-19 and may be infectious to prevent the spread of the disease.

Physical distancing means being physically apart. WHO recommends keeping at least 1-metre distance from others. This is a general measure that everyone should take even if they are well with no known exposure to COVID-19

Corona Virus Diagnosis

A swab test is the most common method. It looks for signs of the virus in your upper respiratory tract. The person giving the test puts a swab up your nose to get a sample from the back of your nose and throat. That sample usually goes to a lab that looks for viral material, but some areas may have rapid tests that give results in as little as 15 minutes.

If there are signs of the virus, the test is positive. A negative test could mean there is no virus or there wasn't enough to measure. That can happen early in an infection. It usually takes 24 hours to get results, but the tests must be collected, stored, shipped to a lab, and processed.

A swab test can only tell whether you have the virus in your body at that moment. But an antibody test can show whether you've ever been exposed to the virus, even if you didn't have symptoms.

Corona Virus Vaccine

There's no vaccine, but intense research to create one has been underway around the world since scientists shared the virus's genetic makeup in January 2020. Vaccine testing in humans started with record speed in March 2020. More than 100 vaccine projects are in various phases of development.

Corona Virus Treatment

There's no specific treatment for COVID-19. People who get a mild case need care to ease their symptoms, like rest, fluids, and fever control. Take over-the-counter medicine for a sore throat, body aches, and fever. But don't give aspirin to children or teens younger than 19.

Antibiotics won't help because they treat bacteria, not viruses. If you hear about people with COVID-19 getting antibiotics, it's for an infection that came along with the disease.

People with severe symptoms need to be cared for in the hospital. Many clinical trials are under way to explore treatments used for other conditions that could fight COVID-19 and to develop new ones. Several studies are focused on an antiviral medication called remdesivir, which was created to fight Ebola. An emergency FDA ruling lets doctors use it for people hospitalized with COVID-19 and in clinical trials. Researchers in the U.S. say remdesivir helped patients in one study recover from the disease 31% faster.

Clinical trials are also under way for tocilizumab, another medication used to treat autoimmune conditions. And the FDA is also allowing clinical trials and hospital use of blood plasma from people who've had COVID-19 and recovered to help others build immunity. You'll hear this called convalescent plasma.

The FDA had issued an emergency use ruling for hydroxychloroquine and chloroquine, which treat malaria and autoimmune conditions like rheumatoid arthritis and lupus. But the ruling was removed because studies didn't show that the drugs worked against COVID-19 or that their benefits outweigh the risks. There's no cure yet, but researchers are working hard to find one.

Corona virus Prevention

Take these steps:

- **Wash your hands often with soap and water or clean them with an alcohol-based sanitizer.** This kills viruses on your hands.
- **Practice social distancing.** Because you can have and spread the virus without knowing it, you should stay home as much as possible. If you do have to go out, stay at least 6 feet away from others.
- **Cover your nose and mouth in public.** If you have COVID-19, you can spread it even if you don't feel sick. Wear a cloth face covering to protect others. This isn't a replacement for social distancing. You still need to keep a 6-foot distance between yourself and those around you. Don't use a face mask meant for health care workers. And don't put a face covering on anyone who is:
 - Under 2 years old
 - Having trouble breathing
 - Unconscious or can't remove the mask on their own for other reasons
- **Don't touch your face.** Corona viruses can live on surfaces you touch for several hours. If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.
- **Clean and disinfect.** You can clean first with soap and water, but disinfect surfaces you touch often, like tables, doorknobs, light switches, toilets, faucets, and sinks. Use a mix of household bleach and water (1/3 cup bleach per gallon of water, or 4 teaspoons bleach per quart of water) or a household cleaner that's approved to treat SARS-CoV-2. You can check the Environmental Protection Agency (EPA) website to see if yours made the list. Wear gloves when you clean and throw them away when you're done.

There's no proof that herbal therapies and teas can prevent infection.

Homoeopathy And Immunity

We get sick not just because of micro-organisms. Many microorganisms, both pathogenic and non-pathogenic, are always present in our body or regularly enter our body through the nose, mouth, or other routes of entry or opening. We do not get sick when our immune system is strong enough to fight them, keeping our body healthy. But when our immunity goes down, the micro-organisms multiply in our body and cause sickness. So the basic cause of sickness is the decreased or deficient immunity or body resistance. Micro-organisms like bacteria and viruses are only secondary factors, except in occasions like epidemics in which a large number of organisms enter the body simultaneously and become the cause of the disease condition. In such a situation, the micro-organisms gain dominance and destroy the immunity in the process of their fight for the upper hand.



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In all the above conditions the homoeopathic treatment is the most beneficial since the destructions of the immunity has already taken place & needs to be stimulated to the healthy level of existence for the cure to take place & for the complete restoration of health. Hence, in order to get a complete cure, it is most essential to increase or correct our immunity or body resistance, rather than just kill or destroy the micro-organism. This is the situation in which conventional antibiotic therapy fails to attain the goal. Antibiotics are able to kill the micro-organisms (only bacteria), but they are not able to increase immunity of the body. This is one of the reasons why patients who get relief after the antibiotic therapy suffers secondary infections because the immune system still remains deficient in strength. So when such individuals get exposed to organisms, the latter enter the body & multiply, producing secondary infection.

On the other hand, when the patient gets cured with homoeopathic medicines, the patient regains immunity, strength & vitality completely & there is less or no chance to get a secondary infection unless (1) The patient exposes themselves to conditions which can decrease the immunity of the body (2) The maintaining cause like the inhalation of toxic gases or fumes etc. in the case of occupational diseases persists, or (3) a large number of micro-organisms enter into the body, which are beyond destruction, capacity of the immune system, as in the case of epidemic diseases. But it is important to remember that homoeopathic medicine has already established its supremacy in curing epidemics all over the world, e.g.: the epidemics of the 19th century like cholera, particularly in Europe.

How Homoeopathic Medicine Increases The Immunity Or Resistance Power Of The Body

As mentioned earlier, homoeopathic medicines are able to increase the immunity of our body. But how is this possible? A homoeopathic physician makes a homoeopathic prescription through the holistic approach by considering the totality of symptoms manifested in a patient. These include the mental, emotional, spiritual & physical peculiarities of the patient & also the uncommon peculiar signs & symptoms of the manifestations of the disease in each patient. The same diseases have different manifestations in different individuals because the extent of damage to the immunity & other functions in the body are different in different individuals. These manifestations represent the corresponding reflection of their inner abnormality, which is hidden from our perception. Hence, a homoeopathic physician gets hold of the hidden interior through perceivable expressions like the totality of symptoms of the patient, by looking at the patient as a whole.

Genus Epidemicus Remedies

The second method of prophylaxis is the genus epidemicus remedies. These remedies are chosen by the totality of the symptoms of an epidemic as reflected in a group of patients. This offers specific protection against epidemic, endemic & pandemic disease. For example, homoeopaths in India have confirmed that *Lathyrus Sativa* is an effective genus epidemicus remedy for polio. The signs, befallments & symptoms of *Lathyrus* have a close correspondence to this disease. "Homoeopathic physicians are satisfied that they have very safe & better polio prevention in *Lathyrus Sativa* when properly given"

Significance Of Homoeopathy In Epidemics

In a country as large as ours, the occurrence of epidemic is not infrequent and they usually spread like wild fire creating chaos. And it is in this chaos that homoeopathy hopes to restore order. When there arise situations where the cause of the disease appears to be an enigma and every other system of medicine is clueless regarding what preventive / curative medicine is to be given, homoeopathy has been able to solve the problem. In epidemic of such nature that are transmitted only through bites of infected insects, the most important preventive step is vector control. However due to practical problems like large population, poverty, poor hygiene & lack of man power this becomes a long drawn procedure. Hence the best solution is to administer preventive medicines in the fastest & the most extensive way.

Effects Of Homoeopathic Preventive Medicine & Genus Epidemicus

An epidemic (epi = upon, demos = people) is the unusual occurrence in a community or region, specific health related behaviour or other related event, clearly in excess of expected occurrence. The term expected occurrence is one of the key words in the definition as in one locality where no cases of a particular disease is reported even one case should be potential epidemic. Where as in another locality when hundreds of cases of that particular diseases in endemically prevalent it requires lot many cases of it to be considered as an epidemic.

Even when in the course of the epidemic there can be changes in the strains of the causative organisms & the new drug cannot be found out in time, homoeopathy can overcome the crisis. This is possible because unlike the commonly used medicines, which are directed towards the destruction of causative organisms, homoeopathic medicine aim to improve the immune system of the individual. Here the basis of selection of remedy is not dependent upon the nature of organism, but on the signs & symptoms of the diseased individual. The age old adage “prevention is better than cure” holds good here. When few cases of epidemic disease are studied carefully in all their aspects a single medicine can be selected which will correspond with the characteristic symptoms of the disease as well as that of the patient. Homoeopathy gives importance not only to the symptom of the disease but also that peculiar symptoms exhibited by the patients & that is why they differ even when the disease is the same. The climatic conditions during the time of epidemic also plays role in remedy selection.

History Of Homoeopathic Prophylaxis

1800-Purpura Miliaris > Aconite
1800- Scarlatina > Belladonna
1817- Asiatic Cholera > Camphora
1957- Polio > Lathyrus Sativa
1918- Influenza (flu) > Gelsemium
1996- Pertussis > Drosera
2009- Swine Flu > Influenzinum
2014- Chicken pox > Bryonia alba
2020- Corona (SARS) > Arsenicum.alb

Scope & Limitations Of Homoeopathic Preventive Medicine

- Scope:.
1. Homoeopathic medicines can be safely used as a preventive medicine
 2. These medicines can be advised for pregnant women .
 3. Viral & Bacterial disease can be prevented .

Limitations: Can't be safely applied in the prevention of disease which are 100% fatal E.g. Rabies

SEMINAR **Homeopathy For Female Complaints**

C.N.Kothari Homeopathic Medical College, Vyara in association with HMAI Vyara Unit organized a Seminar on 17/01/2020. The Speaker of the seminar was Dr. Sunilbhai Trivedi. A renowned Homeopath from Vadodara, He presented seminar on topic of Homeopathy For Female Complaints. He shared his clinical experience on different clinical cases of female complaints. It was very informative session. The seminar was attended by 3rd & 4th year BHMS students, Interns and staff of the college.

The whole seminar was co-ordinated by seminar committee headed by Dr.Jayantilal J. Jain under the guidance of Principal Dr.(Mrs.) Jyoti R.Rao



Preventive aspects of Cardio Vasacular Disorders

C.N.Kothari Homeopathic Medical College, Vyara organised a short Seminar on 25/02/2020. The Seminar was on the topic “Preventive aspects of Cardio Vasacular Disorders” and was presented by the speaker Dr.Vishmay Parmar MBBS,PGDCC from Surat. The seminar was attended by 4th year BHMS students, Interns and Teaching staff of the college.

The seminar was one of the academic activity managed by Practice of Medicine Department headed by Dr.Bhavin Modi. It was co-ordinated by seminar committee of the college under the guidance of Principal o the college Dr.(Mrs.)Jyoti R.Rao.



“Radiation Hazards of Mobile Phone”

C.N.Kothari Homeopathic Medical College, Vyara organised a short Seminar on 29/02/2020. The Seminar was on the topic “ Radiation Hazards of Mobile Phone”. The seminar was presented by, Mr. Ritesh Patel BSc; M.Sc. (Gold Medalist) from Surat. This seminar was one of the academic activity managed by Community Medicine Department of the college. The seminar highlighted the bad effects of Radiation emitted by mobile phone and how to be safe from it. The seminar was co-ordinated by seminar committee of the college under the guidance of Principal of the college Dr.(Mrs.) Jyoti R.Rao.



ACTIVITIES

“Swachhta Pakhwada ”

CNKHMC&RC, Vyara & KHH, Vyara observe "Swachhta Pakhwada 2019" from Sept 01 to Sept 15, 2019 directed by Ministry of Human Resource Development, Department to Higher Education, Govt. of India. Principal Dr. (Mrs) Jyoti R. Rao Mam introduced campaign on "Jal Shakti Abhiyan" and avoid "Single use plastic" launched by Hon. PM of India. Dr. Navin Mahant sir (Dept. of Community Medicine) delivered motivational speech on hazards of plastics and water conservation.



“Republic Day”

C.N.Kothari Homeopathic Medical College & Research Center Vyara Celebrated 71st “Republic Day” where Flag hoisted by Trustee Shri.keyurbhai Shah (Kanchvala). After recitation of National Anthem & National Song, Motivational Speech were given by Dr. Jyoti R. Rao, Mr Keyur Shah & Student representative Jenish Virani. Lastly all dispersed with sweet & Patriotic feeling. Whole programme was co-ordinated by Activity Committee under the guidance of Dr JyotiR. Rao (Principal).



Camp

Kalidas Hospital run by C.N.Kothari Homeopathic Medical College & Research Center, Vyara organized a free Homeopathic Camp at Katasvan on 07/02/2020, khushalpura on 12/02/2020, Rampura on 14/02/2020. Camp was organized by Community Medicine Department in co-ordination with Kalidas Hospital. Where a large number of patient were beneficial. The camp was headed By Dr.Dixita Bhatt & team under the guidance of Principal college Dr.(Mrs.) Jyoti.R.Rao



Distribution Of Preventive/Immune Booster

In ongoing COVID-19 Pandemic situation as a part of social responsibility, C. N Kothari Homeopathic Medical College & Research Center, Vyara & Kalidas Hospital Vyara formed the **Corona Warrior Team**.

The team was formed by Doctors & Students of the college & hospital. The team had worked consistently and distributed Homeopathic immune booster "**Arsenic Album 30**" in entire Tapi District and adopted villages by college under Community Medicine Dept. Distribution of Homeopathic Immune Booster was done as per direction of AYUSH Dept. Gandhinagar, Govt of Gujarat. Near about 8.0-8.5 lacs people were given this Homeopathic Immune Booster.

C. N Kothari Homeopathic Medical College & Research Center. got the privileged to treat both suspected and positive patients of COVID-19 along with protocols standard treatment.

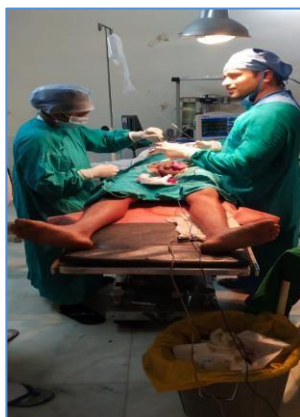
The entire task was Guided & Monitored by Dr.Ajay Desai, (Hon. Executive Director) & Principal Dr. Jyoti Rao.

Every team member had enthusiastically participated in the task with full of nationality spirit.



Free Surgical Rheumatism & Gout Camp

14th Free Surgical Camp was organized on 14th, 15th Dec-2019, 10th, 11th & 12th Jan-2020 & 14th, 15th Feb -2020 at Kalidas Hospital Vyara. In this camp Hystrectomy, Appendicitis, Hernia, Hydrocele, Lipoma etc. cases were planned for operations. Total 256 surgeries done. Along with this free camp on Rheumatism was organized where total 61 patient were given treatment .



COLLEGE TOPPERS IN UNIVERSITY EXAM 2019-20



Shaikh Saud Gulam Basir
First BHMS 1st Rank-2019



Khan Mariyamkhatun Aslam
First BHMS 2nd Rank-2019



Mehta Nancy Piyushkumar
First BHMS 3rd Rank-2019



Chahwala Jeel Devang
Second BHMS 1st Rank-2019



Sheladiya Dhara Mukeshbhai
Second BHMS 2nd Rank -2019



Patel Dishakumari Ratilal
Second BHMS 3rd Rank -2019



Kataria Vishwa Rajeshbhai
Second BHMS 1st Rank -2020



Parekh Tarjani Dineshbhai
Second BHMS 2nd Rank - 2020



Patel Mihir Anilbhai
Second BHMS 3rd Rank - 2020



Vadhel Nikita Merubhai
Second BHMS 3rd Rank 2020



Shah Payal Vinodbhai
Third BHMS 1st Rank-2019



Vaniya Asmita Jentibhai
Third BHMS 2nd Rank-2019



Patel Shivani Naineshbhai
Third BHMS 3rd Rank-2019



Pastagiya Harsh Hitendra
Fourth BHMS 1st Rank-2020



Bhartiya Vaibhavi Sanjay
Fourth BHMS 2nd Rank-2020



Aklodiya Jaimini Kishorbhai
Fourth BHMS 3rd Rank-2020

How to use Face Coverings



Coronavirus
COVID-19
Public Health
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.

Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT:
Wear the face covering below your nose.



DO NOT:
Leave your chin exposed.



DO NOT:
Wear it loosely with gaps on the sides.



DO NOT:
Wear it so it covers just the tip of your nose.



DO NOT:
Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS
wash your hands before and after handling your face covering.

ALWAYS
change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13
Face coverings are not required unless clinically advised.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

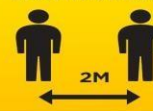


Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.

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