

**DON'T PANIC.
STAY ALERT,
STAY SAFE!**

Everything you need to know about *COVID-19*

Issued in Public Interest by

Godrej | SECURITY SOLUTIONS

Source: WHO



What is Coronavirus (COVID-19)?

Coronavirus (CoV) are a large family of viruses that can cause illness ranging from common cold to more severe respiratory diseases like pneumonia.

The disease, a new strain that was discovered in 2019, has not been previously identified in humans.

With COVID-19 becoming a matter of concern, here's what you should know to protect yourself and your family.

***COVID-19* symptoms** **& when should you see a doctor?**

- Fever
- Tiredness
- Shortness of breath / difficulty in breathing
- Cough or Sore Throat
- Body Ache

Source: WHO



8 Ways to protect yourself!



Wash your hands frequently using alcohol based hand rub or soap



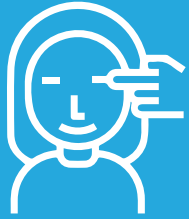
Sanitize your hands frequently



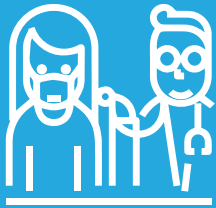
Cover your mouth and nose if you cough or sneeze



Wear a mask when in public places



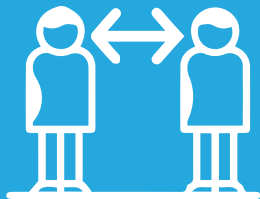
Avoid touching your mouth, nose & eyes



Visit the doctor and stay at home if unwell



Avoid touching strays or things
in markets, etc.



Maintain social distance from anyone
who is unwell

Get Your Workplace ready against COVID-19

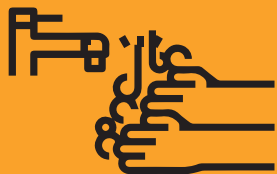
Since we work alongside a large number of colleagues and sit very close to each other throughout the day, it is important to focus on employee safety. Here's what you need to do:-



Encourage employees and co-workers to stay home if they are sick.



Provide alcohol-based sanitizers containing at least 60% alcohol at desks.



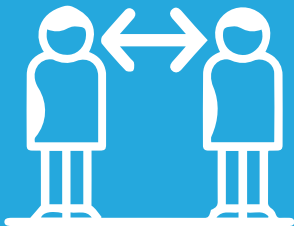
Promote frequent and thorough washing of hands



Encourage respiratory etiquette including covering coughs and sneezes



Dispose off any used tissue/ napkin/ handkerchief in closed dustbins



Maintain distance from colleagues while talking or cover your mouth with masks



Avoid using co-worker's phones, desks, or other work tools



Maintain regular housekeeping & hygiene practices



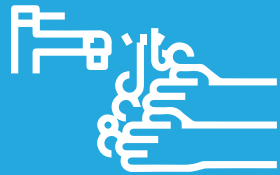
Limit contact with others including hand shaking



Consult national travel advice before going on vacation



If you are in **sales or travel for work**



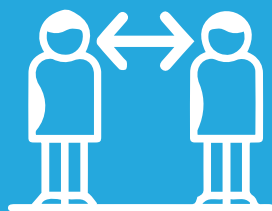
Wash your hands frequently



Keep an alcohol-based sanitizer with you always



Avoid touching unnecessary things/
surfaces while travelling



Maintain distance from those who show
cold or flu like symptoms

Source: WHO





Greet your customers with a nod, wave or a Namaste



Avoid travelling by public transport

Myths v/s Facts

Myth:

Wearing a mask prevents from getting infected by COVID - 19

Fact:

Wear a mask only if you show symptoms or are in close contact with someone infected or with symptoms

Myth:

Hot temperatures will stop the COVID - 19 attack

Fact:

It is not known whether the spread of COVID - 19 will decrease in warmer temperatures

Source: WHO



Lastly, Don't Panic

- Be *SAFE* from the infection
- Be *SMART* about the information coming your way
- Be *CALM* and avoid panic in such times
- Be *KIND* to people around you



**LIST of
Testing
centers for
COVID-19
in India**



ANDHRA PRADESH

- Andhra Medical College, Visakhapatnam
- Sri Venkateswara Institute of Medical Sciences, Tirupati
- Siddhartha Medical College, Vijayawada
- GMC, Anantapur
- Rangaraya Medical College, Kakinada

ANDAMAN & NICOBAR

- Regional Medical Research Centre, Port Blair

ASSAM

- Gauhati Medical College, Guwahati
- Regional Medical Research Center, Dibrugarh
- Silchar Medical College, Silchar
- Jorhat Medical College, Jorhat
- SRL Diagnostics - Skylab
- SRL Limited-Magpins Diagnostics, Paltan Bazar, Dibrugarh

BIHAR

- Rajendra Memorial Research Institute of Medical Sciences, Patna
- SRL Reach Limited, Sadar Hospital Campus, Court More, Dhanbad

CHANDIGARH

- Post Graduate Institute of Medical Education & Research
- SRL Limited, S.C.O-24, Sector-11 D

CHHATTISGARH

- All India Institute Medical Sciences, Raipur
- Dr Lal Path lab, Raipur
- SRL Diagnostics lab, Raipur

DELHI

- All India Institute Medical Sciences
- National Centre for Disease Control
- Indraprastha Apollo Hospital
- Dang Lab
- Dr Lal Path Lab, SRL Limited , 74, Paschimi Marg, Vasant-Vihar, New Delhi
- Max Lab, Max Super Speciality Hospital, Saket
- SRL Limited, Fortis Escorts Heart Institute, Okhla Road, New Delhi
- Fortis Hospital, A Block Shalimar Bagh
- SRL Ltd, Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi
- Lifeline Diagnostics, Green Park
- Oncquest Laboratories Ltd, Safdarjung Hospital
- Metropolis Healthcare Ltd, Mohan Co-operative Industrial Estate, Mathura Road, New Delhi

GUJARAT

- BJ Medical College, Ahmedabad
- M.P.Shah Government Medical College, Jamnagar
- Apollo Hospitals, Ahmedabad
- Neuberg Supratech, Ahmedabad
- Desai Metropolis Health Services Pvt. Ltd. Near Mahavir Cardiac Hospital, Athwagate, Surat
- Sanjeevani Metropolis, Safal -3, Swami Vivekanand Road, Opp. Commissioner Bunglow, Rajkot

HIMACHAL PRADESH

- Indira Gandhi Medical College, Shimla
- Dr.Rajendra Prasad Govt. Med. College, Kangra, Tanda
- SRL Ltd, Zonal hospital, Mandi, Room No 813, Mandi
- SRL Ltd, OPD NO. 3, Dr RPGMC, Tanda, Dist Kangra
- SRL Ltd. Indira Gandhi Medical College IGMC , Shimla
- SRL Ltd. C/o Regional Hospital Hamirpur, Dist Hamirpur

HARYANA

- Pt. B.D. Sharma Post Graduate Inst. of Med. Sciences, Rohtak
- BPS Govt Medical College, Sonipat
- SRL Limited, Clinical Reference Lab, Udyog Vihar, Sector-18, Gurgaon
- SRL Limited, FEHRC, Neelam Bata Road, NIT, Faridabad
- Fortis Memorial Research Institute (FMRI), Sector 44, Gurgaon
- SRL Limited 416, Ashoka Colony, Opposite Kalpana Chawla Medical College, Karnal-132001

JAMMU AND KASHMIR

- Sher-e- Kashmir Institute of Medical Sciences, Srinagar
- Government Medical College, Jammu
- Government Medical College, Srinagar
- Dr Lal Path Lab, B C Road Jammu

JHARKHAND

- MGM Medical College, Jamshedpur

KERALA

- National Institute of Virology Field Unit
- Govt. Medical College, Thiruvananthapuram
- Govt. Medical College, Kozhikode
- Govt. Medical College, Thrissur
- DDRC –SRL Diagnostics Private Limited, Gandhi Nagar, Kottayam-686008, Kerala & Amalagiri P.O. Ammencherry, Kottayam
- DDRC SRL Diagnostics Private Limited, Ground Floor, Aster Square, Medical College P.O., Trivandrum-695011
- DDRC SRL Diagnostics Private Limited., Ernakulam G 131, DDRC SRL Tower Ernakulam-682036
- EI LAB Metropolis, North square build, Paramara road, Cochin

KARNATAKA

- Bangalore Medical College & Research Institute, Bangalore
- National Institute of Virology Field Unit, Bangalore
- Mysore Medical College & Research Institute, Mysore
- Hassan Inst. of Med. Sciences, Hassan
- Shimoga Inst. of Med. Sciences, Shivamogga
- SRL Limited, Bangalore Reference lab, Next to Jal Bhavan, Bannerghatta Road, Bangalore
- SRL Limited, Fortis Hospital Limited, 14, Cunningham Road, Bangalore
- SRL Limited, Fortis Hospitals Limited, 154/9, Bannerghatta Road, Opp. IIM, Bangalore
- SRL Ltd, FortisHospital, #23,Gurukrupa Layout , 800 feet road, Nagarbhavi, Bangalore
- SRL Diagnostics Private Limited for its facilities at 51, Chintal Plaza, 10th Main Road, 33rd Cross, IV Block, Jayanagar, Bangalore
- Neuberg Anand Lab, Shivaji Nagar, Bangalore
- RV Metropolis Main Lab, 76/10, 15th Cross. 4th Main. Malleshwaram, Bengaluru

LADAKH

- Sonam Namgyal Memorial Hospital, Leh

MADHYA PRADESH

- All India Institute Medical Sciences, Bhopal
- National Institute of Research in Tribal Health (NIRTH), Jabalpur
- SRL Ltd, 34/2 New Palasia, Behind Industry House, Indore

MEGHALAYA

- NEIGRI of Health and Medical Sciences, Shillong

MAHARASHTRA

- Indira Gandhi Government Medical College, Nagpur
- Kasturba Hospital for Infectious Diseases, Mumbai
- SRL Religare Laboratory, Gaiwadi Industrial Estate, S.V. Road, Goregaon (W) Mumbai
- Dr Lal Path Lab
- Metropolis Healthcare Ltd – Global Reference Laboratory, Vidyavihar, Mumbai
- Metropolis Healthcare Ltd, Bhandarkar Institute Road, Pune
- SRL Dignostic Laboratory, Dr Avinash Phadake Laboratory, Mahim, Mumbai
- AG. Dignostic Lab Pvt.Ltd. Pune
- Apollo Hospital, Nashik 31. Apollo Hospital, Navi Mumbai
- SRL Limited, Sector-4, Kharghar, Navi Mumbai
- SRL Ltd-CoE Histopath Mahim
- SRL Limited, Hiranandani Fortis Hospital, 5th Floor, Mini Seashore Road, Sector-10, Vashi, Navi Mumbai
- SRL Ltd, Fortis Hospital, Mulund-Goregaon Link Road, Mulund, Mumbai
- SRL Diagnostics –Dr. Avinash Phadke (SRL Diagnostics Private Limited), for its facilities at Dadar, Mahim & Andheri
- N M Medical Centre, Mumbai

MANIPUR

- J N Inst. of Med. Sciences Hospital, Imphal-East
- Regional Institute of Medical Sciences, Imphal

ODISHA

- Regional Medical Research Center, Bhubaneswar
- Apollo Hospitals, Bhubaneswar

PUDUCHERRY

- Jawaharlal Institute of Postgraduate Medical Education & Research

PUNJAB

- Government Medical College, Patiala
- Government Medical College, Amritsar
- SRL Ltd, Fortis Escorts Hospital, Majitha Verka Bypass Road, Amritsar
- SRL Limited, Street Mundian C/O Radhaswamysatsang, Beas, Fortis Hospital Building, Chandigarh Road, Ludhiana
- Fortis Hospital, Sector-62, Phase-8, Mohali

RAJASTHAN

- Sawai Man Singh, Jaipur
- Dr. S.N Medical College, Jodhpur
- Jhalawar Medical College, Jhalawar
- SP Med. College, Bikaner
- RNT Medical College, Udaipur

TAMIL NADU

- King's Institute of Preventive Medicine & Research, Chennai
- Government Medical College, Theni
- Govt. Medical college, Thiruvuru
- Tirunelveli Medical College, Tirunelveli
- Molecular Diagnostic Laboratory, Apollo Hospitals, Chennai
- Apollo Greams Lane, Chennai
- Apollo Hospitals, Madurai
- SRL Limited, AB-46, First Street, 6th Main Road, Anna Nagar, Chennai
- Neuberg Ehrlich Lab, Royapettah, Chennai
- Lister Metropolis Nungambakam, Chennai

TRIPURA

- Government Medical College, Agartala

TELANGANA

- Gandhi Medical College, Secunderabad
- Osmania Medical College, Hyderabad
- Apollo Hospitals, Hyderabad
- Apollo Hyderguda, Hyderabad
- SRL Ltd.Legend Crystal Shop No.06, Ground Floor, Plot No.1-7-79/ A&B, Prenderghast Road, Secunderabad
- SRL Limited c/o Ambicare Clinics Kondapur, Hyderabad
- Medics Labs, New Bowenpally, Secunderabad

UTTAR PRADESH

- King's George Medical University, Lucknow
- Institute of Medical Sciences, Banaras Hindu University, Varanasi
- Jawaharlal Nehru Medical College, Aligarh
- SRL Ltd, B1/12, Vipul Khand, Gomti Nagar, Lucknow
- SRL Limited, Fortis Hospital, B-22, Sector-62, Noida

UTTARAKHAND

- Government Medical College, Haldwani

WEST BENGAL

- National Institute of Cholera and Enteric Diseases, Kolkata
- IPGMER, Kolkata
- Apollo Gleneagles Hospital
- SRL Limited Reference laboratory, Salt Lake City, Kolkata
- SRL Limited, Fortis Hospital, 730, Anandapur, E.M. Bypass Road, Kolkata
- Suraksha Diagnostics, New Town, Kolkata
- Medica Super Specialty Hospital, Kolkata

National Helpline by Ministry of Health and Family-Welfare, Government of India



1075

1800-112-545

These numbers will be available 24x7
State helpline numbers remain the same

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