



Durga Temple

(A Tax-Exempt Non-profit Organization)

8400 Durga Place, Fairfax Station, VA 22039

Phone: 703-690-9355



Corona Virus Symptoms & Prevention

Symptoms of 2019 novel coronavirus

Systemic:

- Fever
- Fatigue

Kidneys:

- Decreased function

Intestines:

- Diarrhea



Respiratory:

- Sneezing
- Runny nose
- Sore throat
- Dry cough
- Shortness of breath

Circulatory system:

- Decreased white blood cells

Illness from virus can be mild to severe and can be fatal

- Symptoms can appear between 1-14 days after the exposure
- three major symptom are Fever, Cough and Shortness of Breath
- Contact your Healthcare provider immediately, if you have symptoms

If you have any symptoms, please avoid going to any outdoor places including TEMPLE.

Protect yourself from the spread of COVID-19

There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds



Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close, unprotected contact with anyone with respiratory symptoms

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces with isopropyl alcohol



Stay healthy: eat a balanced diet, get rest, avoid stress

uab.edu/coronavirus

UAB
THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

Wash Your Hands



1. Wet hands



2. Soap



3. Wash for 20 seconds



4. Rinse



5. Dry



6. turn off water with paper towel