



Government of West Bengal
Department of Health & Family Welfare
Swasthya Bhawan
GN-29, Sector-V, Salt Lake, Kolkata – 700 091

No.114-Secy(HFW)/2022

Date :18/04/2023

ADVISORY

The currently circulating strains of Covid in the state are known to cause just mild symptoms. However, in a small proportion, the disease may aggravate to cause complications, especially in the very elderly, people with co-morbidities (diseases of heart, kidney, liver, lung etc. or diabetes) and people with compromised immunity (cancer patients, HIV positive or people on long course steroid or other immunosuppressive drugs). In order to avoid any complications following advisory is being issued:

- Crowd or mass gatherings to be avoided as far as possible; specially by the elderly, children, pregnant women and persons with co-morbidities.
- If compelled to enter into a crowd or travel in a mass transit, please use proper mask irrespective of the age.
- Covid virus is inactivated to a great extent by soaps/sanitizers. So, wash your hands frequently with soap and water, or use a hand sanitizer. Encourage the children also to develop this habit also.
- While coughing or sneezing, cover your mouth & nose with a handkerchief/tissue or with your elbow. Do not spit indiscriminately at the public places.
- Very old people, persons with co-morbidity or pregnant ladies should keep away from individuals suffering from fever and cold/cough.
- Take the precaution dose of Covid vaccine if you have not already taken it so far.
- If you develop fever with sore throat/cough/cold, do not feel shy to report for a Covid test.

- If you are Covid positive, stay in isolation in home for one week.
- Follow the Home Management Guidelines for Covid. (Refer to the website www.wbhealth.gov.in >> Novel Corona Virus >> Guideline).
- If your symptoms aggravate or you start feeling short of breath (or oxygen saturation keeps falling), report to a hospital or doctor immediately.
- If a young child or person at higher risk (see above) turns Covid positive, he/she must be taken to a hospital/doctor without any delay.
- Do not take antibiotics or cough syrups without medical advice.
- Call up the State Helpline No. 14416 if necessary.

