SELF-DECLARATION APPEAL TO PARENTS & TRAVELLERS

In view of the increased incidence of Novel Corona Virus cases in China and other affected Countries, there is likelihood of students & travellers returning from those affected Countries. Hence, parents of such children and travellers are requested to notify the 24 hours Meghalaya GVK EMRI helpline number 108 so that precautionary measures can be taken. They are further advised to give a self-declaration of their travel and exposure in the protocol which would be either read out or provided to them when they arrive at the Guwahati and Umroi Airport.

GENERAL HEALTH MEASURES FOR PREVENTION AND CONTROL OF ACUTE RESPIRATORY INFECTIONS.

- Avoid close contact with anyone who is Sick and has fever and cough.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Frequently wash your hands especially after direct contact with ill people or their environment.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – dispose tissue sanitorily and immediately wash hands.
- If you feel sick remain indoors and avoid overcrowding.

Brought to you by the Department of Health and Family Welfare, Government of Meghalaya