

[Symptoms](#)[Prevention](#) Odisha State Portal
Government of Odisha[Treatment](#)[FAQ](#)[Login ▾](#)Coronavirus **COVID-19**

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REGISTRATION

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Registration of people returning from abroad

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Registration of migrant desirous to return to their native place from Odisha

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Apply ePass to travel out of Odisha

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CORONAVIRUS (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

What you need to know

[How coronavirus is spread](#)→

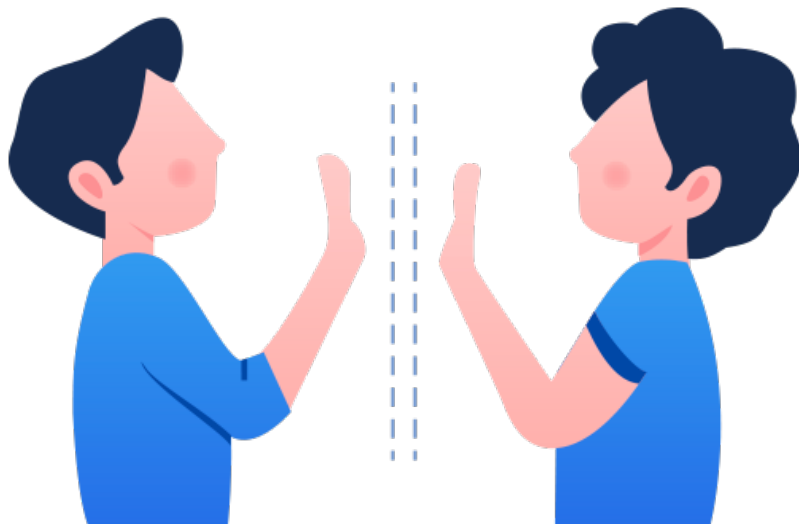
[Symptoms of coronavirus](#)→

[How to protect yourself](#)→

[Treatment for coronavirus](#)→

TRANSMISSION OF COVID-19

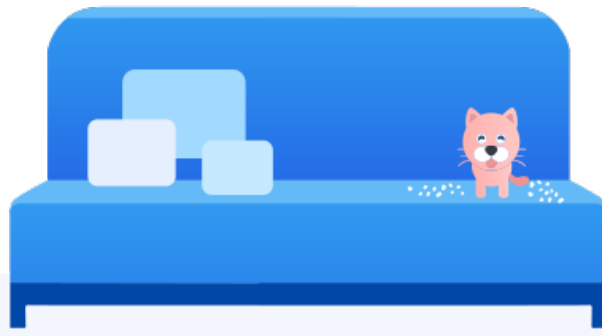
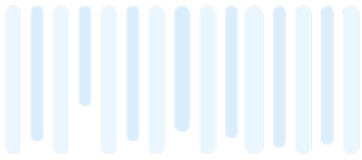
Because it's a new illness, the exact mechanism how coronavirus spreads from person to person is not fully known. Similar viruses spread through cough droplets.



Person-to-person spread as close contact with infected

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another.





Touching or contact with infected surfaces or objects

A person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.



Droplets from infected persons cough or sneezes

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another through fomites.

SYMPTOMS OF CORONAVIRUS

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Also the symptoms may appear 2-14 days after exposure. But most people may harbor the infection without any symptoms also.

Fever



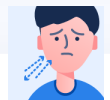
High Fever – this means you feel hot to touch on your forehead or back (you do not need to measure your temperature). It is a common sign and also may appear in 2-10 days if you are affected.

Cough



Continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

Shortness of breath



Difficulty breathing – Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty in breathing or shortness of breath (usually known by increase in number of respirations per minute).

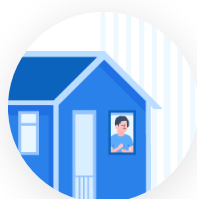
PREVENTION & ADVICE

There is currently no **vaccine** to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.** Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.



Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.



Maintain social distancing

Maintain at least 2 metre (6 feet) distance between yourself & anyone who is coughing or sneezing. If you are too close, you may be infected.



Avoid touching face

Hands touch many surfaces and can pick up viruses easily. So, hands can transfer the virus to your eyes, nose or mouth and can make you sick.



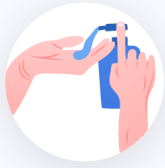
Practice respiratory hygiene

Maintain good respiratory hygiene as covering your mouth & nose with your bent elbow or tissue when cough or sneeze.

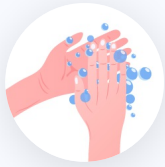
Take steps to protect others

- ✓ **Stay home if you're sick** – Stay home if you are sick, except to get medical care.
- ✓ **Cover your mouth and nose** – with a tissue when you cough or sneeze (throw used tissues in the trash) or use the inside of your elbow.
- ✓ **Wear a facemask if you are sick or you are moving out**– You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's
- ✓ **Clean AND disinfect frequently touched surfaces daily** – This includes phones, tables, light switches, doorknobs, countertops, handles, desks, toilets, faucets, sinks & ATM, Keyboards etc.
- ✓ **Clean the dirty surfaces** – Use detergent or soap and water prior to disinfection.
- ✓ **Stay informed about the local COVID-19 situation** – Get up-to-date information about local COVID-19 activity from [public health officials](#).
- ✓ **Dedicated, lined trash can** – If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, and handling & disposing of trash.

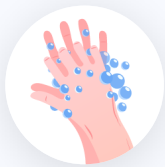
FOLLOW STEPS TO WASH HANDS



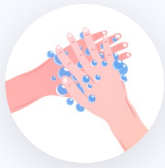
Soap on Hand



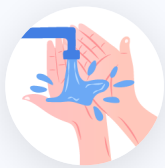
Palm to Palm



Between Fingers



Back to Hands



Clean with Water



Focus on Wrist

TREATMENT FOR CORONAVIRUS

To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care.

Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You'll need to stay in isolation, away from other people, until you have recovered.

Self Care

If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you:

- Rest and sleep
- Keep warm
- Drink plenty of liquids
- Use a room humidifier or take a hot shower to help ease a sore throat and cough

Medical Treatments

If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travelers on a positive case.

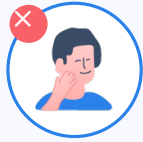
PROTECT YOURSELF

The best thing you can do now is plan for how you can adapt your daily routine. Take few steps to protect yourself as Clean your hands often, Avoid close contact, Cover coughs and sneezes, clean daily used surfaces etc. The best way to prevent illness is to avoid being exposed to this virus.

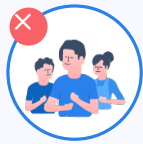




Avoid Close Contact



Don't Touch Face



Avoid Gathering



Wash Your Hands



Drink Much Water



Use Face Mask

COMMON QUESTION & ANSWER

FAQs on COVID-19 Containment Measures 

FAQs on Temporary Medical Centres in GPs 

Can I return to Odisha? -

Can return to Odisha **ONLY** after lockdown restrictions are removed.

Do I need to register for entry into Odisha? +

Why do I need to register with Govt. of Odisha to return to Odisha? +

How do I Register? +

Will I get any financial incentive if I register? +

Can I use a private vehicle to return to Odisha? And what is the procedure of inter-state movement? +

Are there any procedural checks that I need to do once I arrive in Odisha? +

I don't have any symptoms. Should I still be quarantined? +

My work has started in Bangalore/Hyderabad. Since I don't have any symptoms, can I go back even though my quarantine will end in next few days? +

Can I cancel after I register? +

If I come to Odisha without registration or don't undergo 14-day mandatory quarantine then what action will be taken against me? +

Do I need to register for entry into Odisha? +

IMPORTANT SOCIAL FEEDS

CM Twitter: https://www.twitter.com/naveen_odisha

CM Facebook: <https://www.facebook.com/naveen.odisha>

I&PR Twitter: https://www.twitter.com/IPR_Odisha

I&PR Facebook: <https://www.facebook.com/iprodisha>

IMPORTANT LINKS

HFW Odisha: <https://health.odisha.gov.in/>

MoHFW: <https://www.mohfw.gov.in/>

ICMR: <https://www.icmr.gov.in/>

WHO: <https://www.who.int/>