

COVID-19 and their Preventive Measures **Vijay Kumar***

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Short Communication

The main preventive measure against COVID-19: keep away from infected regions

Viral infection is progressively spreading all through the world, there are regions with a bigger number of cases than others. These are called hazard regions, where it's bound to get infected. For instance, northern Italy is one of them.

The key is to avoid infected individuals. Despite the fact that it appears to be straightforward, it isn't. Coronavirus has a hatching period with a normal of six days. Likewise, wellbeing administrations start to immerse because of individuals stepping through analytic exams. This makes it practically inescapable to come into contact with individuals who don't realize they're contaminated. Nonetheless, it's suggested.

Safe distance

Researchers express that the infection can travel roughly three feet. In this manner, we suggest remaining at any rate three feet from others in the event that you have any manifestations. Indeed, even in Italy, this action is standard.

Frequent Hand Washing

Hand washing is perhaps the most essential and supportive preventive measures for any disease. This is particularly significant subsequent to going to the washroom, wheezing,

or hacking (and, obviously, on the off chance that you've been in touch with a debilitated individual). In spite of the fact that washing your hands with cleanser and water is sufficient, you can likewise utilize hand sanitizer.

Masks

Masks can help prevent the spread of the virus from the person wearing the mask to others. Masks alone do not protect against COVID-19, and should be combined with physical distancing and hand hygiene. Follow the advice provided by your local health authority. Should cover mouth and nose.

Keeping rooms well ventilated, avoiding crowds, and coughing into a bent elbow or tissue.