

OFFICE OF THE DISTRICT & SESSIONS JUDGE (NORTH & NORTH-WEST)  
ROHINI COURTS, DELHI

No.....CTB/RC/2020

Dated :-

**CIRCULAR**

In view of urgent need to create awareness among all the Judicial Officers, Advocates & Court Staff about preventive interventions such as frequent handwash, respiratory etiquettes (using handkerchief over mouth while coughing / sneezing, use of tissue paper or using the sleeve of shirt covering upper arm, staying away from office when sick, avoiding public gatherings etc.) to help in preventing / reducing transmission of Novel Coronavirus disease. A copy of information pamphlet listing out preventive measures is also enclosed.

It shall be appreciable if you could take necessary steps for creating awareness amongst Judicial Officers, Advocates & Court Staff about these simple public health measures that will go a long way in preventing spread of the Novel Coronavirus disease, and other communicable diseases.

  
(Arun Goel)

Administrative Civil Judge (N/W),  
Rohini Courts, Delhi.

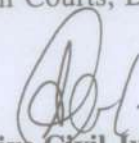
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No. \_\_\_\_\_/CTB/RC/2020

Dated, the Delhi 16/3/20

**Copy forwarded for information to :-**

1. All the Judicial Officers (North-West & North) posted at Rohini Courts Complex.
2. P.S. To Ld. District & Sessions Judges (North-West and North), Rohini Courts, Delhi.
3. The President / Secretary, Rohini Court Bar Association with the request to circulate these preventive measures among the fellow advocates.
4. All the Branch Incharge, North & North-West District, Rohini Courts, Delhi to bring the preventive measures to the notice to staff under their control.



Administrative Civil Judge (N/W),  
Rohini Courts, Delhi.



# HOMOEOPATHY INTERVENTION FOR PREVENTION OF CORONAVIRUS LIKE INFECTIONS

(Do not Panic, Special care required for Old and immunodeficient persons)

## HOMOEOPATHIC INTERVENTION

Arsenicum album 30

- Based on published symptoms and signs of patients of coronavirus in Wuhan, China, experts recommended taking one dose of *Arsenic album* 30 (4 pills of size 30 by adults and 2 pills of size 30 by children) daily, on empty stomach, for 3 days.
- The dose should be repeated after one month by following the same schedule in case risk of Coronavirus conditions persist.
- General hygiene measures (Do's and Don'ts) as suggested by the Ministry of Health and Family Welfare, Government of India, for prevention of the disease, should be followed by the public.

DOs	DON'Ts
<ul style="list-style-type: none"> <li>✓ Observe good personal hygiene.</li> <li>✓ Practice frequent hand washing with soap.</li> <li>✓ Follow respiratory etiquettes - cover your mouth when coughing or sneezing.</li> </ul>	<ul style="list-style-type: none"> <li>x Shake hand or use other contact greeting</li> <li>x Spit in public</li> <li>x Take medicines without consulting the physician</li> <li>x Fasting for long or overeating</li> <li>x Take physical and mental stress</li> <li>x Don't plan travel if sick.</li> </ul>
<ul style="list-style-type: none"> <li>✓ Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.</li> <li>✓ Avoid contact with live animals and consumption of raw/undercooked meats.</li> <li>✓ Avoid travel to farms, live animal markets or where animals are slaughtered.</li> <li>✓ Wear a mask if you have respiratory symptoms such as cough or runny nose.</li> </ul>	
<ul style="list-style-type: none"> <li>✓ Seek medical attention promptly.</li> <li>✓ If you get symptom of coronavirus like infection, consult medical doctor and go for self-isolation till you are free from symptoms.</li> </ul>	

Visit your nearest doctor or health service centre immediately if you develop any symptoms of Coronavirus infection like:  
• Fever • Cough • Bodyache • Breathing problem

Issued in public interest by

**CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY**

Ministry of AYUSH, Government of India

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**DIRECTORATE GENERAL OF HEALTH SERVICES  
PUBLIC HEALTH WING, GNCT OF DELHI,  
INTEGRATED DISEASE SURVEILLANCE PROGRAMME  
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**ADVISORY: Noval Coronavirus (2019-nCoV)**

**Noval Coronavirus (2019-nCoV)**

The 2019 novel coronavirus (2019-nCoV), also known as the Wuhan coronavirus, is a contagious virus that causes respiratory infection and has shown evidence of human-to-human transmission, first identified by authorities in Wuhan, Hubei, China. It is a single-stranded RNA coronavirus. Coronavirus are large family of viruses with some causing less severe disease such as common cold and other more severe disease such as MERS and SARS.

The human Coronavirus mainly infect the upper respiratory and gastrointestinal tract. They often result in upper respiratory tract infections (simple cold) in humans, causing mild illness usually of short lasting nature with rhinitis, cough, sore throat as well as fever.

**Symptom**

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Head Ache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

**Incubation Period: 14 days**

**Mode of transmission**

Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hand
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

**How to reduce risk of Coronavirus infection (2019-nCoV)**

There are currently no vaccines available to protect you against human Coronavirus infection. Transmission is reduced through

- Clean hand with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Thoroughly cook meat and eggs
- Avoid unprotected contact with live wild or farm animals

**DO's and DON'T's**

<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li><li>• Frequently wash your hands with soap and water</li><li>• Avoid crowded places</li><li>• Person suffering from Influenza like illness must be confined at home</li><li>• Stay more than one arm's length distance from persons sick with flu</li><li>• Take adequate sleep and rest</li><li>• Drink plenty of water/liquids and eat nutritious food</li><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Hugging, kissing and shaking hands while greeting</li><li>• Spitting in public places</li><li>• Taking medicines without consulting doctor</li><li>• Excessive physical exercise</li><li>• Disposal of used napkin or tissue paper in open areas</li><li>• Touching surfaces usually used by public (Railing, door gates, etc)</li><li>• Smoking in public places</li><li>• Unnecessary testing</li></ul>
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24\*7 Control Room has been established at DGHS (HQ), may be contacted for any query related to nCoV-2020

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