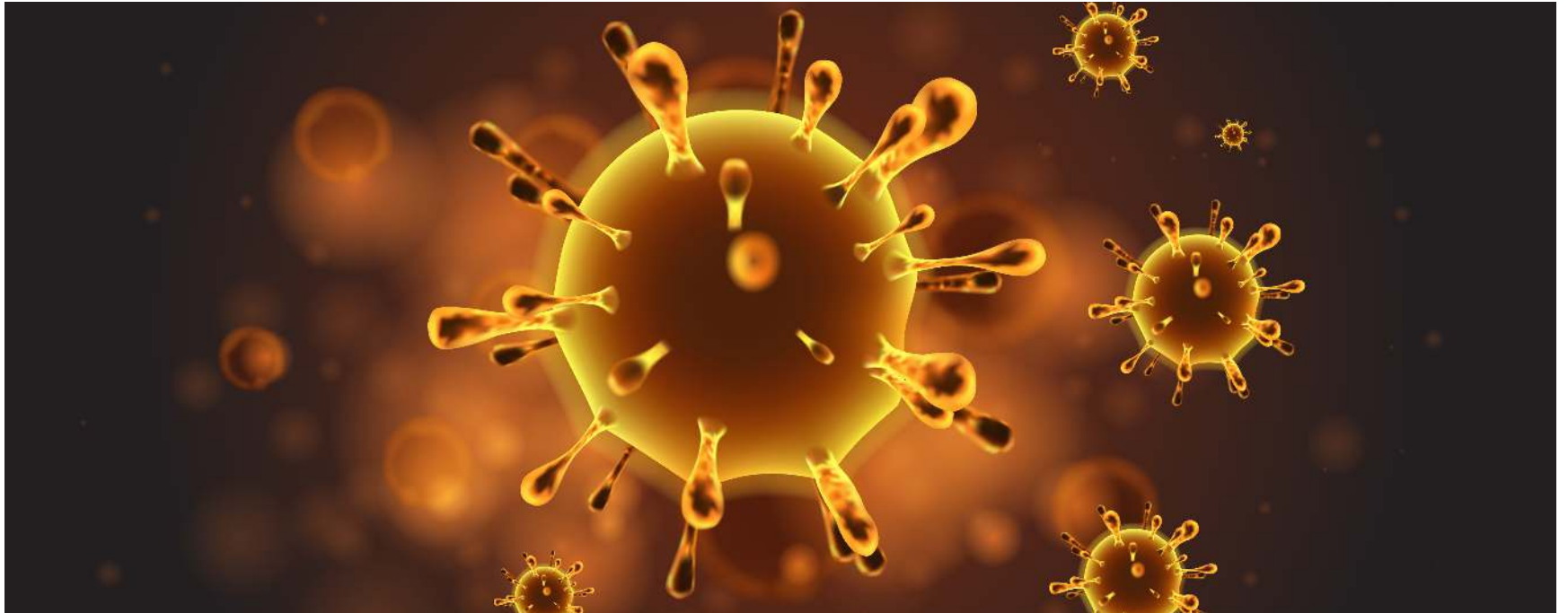




CDC, WHO Offer Tips on Dealing With Coronavirus Outbreak



With so much information and uncertainty about COVID-19, elected officials, physicians, health care providers and organizations are urging people to stay calm, but be cautious and careful. The Centers for Disease Control (CDC) and the World Health Organization (WHO) has detailed information about the virus, its reach, potential harm it can cause and most importantly, precautions one needs to take.

The respiratory disease caused by a novel (new) coronavirus was first detected in China, and which has now been detected in almost 70 locations internationally, including in the United States.

CDC says that for most of the American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low.

Source and Spread of the Virus

According to the CDC, coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now SARS-CoV-2.

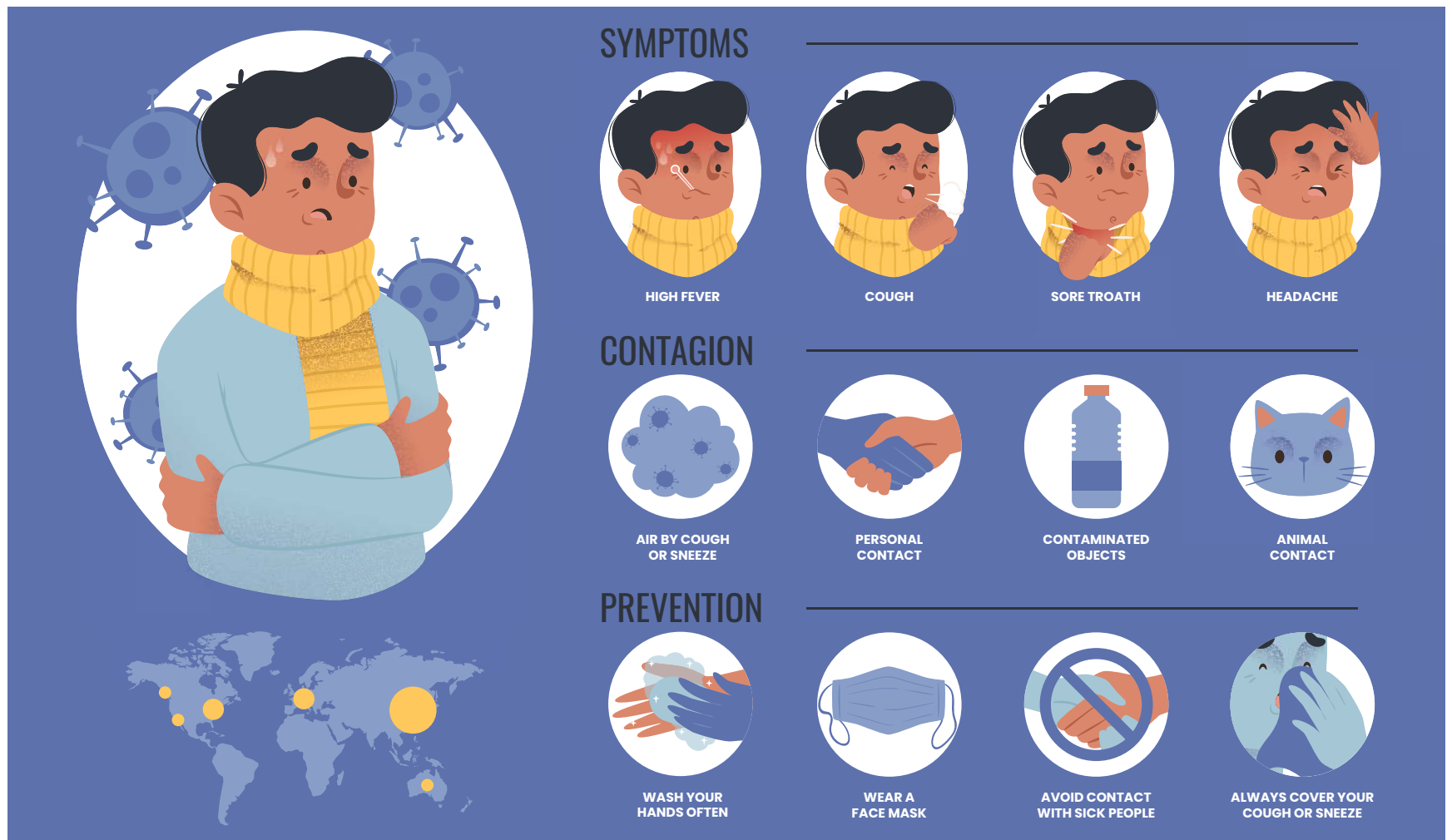
Early on, many of the patients at the epicenter of the outbreak in Wuhan, Hubei Province, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. However, later

it was noticed that a growing number of patients reportedly did not have exposure to animal markets, indicating person-to-person spread.

CDC says that a person-to-person spread was subsequently reported outside Hubei and in countries outside China, including in the United States. Some international destinations now have apparent community spread with the virus that causes COVID-19, including in some parts of the United States. Community spread means some people have been infected and it is not known how or where they became exposed. The CDC and WHO predict that more cases of COVID-19 are likely to be identified in the coming days, including more cases in the United States.

To minimize the spread, CDC recommends that everyone do their part to help. It's currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

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



Here are some tips from WHO on how to reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

1. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
2. Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
3. Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
4. Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
5. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
6. Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19. Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.
7. Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. Why? You have a higher chance of catching COVID-19 in one of these areas

FIA To Host Community Welcome Reception for Indian Ambassador

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The Federation of India Associations NY-NJ-CT, is hosting a welcome reception for India's Ambassador to the U.S., Taranjit Singh Sandhu, at the Marriott Woodbridge in Iselin, New Jersey, on March 15 at 6:00 p.m.

Sandhu, who assumed charge on Feb. 3, is one of the most experienced Indian diplomats on U.S. affairs. He has served in the Indian Mission in Washington, D.C. twice earlier. He was Deputy Chief of Mission at the Indian embassy from July 2013 to January 2017.

Prior to that, he was First Secretary (Political) at the embassy, and was responsible for liaison with the United States Congress from 1997 to 2000. He has also been at the Permanent Mission of India to United Nations, New York from July 2005 to February 2009.

Prior to his current assignment in Washington, D.C., Ambassador Sandhu was the High Commissioner of India to Sri Lanka from January 2017 to January 2020. He had also served at the High Commission of India, Colombo earlier as the head of the Political Wing from December 2000 to September 2004.

Ambassador Sandhu was Consul General of India in Frankfurt from September 2011 to July 2013. He has worked in the Ministry of External Affairs in various capacities: as Joint Secretary (United Nations) from March 2009 to August 2011; and later as Joint Secretary (Administration) heading the Human Resource Division. He was Officer on Special Duty (Press Relations), Ministry of External Affairs from December 1995 to March 1997, and was responsible for liaison with foreign media in India.

In a distinguished career spanning over thirty years in the Indian Foreign Service since 1988, Ambassador Sandhu started his diplomatic career from former Soviet Union (Russia) where he worked



as Third Secretary (Political) / Second Secretary (Commercial) in the Indian Mission from 1990 to 1992. Following the breakup of Soviet Union, he was sent to open a new Embassy in Ukraine. He served as head of Political and Administration Wings in Indian Embassy in Kiev from 1992 to 1994.

Born on Jan. 23, 1963, in a family of educationists, Ambassador Sandhu studied at The Lawrence School, Sanawar and graduated with History Honors from St. Stephens' College, Delhi. He pursued a Master's Degree in International Relations at the Jawaharlal Nehru University.

Ambassador Sandhu is married to Mrs. Reenat Sandhu, who is Ambassador of India to Italy. They have two children.