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Weather

Thundershower likely over Port Blair. Maximum and Minimum temperature will be around 33°C and 25°C respectively on Sunday 19/04/2020.

Maximum Temperature (°C) of Date: 32.9
 Minimum Temperature (°C) of Date: 25.4
 Relative Humidity(%) at 0830 IST 070
 Relative Humidity(%) at 1730 IST 077
 Sunrise Time for tomorrow (in IST): 0507
 Sunset Time for tomorrow (in IST): 1731
 Rainfall upto 0830 hrs of date (last 24 hrs)- in mm: 000.0
 Rainfall upto 1730 hrs of date in mm: 000.0
 Rainfall (Progressive total from 1st January 3.5 upto 0830 hrs (of date) in mm

PM Modi appreciates efforts and steps taken by various Govt agencies for serving Nation amid COVID-19 pandemic

New Delhi, Apr 18 Prime Minister, Shri Narendra Modi appreciated the efforts and steps taken by various Government agencies for serving the nation amid the COVID-19 pandemic. In a series of tweets, Shri Modi gave kudos to all those working round the clock to ensure country's



energy need. He said, government is committed to help dynamic small and medium businesses and is ensuring all possible

assistance to those who need it. PM said, he is proud of the Indian Railways team which is continuously helping citizens in this crucial hour. The Prime Minister also said that the world is fighting COVID-19 together and humanity will surely overcome this pandemic.

Minister of Communications instructs Postal Department to focus on those in urgent need of food items

New Delhi, Apr 18 The Postal Department during this time of COVID-19 crisis, has risen to the occasion in helping people of the country through its vast network of post offices across the country. Minister of Communications, Law & Justice and Electronics & IT, Shri Ravi Shankar Prasad held a video conferencing with each State whereby Chief Post Master Generals and Chief General Managers were instructed to keep their postal network geared and active to help the needy people throughout the country. India Post continues to be a deliverer of hope and essential

items to millions of people in far flung areas like a true Corona Warrior. **Food & Dry Ration Distribution** In this Video Conference, Shri. Ravi Shankar Prasad issued instructions to specially focus on helping the downtrodden and needy people in urgent need of food items. The employees of DoP have pooled their savings to distribute food, dry rations and even masks to the needy in slums, migrant labourers and daily wage earners. In last few days, around 1 lakh food / dry ration packets have been distributed. In U.P. alone, *(Contd. on last page)*

People from all walks of life are donating to PM CARES Fund to help country's fight against COVID-19

New Delhi, Apr 18 People from all walks of life are donating to PM CARES Fund to help country's fight against COVID-19. From employees of various Ministries, Public Sector Undertakings, entrepreneurs to housewives and students, everyone has pitched in with the contribution. Employees of Home Ministry, Defence Ministry, External Affairs Ministry, Railways Ministry, Women and Child Development Ministry among others have all pledged to donate one day's salary. Prime Minister, Shri Narendra Modi had appealed to the people to contribute to the fund saying this will go a long way in creating a healthier India. He said, this fund will also cater to similar distressing situations, if they occur in the times ahead.

Health and Family Welfare Ministry data reveals percentage of cured patients from corona virus improving in country

New Delhi, Apr 18 Percentage of cured patients from corona virus is improving day by day in the country. In India, one thousand nine hundred ninety two patients have been cured so far out of the total cases of fourteen thousand three hundred six hundred six cases. Health and Family Welfare Ministry data reveals that percentage of cured patients increased by 5.22 percent within one week. On 11th April, the recovery rate was 8.63 percent. On 25th March, when the lockdown was enforced across India, 43 patients were cured of the deadly corona virus infection which was 7 percent of the total

Govt. extends regular and e-visas of all foreigners stranded in India till May 3

New Delhi, Apr 18 The Home Ministry has extended regular and e-visas of all foreigners who are stranded in India due to the coronavirus lockdown till May 3 on gratis basis. The Home Ministry also said the visa granted to those foreigners, except diplomats and UN officials, who are supposed to come to India, will remain suspended till May 3.



The Home Ministry said that after considering the matter, it has been decided to extend the period of providing consular services by the Office of Foreigners Regional Registration Officers and Foreigners *(Contd. on last page)*

Chief Secretary directs for strict compliance of Consolidated Revised Guidelines issued by MHA South Andaman District declared as 'Hotspot' with clusters Consolidated revised guidelines shall not be applicable in whole of South Andaman District

Port Blair, Apr 18 In exercise of the powers, conferred under Section 24 (1) of the Disaster Management Act, 2005, the Chief Secretary, A&N Administration, Shri Chetan B. Sanghi in his capacity as Chairperson, Union Territory Disaster Management Executive Committee, for the Union Territory of Andaman and Nicobar Islands today ordered that the consolidated revised guidelines issued by MHA shall not apply to the whole of the South Andaman District in accordance with the provisions of Clause 2(iii) of the guidelines applicable to Hotspots and Containment Zones. The South Andaman District has been declared by Ministry of Health and Family Welfare as a Hotspot District with clusters vide DO No. Z-21020/16/2020-PH dated 15.4.2020. The order issued by the Chief Secretary also mentioned that the consolidated revised guidelines incorporating Standard Operating Procedures (SOPs) for social distancing in offices, work places, establishment and other sectoral requirements issued by the MHA shall be applicable to the Districts of North and Middle Andaman and Nicobar. All such activities shall, however, be carried out in compliance of such SOPs. The instructions and guidelines issued by the Ministry of Home Affairs and the SOPs incorporated therein should be fully complied with, Chief Secretary ordered. The order also mentioned that in exercise of the powers, conferred under Section 10(2)(I) of the Disaster Management Act 2005, the Union Home Secretary, in his capacity as Chairperson, National Executive Committee, issued an Order dated 14th April, 2020 that the lockdown measures stipulated in the Consolidated Guidelines of Ministry of Home Affairs (MHA) for containment of COVID-19 epidemic in the country, will

continue to remain in force up to 3rd May, 2020 to contain the spread of COVID-19 in the country. Under the aforementioned order, to mitigate hardship to the public, select additional activities will be allowed, which will come into effect from 20th April, 2020. However, these additional activities will be operationalized by States/UTs/District Administrations based on strict compliance to the existing guidelines on lockdown shall ensure that all preparatory arrangements with regard to social distancing in offices, workplaces, factories and establishments, as also other sectoral requirements are in place. The consolidated revised guidelines will not apply in containment zones, as demarcated by States/UTs/District administrations. If any new area is included in the category of a containment zone, the activities allowed in that area till the time of its categorization as a containment zone, will be suspended except for those activities as are specifically permitted under the guidelines of Ministry of Health and Family Welfare (MoHFW), Government of India. In exercise of the powers, conferred under Section 10(2)(I) of the Disaster Management Act, 2005, the Union Home Secretary, in his capacity as Chairperson, National Executive Committee, has also issued directions to all the Ministries/Departments of Government of India, State/Union Territory Governments and State/Union Territory Authorities for the strict implementation of the consolidated revised guidelines. Clause 4(ii) of the consolidated revised guidelines provides that State/UT Governments, may however, impose stricter measures than these guidelines as per requirement of the local areas, the order to this effect issued by the Chief Secretary added.

Govt reviews FDI policy

New Delhi, Apr. 18 The Government of India reviewed the existing Foreign Direct Investment policy in light of the current COVID-19 pandemic. The new provisions of the policy aim towards curbing opportunistic takeovers and acquisitions of Indian companies. The new norms state that an entity of a country sharing land border with India can invest only under the Government route. The policy is also applicable for entities whose owner is a citizen or is situated in any such border sharing country.

Teaching-learning process during lockdown School students being imparted quality education through virtual classes



Port Blair, Apr 18 The Directorate of Education has initiated to provide learning contents to the students through Cable TV Network from April 16 and Doordarshan from April 20 for Class VIII to XII. In addition to this, the Department will be providing another alternative learning method for the students of Class V to VII at their home through the All India Radio, Port Blair from April 21 onwards from 9 am to 10 am (except Saturday & Sunday).

Days	Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM)			
21.04.2020	V - English	VII - Science	V - Hindi	VII - English
22.04.2020	V - EVS	VI - English	V - Hindi	VII - Science
23.04.2020	VII -S/Science	V - EVS	VII - Science	V - Hindi
24.04.2020	V - English	VII -English	V - EVS	VI - English

Note: The programme schedule for next week will be notified on Friday.

The students, parents and all stakeholders have been appealed to make use of this facility to the maximum extent for the benefit of enhancing teaching-learning activity during this lockdown period. Parents have also been requested to engage their wards to compulsorily attend the virtual classes as per the schedule and feel free to contact their teachers for any clarification of the content, a communication from the Directorate of Education said here today.

DO NOT PAY HEED TO RUMOURS ON CORONA VIRUS: CLARIFY YOUR DOUBTS BY DIALING STATE HELPLINE NO: 03192-232102

Health Bulletin For Containment Of Novel Coronavirus Disease (COVID-19)

(No. 19/ 18th April 2020)

COVID-19 STATUS AS ON 18.04.2020

> Andaman & Nicobar Islands:			
Total Confirmed cases			14
Cured/Discharged from Hospital			11
Death			00
Admitted at Hospital			03
Migrated out of Country			00
Outside Resident			00
> Status of Hospitals:			
Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	03	03
* No cases are admitted at Private Hospital.			
* <i>The Health Condition of all +Ve cases are Normal and Stable.</i>			
> Status of Sample Testing:			
Total Samples sent till date			1629
Total Reports received till date			1601
Total Pending Reports			28
> House to house surveillance in Containment Zone i.e. Atlanta Point, Round Basti, Sisti Nagar, Mohanpura, Dignabad, Biggiline and Bambooflat area are conducted by District Administration with the help of Health Workers. > Intensive awareness is continued through print and electronic media. > 2020 passengers screened at VSI Airport till 24.03.2020 by medical teams. > Calls received at 102 - 217 calls. > 15 lines are activated in State Head Quarter Control Room and District Headquarter Control Room also set up at North & Middle Andaman District and Nicobar District. > 11 COVID-19 patient cured and now under observation. > 658 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.			
SURVEILLANCE DATA			
Contacts put under Home Quarantine till date			422
Contacts under Home Quarantine as on today			311
Contacts completed 14 days period of Home Quarantine			111
Persons under Institutional Quarantine as on today			393 **
Persons completed 14 days period of Institutional Quarantine			265
Passengers completed 14 days period of Quarantine			1812
** <i>The figure contains institutional Quarantine persons from passengers as well as contacts both.</i>			

Minister of Communications instructs Postal Department....

(Contd. from page 1)

more than 50,000 food/dry ration packets have been distributed amongst migrant labourers, needy people and construction labourers in Noida, Ghaziabad, Lucknow, Prayagraj and Faizabad. Similarly, in Bihar, around 16,000 food packets and 11500 packets of soaps, masks, sanitizers and gloves have been distributed voluntarily. In Telengana for instance, during the lockdown period, around 18000 meals were transported by postal mail vans while postal employees mobilised and distributed food and dry rations to around 1750 families in Hyderabad city. Similarly, in Nagpur too, food packets and dry rations were provided to around 1500 migrant labourers by postal staff. Punjab Postal Circle started "Food on Wheels" for construction workers, hawkers, rickshaw pullers, attendants of patients of PGI and migrant labourers stuck in various parts of Chandigarh. In co-ordination with Food and Supply Department, Chandigarh postal officials carry food parcels in Department Mail Motor Van and distribute them twice a day in different areas. Food is distributed to around 2,000 to 3,500 needy people twice every day through "Food on Wheels" observing due social distancing. The Red Postal Mail Motor is now a beacon of hope for these homeless, famished people and they eagerly await its arrival. In Mumbai, not only is the postal staff feeding migrant labourers and slumbers but is also providing masks and sanitizers in worst affected areas of Dharavi etc.

Facilitating Medicine Availability

During the lockdown, while routine medicines were available but specialized medicines for cancer, kidney treatment and other life threatening diseases which were usually procured through the relatives and children of the patients living in big cities were not available. Lots of suggestions were given to Minister of Communications through Twitter and other mediums. Accordingly, Minister has issued directions to Department of Posts to utilize speed post through post office and postmen as a last mile connectivity to deliver these lifesaving medicines.

Doorstep delivery of financial services

Postal network is also offering facilities for bank account opening and most importantly cash withdrawal at the doorstep of the poor people using Aadhar Enabled Payment System (AEPS). This has helped people in withdrawing Direct Benefit Transfer amounts sent to them under various pension schemes, MNREGA and recently announced relief measures under PM Garib Kalyan Package. This facility has been so well accepted by common people that on 13th April, Indian Postal Payment Bank has recorded all-time high transactions i.e. 1.09 lakhs valuing Rs.22.82 crores.

To cite few examples, account opening camp has been conducted at Jawahar Lal Nehru Stadium, Shillong where all the migrant labourers who came from nearby villages and hills have been kept by the local administration. This was done by following all the necessary precautions such as masks, social distancing and hand sanitizing, etc. With the help of IPPBs account, these migrant labourers could be able to receive relief through Central and State schemes. Similarly, large scale doorstep pension payments have been made throughout country specially in remote parts of Jammu, Kashmir, Leh, Gujarat, Telengana, Karnataka, tribal areas of Jharkhand, Bihar and Madhya Pradesh etc. Widow, disabled and old aged pensioners have been specially benefited by these payments at their doorsteps.

CBDT refunds over five thousand 204 crore rupees to help MSMEs

New Delhi, Apr 18 The Central Board of Direct Taxes (CBDT) yesterday said that Income tax refunds to over eight lakh small businesses worth over five thousand 204 crore rupees have been issued in the last ten days. In a statement, CBDT said, these income tax refunds will help MSMEs to carry on their business activities without pay cuts and layoffs in COVID-19 pandemic situations. It said, Income Tax Department

issued nearly 14 lakh refunds up to five lakh each till date to help taxpayers. Keeping its focus on providing relief to the small businesses in MSME sector, CBDT will further issue refunds of seven thousand 760 crore rupees. CBDT reiterated its request to taxpayers to respond regarding reconciliation queries about outstanding tax demands. It said that in around one lakh 74 thousand cases, responses are awaited from taxpayers

Govt. extends.... (Contd. from page 1)

Registration Officers for foreign nationals, presently stranded in India. Exit to such foreign nationals, if requested during this period, will also be granted up to 14 days beyond May 3, i.e. May 17, without any overstay penalty

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070
(Source: Principal Secretary (Health), A&N Administration)

MINISTRY OF AYUSH Help us to Help you **myGov**

TAPPING INTO AGE-OLD WISDOM OF AYURVEDA DURING COVID-19
Natural Ways to Boost the Immune System

- Take Chyawanprash 10gm (1tsp) in the morning (sugar free Chyawanprash for Diabetics)
- Golden Milk- ½ Tsp turmeric powder in 150 ml hot milk (once or twice a day)
- Drink herbal tea made from Basil, Cinnamon, Black pepper, Dry Ginger & Raisin (once or twice a day)

NOVEL CORONAVIRUS (COVID-19)

Pradhan Mantri Garib Kalyan Package: Insurance Scheme for Health Workers Fighting COVID-19

The Scheme at a Glance

Q1 What does this Scheme cover?
This accident insurance scheme covers:
• Loss of life due to COVID-19, and
• Accidental death on account of COVID-19 related duty.

Q2 Who all are covered under the scheme?
• Public healthcare providers including community health workers, who may have to be in direct contact and care of COVID-19 case and who may be at risk of being impacted by this.
• Private hospital staff and retired /volunteer /local urban bodies/ contracted /daily wage /ad-hoc/outsourced staff requisitioned by States/ Central hospitals/ autonomous hospitals of Central/ States/UTs, AIIMS and INIs/ hospital of Central Ministries can also be drafted for COVID 19 related responsibilities.

Q3 When does insurance coverage policy begins and ends?
• The duration of the policy is for a period of 90 days, starting from March 30, 2020.

Q4 Is there any age-limit for health workers under this scheme?
• There is no age limit for this scheme.

Q5 Is individual enrolment required?
• Individual enrolment is not required.

Q6 Whether an individual is required to pay any premium to be eligible under the scheme?
• The entire amount of premium for this scheme is being borne by the Ministry of Health and Family Welfare, Government of India.

Q7 What is the benefit available to the insured persons?
• INR 50 LAKHS will be paid to the claimant of the insured person.

Q8 If a person is having another Personal accident policy or life insurance policy, what is the effect of the same on claim under this policy?
• The benefit/claim under this policy is in addition to the amount payable under any other policies.

Availing Claims

Whom to contact in case of any claim?
• The institution/department the insured person was working for has to be informed.
• Insurance company must be intimated via email id nia.312000@newindia.co.in

Process of claim submission
• The claimant needs to fill up the claim form along with necessary documents as prescribed and submit the same to Healthcare Institution/ organization/ office where the deceased was an employee of /engaged by the institution.
• The respective institution will give the necessary certification and forward it to competent authority.
• Competent authority for State/UT is Director General Health Services /Director Health Services/ Director Medical Education or any other Official specifically authorised by the State/UT Government for this purpose.
• Competent authority for Central Government, Central Autonomous / PSU Hospitals, AIIMS, INIs and Hospitals of other Central Ministries is Director or Medical Superintendent or Head of the concerned institution.
• Competent authority will forward and submit claim to the insurance company for approval.

Whom to contact from insurance company?
Contact the following officials regarding any claim related queries:

Mrs. Sarika Arora Divisional Manager Email: sarika.arora@newindia.co.in or nia.312000@newindia.co.in Mob: 9811632409	Mr. N. Ravi Rao Deputy Manager Email: ravin.rao@newindia.co.in or niadelbroker20@gmail.com Mob: 9312409914	Mr. Yogendra Singh Tanwar Administrative Officer Email: yogendra.tanwar@newindia.co.in Mob: 9899974549
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For further information related to the scheme write to pmgkinsurance2020@gmail.com



Detail Question and Answers on COVID-19

What is corona virus

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID-19

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19

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. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Can the virus that causes COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. See previous answer on "How does COVID-19 spread?"

Can COVID-19 be caught from a person who has no symptoms?

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

Can I catch COVID-19 from the feces of someone with the disease?

The risk of catching COVID-19 from the feces of an infected person appears to be low. While initial investigations suggest the virus may be present in feces in some cases, spread through this route is not a main feature of the outbreak. The ongoing research on the ways COVID-19 is spread and will continue to share new findings. Because this is a risk, however, it is another reason to clean hands regularly, after using the bathroom and before eating.

What can I do to protect myself and prevent the spread of disease

Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak, available on the national, state and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- ✓ 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.
- ✓ Maintain at least 1 metre (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.
- ✓ 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.
- ✓ 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.
- ✓ 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.
- ✓ 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.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- ✓ Follow the guidance outlined above (Protection measures for everyone)
- ✓ Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.
- Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- ✓ If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

How likely am I to catch COVID-19?

The risk depends on where you are - and more specifically, whether there is a COVID-19 outbreak unfolding there.

For most people in most locations the risk of catching COVID-19 is still low. However, there are now places around the world (cities or areas) where the disease is spreading. For people living in, or visiting, these areas the risk of catching COVID-19 is higher. Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel, movement or large gatherings. Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19.

COVID-19 outbreaks can be contained and transmission stopped, as has been shown in China and some other countries. Unfortunately, new outbreaks can emerge rapidly. It's important to be aware of the situation where you are or intend to go.

Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

We can channel our concerns into actions to protect ourselves, our loved ones and our communities. First and foremost among these actions is regular and thorough hand-washing and good respiratory hygiene. Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.

Who is at risk of developing severe illness

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

Are antibiotics effective in preventing or treating the COVID-19?

No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

Are there any medicines or therapies that can prevent or cure COVID-19

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-

19, there is no evidence that current medicine can prevent or cure the disease. We do not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials that include both western and traditional medicines. We will continue to provide updated information as soon as clinical findings are available.

Is there a vaccine drug or treatment for COVID-19

Not yet. 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.

Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing

Is COVID-19 the same as SARS?

No. The virus that causes COVID-19 and the one that caused the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003 are related to each other genetically, but the diseases they cause are quite different.

SARS was more deadly but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

Should I wear mask to protect myself

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so we urge people to use masks wisely.

We advise rational use of medical masks to avoid unnecessary wastage of precious resources and misuse of masks. The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

How to put on use take off and dispose of a mask?

1. Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
3. Take the mask and inspect it for tears or holes.
4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the coloured side).
6. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask - Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

How long is the incubation period for COVID-19?

The "incubation period" means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

Can humans become infected with the COVID-19 from an animal source?

Coronaviruses are a large family of viruses that are common in animals. Occasionally, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed.

To protect yourself, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times. Handle raw meat, milk or animal organs with care to avoid contamination of uncooked foods and avoid consuming raw or undercooked animal products.

Can I catch COVID-19 from my pet?

While there has been one instance of a dog being infected in Hong Kong, to date, there is no evidence that a dog, cat or any pet can transmit COVID-19. COVID-19 is mainly spread through droplets produced when an infected person coughs, sneezes, or speaks. To protect yourself, clean your hands frequently and thoroughly.

We continue to monitor the latest research on this and other COVID-19 topics and will update as new findings are available.

How long does the virus survive on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other corona viruses. Studies suggest that corona viruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Is it safe to receive a package from any area where COVID-19 has been reported?

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.

Is there anything I should not do?

The following measures ARE NOT effective against COVID-2019 and can be harmful:

- ✓ Smoking
- ✓ Wearing multiple masks
- ✓ Taking antibiotics (See question 10 "Are there any medicines of therapies that can prevent or cure COVID-19?")

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

(Source: Ministry of Health and Family Welfare, GoI)

Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

COVID-19 testing - when and how?

All individuals need not be tested, because

Disease is primarily reported in Individuals with travel history to the affected countries or close contacts of positive cases

WHOM TO TEST

ALL symptomatic people who

- Have history of international travel in last 14 days
- Had come in contact of confirmed cases
- Are healthcare workers

- Are hospitalized patients with Severe Acute Respiratory Illness (SARI) or Influenza Like Illness (ILI) or severe pneumonia.

Asymptomatic direct and high-risk contacts of confirmed cases should be tested once between day 5 and day 14 of coming in his/her contact. Direct and high-risk contact include:

- Those living in same household with a confirmed case
- Healthcare workers who examined a confirmed case without adequate protection as per WHO recommendations

List of labs (Govt. & Private) can be accessed at: icmr.nic.in

For further information:
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline numbers

1075 (Toll Free) | 011-23978046
Email to: ncov2019@gov.in, ncov2019@gmail.com

mohfw.gov.in

[@MoHFWIndia](https://www.facebook.com/MoHFWIndia)

[@MoHFW_INDIA](https://twitter.com/MoHFW_INDIA)

[mohfwindia](https://www.youtube.com/channel/UCmohfwindia)

SOME HELPLINE NUMBERS

Police Control room : 100
Fire Service : 101
Coastal Security : 1093
PBMC Control Room : 245798
State control Room: 1077/234287
Extn : 328 / 231179
Shipping : 245555
Women : 1091
Children : 1098
Coast Guard (Search & Rescue) : 1554
District Control Room : 1070 / 238881
Ambulance : 102

Stop Global Warming
Protect future generations from the harmful effects of global warming by reducing emissions from power plants, cars, factories and other sources
You too can help!!



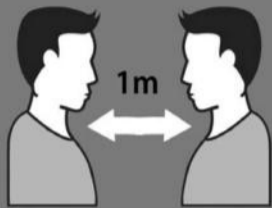
Ministry of Health & Family Welfare
Government of India



Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus



A distance of at least 1 meter is necessary to ensure safety for all



Wash your hands with soap and water regularly



If soap and water is not available, use hand sanitizer with at least 60% alcohol



Wash hands before touching eyes, nose and mouth



Throw used tissues into closed bins immediately after use



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number.

STATE HELPLINE NO: 03192-232102

**PMU-Mayabundcr
National Highways & Infrastructure Development Corporation Limited
Notice Inviting Quotation**

NHIDCL/B.O/A&N/PackageVII/N41/2019-20 Date: 18.04.2020

1. National Highways and Infrastructure Development Corporation Ltd. (hereinafter called "the Employer") invites sealed bids in single stage two cover system i.e. the Technical and Financial Bids on item rate basis for the following works from the experienced Road/Bridge Contractors/firms/organizations excluding those firms who have been declared as blacklisted/debarred for specified period by MoRT&H/NHAI/NHIDCL :-

Sr. No.	Name of work/Contract Package	Length (km)	Estimated Civil Cost Put to Tender (Rs. In Lakhs)	Bids Security (Rs. In Lakhs)	Time of Completion	Eligibility Criteria Average annual turnover for last 5 Years (Rs. In Lakhs)	Eligibility Criteria as Completed work of similar nature during last 5 Years (Rs. In Lakhs)
1	Urgent maintenance of existing NH 04 portion from Kalara Junction Ch. 298+000 Km to Lamiya bay Ch. 330.662 Km - Retender	32.662	81.66	1.63	2 Months	81.66	One similar Completed work not less than the amount equal to 40% of the total value of contract. (Rs. 135.78 Lakhs)

Cost of Bid Documents : **Rs. 5,000/- in the form of DD in favour of The General Manager (Projects), NHIDCL, Mayabunder payable at Port Blair (Non-Refundable)**

- Date of Publishing is from 18.04.2020
- The complete BID document can be obtained from the PMU, Mayabunder/Port Blair from 18.03.2020 (09.30 Hours) to 05.05.2020 (11.00 Hours).
- Bidder must submit its Technical Bid and Financial bid on or before 05.05.2020 at 03.00 hours 1ST. Bids received shall be opened on the next day 06.05.2020 (at 0400 hours 1ST).
- Bid documents contain qualifying criteria for bidder, specification, bill of quantities, conditions and other details.
- The site for the work is available.
- Bidder shall submit the following documents,
 - Copy of PAN Card
 - Demand Draft for cost of documents
 - Demand Draft/Bank Guarantee for Bid Security
- Bids will be opened manually as per time schedule mentioned at Sr. No. 04.
- Before submission of bids, bidder must ensure that copy of all the necessary documents have been attached with bid.
- The department will not be responsible for delay in submission of bids whatsoever reasons may be.
- All the required information for bid must be filled and submitted to PMU, Mayabunder/Port Blair.
- Bidders should get ready with the all copies of cost of documents & Bid Security as specified in the tender documents. The original instruments in respect of cost of documents, Bid Security and relevant documents will be submitted to the Tenders Inviting Authority by hand as per time schedule specified.
- Bidders can contact the undersigned for any guidance for getting any other relevant details in respect of inviting quotation.

Date: 18.04.2020

**General Manager
National Highways & Infrastructure Development Corporation Limited.
PMU, Mayabunder-744402. e-mail: andaman.nhidcl@gmail.com.com
land line-03192-240517**



CONDOLANCE

The Tirupati Temple Committee Members, Dairy Farm deeply mourn the sad demise of Our Temple President, **Shri P. Surya Rao**, aged 75yrs who breathed his last at Chennai on 17-04-2020. His demise is a great loss and we cannot forget his contributions for the development of the temple. We extend our deepest condolences to the bereaved family members.

May his soul rest in peace.

By: Tirupati Temple Committee Members, Dairy Farm



OBITUARY

Shri T. Vijayan, R/o School Line, Retd. CSI and agent of LIC, Post Office passed away at G.B. Pant Hospital on 22.03.2020 at 2.26 am.

Inserted by - Family and relatives



CONDOLANCE

P. Surya Rao

He was a kind hearted specially towards the Telugu Christian community and a good person, contractor and Industrialist we miss him and pray for the comfort of the bereaved family
From : Andaman & Nicobar Islands Telugu pastors fellowship (ANITPF)



CONDOLANCE

We deeply mourn the sudden, sad and untimely demise of **Late P. SURYA RAO**, Contractor/ Hosteller/ Industrialist aged 75 years and also Ex-President of this Association from 1994 to 2017 who passed away at Apollo Hospital in Chennai. He was born in Iska pudi village, P Gannavaram Mandal, East Godavari Dist., AP.

We pray to the Almighty to give enough strength to the bereaved family to bear this irreparable loss. May his soul rest in peace.

Deeply mourned by: The President and Members of Rastra Alluri Seetha Rama Raju Yuvajana Sangam, Port Blair.
M. Ananda Rao,
President of RASRRYS, P/Blair, A&N Islands.