

ALL INDIA BANK OF BARODA OFFICERS' ASSOCIATION



AIBOBOA CIR NO 20/2021 TO ALL MEMBERS

JOIN A MEETING TO CREATE AWARENESS ON COVID-19

on Facebook Live- Link

https://www.facebook.com/AIBOBOA/live_videos

ON 24.04.2021 AT 6.00PM

KEY SPEAKERS

**R.K.CHATTERJEE, PRESIDENT AIBOBOA
PREM KUMAR MAKKER, GS AIBOBOA**

GUEST SPEAKERS

SH. P.V.RATHI, CGM (HRM) BCC BOB

**DR. ANURAG GUPTA, MD, DM (NEPHROLOGY)
CONSULTANT NEPHROLOGIST, SIR GANGA RAM HOSPITAL DELHI**

**ALL MEMBERS/OFFICERS ARE REQUESTED
TO JOIN THE MEET**

AIBOBOA

#StopTheSpread

7 Steps to prevent the spread of COVID-19



- 01** Wash your hands frequently
- 02** Inhale steam twice a day and drink warm water
- 03** Always wear double mask
- 04** Avoid touching your eyes, nose and mouth
- 05** Avoid crowded places and close contact with anyone who has fever or cough
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing – but call first
- 07** Stay home if you feel unwell

ALL INDIA BANK OF BARODA OFFICERS' ASSOCIATION

Steam inhalation could reduce Covid-19 viral load: Study

A study has found that steam inhalation could be an effective treatment for Covid-19 positive patients.

According to the researchers, the heat waves of the steam has also been seen to denature the proteins that lead to loss of infectivity of the SARS-CoV-2. The researchers have shown that heat can also denature the SARS-CoV-2 virion's proteins. Temperatures of 56 °C for 5-6 minutes in liquid environments, respectively, were enough to breakdown SARS-CoV and SARS-CoV-2, the researchers noted in their study published in the journal Life Sciences.

**WE SUGGEST ALL TO FOLLOW
AND STAY SAFE**



**PREM KUMAR MAKKER
GENERAL SECRETARY
ALL INDIA BANK OF BARODA OFFICERS' ASSOCIATION**