

# 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](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

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# **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**