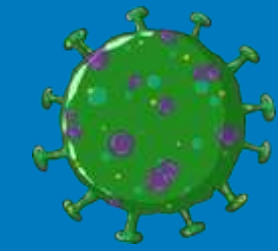
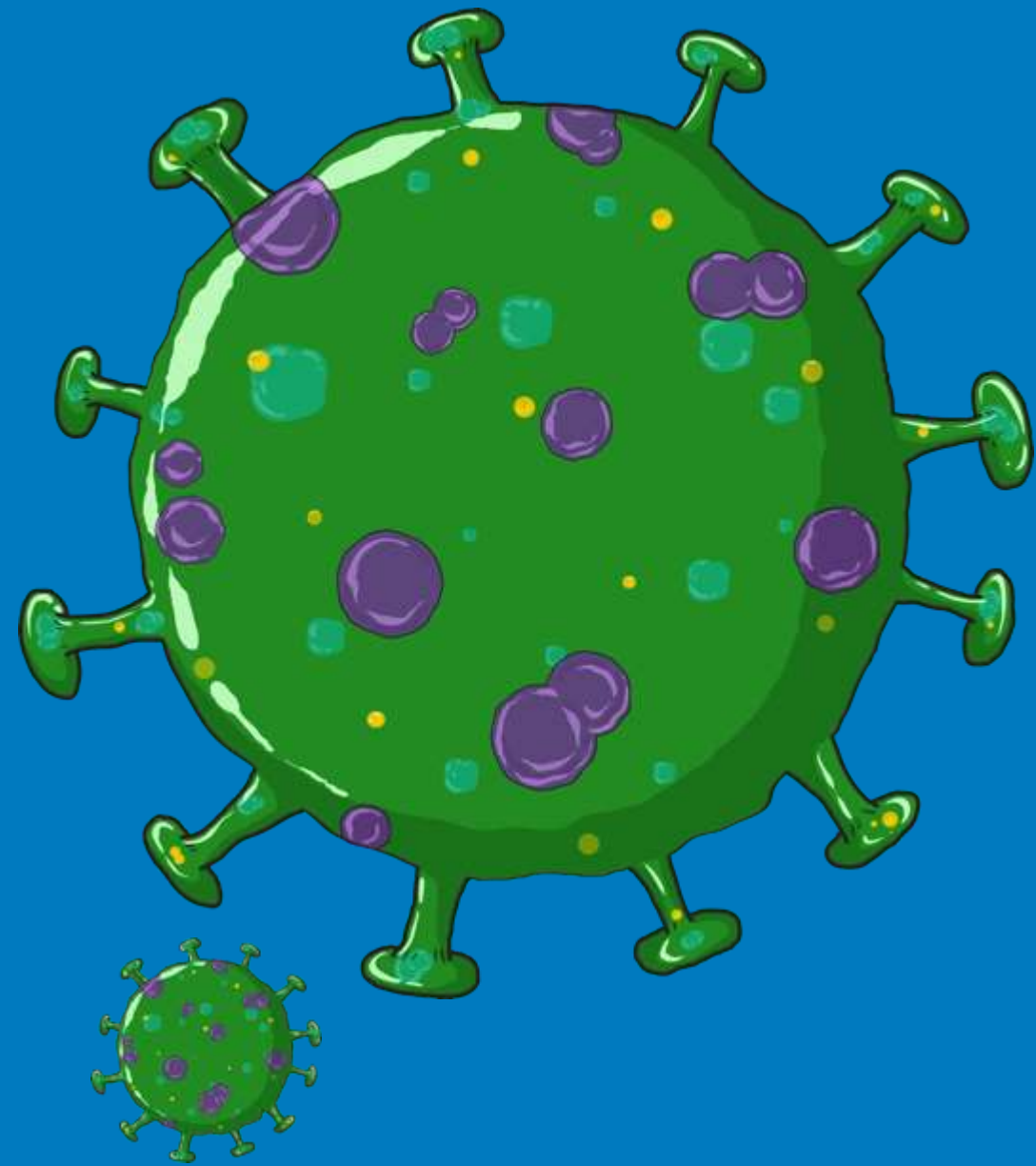




Ministry of Health & Family Welfare
Government of India



COVID-19

BASIC INFORMATION



LET US UNDERSTAND ABOUT COVID-19

COVID-19 IS CORONAVIRUS DISEASE-2019



IT IS CAUSED BY A CORONAVIRUS NAMED AS SARS-CoV-2

WHAT ARE THE COMMON SYMPTOMS OF COVID-19



THE SYMPTOMS OF COVID-19 ARE FEVER, COUGH, AND DIFFICULTY IN BREATHING

IF YOU HAVE THESE AND YOU ARE A CONTACT OF A LABORATORY CONFIRMED POSITIVE CASE IMMEDIATELY CALL THE STATE HELPLINE NUMBER 104 OR MINISTRY OF HEALTH & FAMILY WELFARE, GOVERNMENT OF INDIA 24X7 HELPLINE 011-2397 8046, 1075 OR YOUR ASHA/ANM.



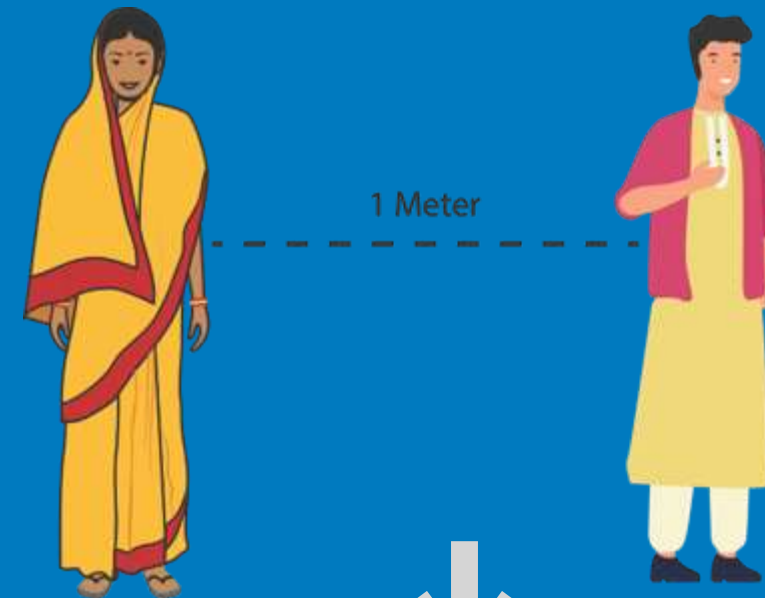
Prevention & safe practices



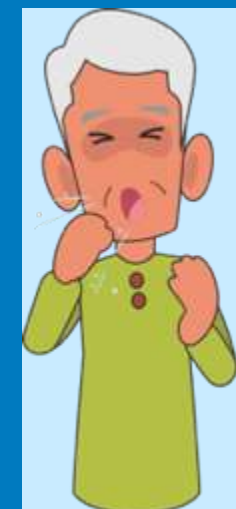
HAND
HYGIENE



RESPIRATORY
HYGIENE

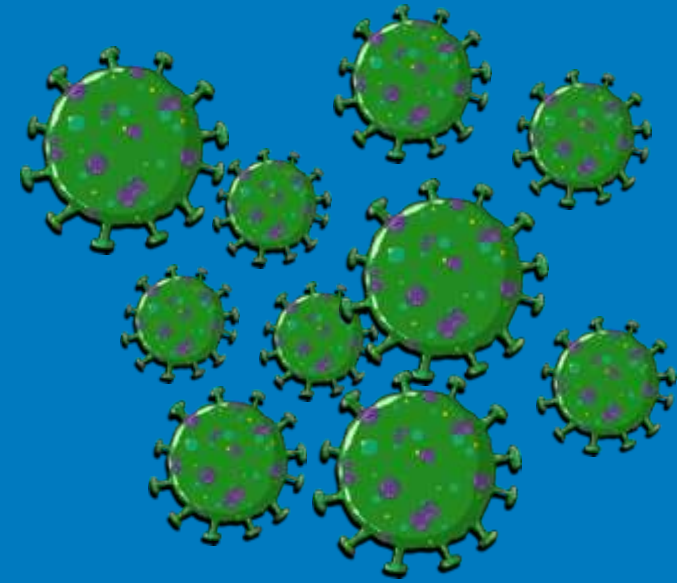


SOCIAL
DISTANCING



HIGH RISK
GROUP

MODES OF TRANSMISSION



SNEEZE/ COUGH
BY INFECTED PERSON

INFECTED DROPLETS

INFECTED DROPLETS
GET ON YOUR HAND

AND WHEN TOUCH
ANY SURFACE OR PERSON

VIRUS
TRANSFERRED!!



SNEEZE/ COUGH
BY INFECTED PERSON

INFECTED DROPLETS

INFECTED DROPLETS
GET ON YOUR HAND

VIRUS
TRANSFERRED!!

HAND HYGIENE

PREVENTION - WHAT TO DO?

Hand hygiene is a way of cleaning one's hands that substantially reduces potential pathogens (harmful germs) on the hands. Hand hygiene procedures include hand washing with soap and water for at least 40 secs or use of 70% alcohol-based hand rubs

DO

- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR 40 SECONDS ESPECIALLY AFTER YOU HAVE BEEN IN A PUBLIC PLACE, OR AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING.
- USE A HAND SANITISER (AT LEAST 70% ALCOHOL BASED) IF SOAP AND WATER NOT AVAILABLE COVER ALL SURFACES OF YOUR HANDS AND RUB THEM TOGETHER UNTIL THEY FEEL DRY.



DO NOT

- TOUCH YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.
- TOUCH SURFACES LIKE DOOR KNOBS AND DOOR BELLS, ELEVATOR BUTTONS, HANDRAILS, SUPPORT HANDLES, CHAIR BACKS, ATM SURFACES, MOBILES, JEEP HANDLES ETC



PREVENTION: RESPIRATORY HYGIENE

Respiratory Hygiene is a combination of measures taken to stop the spread of germs through respiratory behaviours like coughing or sneezing

DO

- DO USE a handkerchief or a tissue to cover your face while coughing or sneezing
- DO THROW the used tissue immediately into a closed dustbin
- DO COVER your sneeze into your bent upper arm in case you are not carrying a tissue or a kerchief.
- DO WASH hands immediately after you have covered your sneeze or cough

DO NOT

- DO NOT use other ways of covering your face like the pallu of the sari or the chunni or the gamcha
- DO NOT spit in the open, always use a spittoon or wash basin for spitting

CASE STUDY

Smita has gone out to buy vegetables. She has a sore throat and is often coughing without covering her face. You are in the shop when she comes and suddenly she has a fit of cough. Everyone instantly moves away from her and the shopkeeper says angrily “Don’t come into my shop if you are coughing.”



QUESTION 1: IF YOU WERE THERE AS A CUSTOMER; WHAT WOULD YOU HAVE DONE?

QUESTION 2: IF YOU WERE THE SHOPKEEPER, WHAT WOULD YOU HAVE DONE?

QUESTION 3: AS A HEALTH WORKER WHAT WOULD YOU ADVISE/COUNSEL?

ANSWERS

- It is good for people to move away and keep a distance. However, as a fellow customer anyone could give a polite advice to follow the correct respiratory hygiene.
- It is wrong for the shopkeeper to have shouted at Smita. This is stigmatising behaviour. Though everyone is scared, being rude is not helpful. It will just keep people away from reporting a problem if they feel discriminated against. The shopkeeper can also keep his shop infection free by wiping the counters with a disinfectant regularly.

As a health worker my job will be:

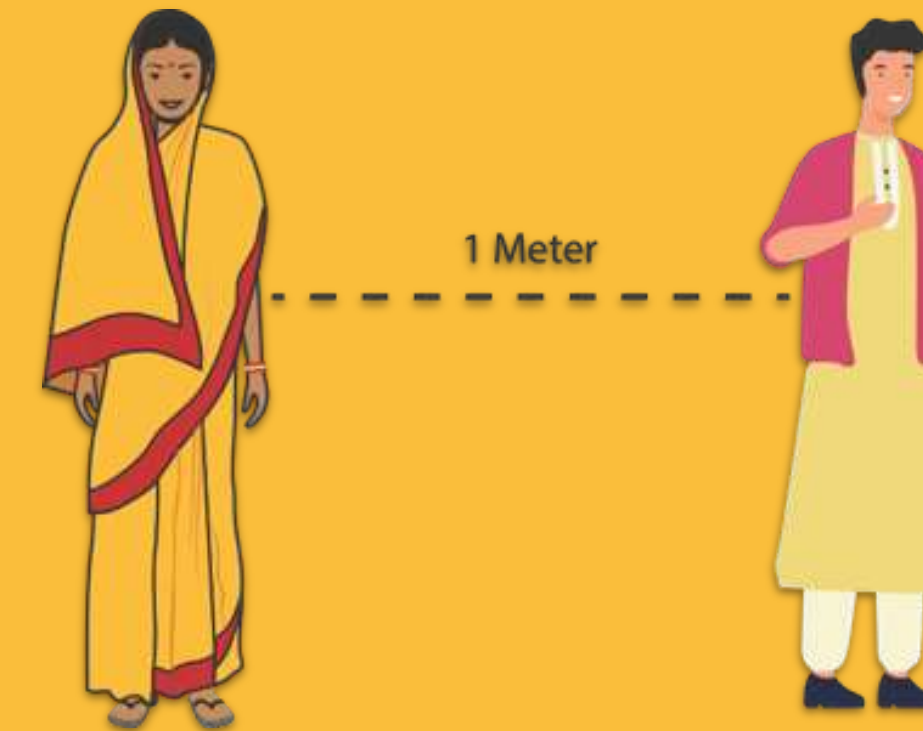
- Counsel Smita that she must cover her face with a handkerchief when coughing. Suggest her to get medication at the PHC
- Counsel the shopkeeper that anyone can have a cough and it need not be coronavirus infection. However anyone can have the infection and therefore he can help by keeping a box of tissues and hand sanitizer on the counter or keep a washing station for people to wash their hand.
- Counsel people on respiratory hygiene

PREVENTION: SOCIAL DISTANCING

SOCIAL DISTANCING : DELIBERATELY INCREASING THE PHYSICAL SPACE BETWEEN PEOPLE TO AVOID SPREADING ILLNESS. STAYING AT LEAST ONE METER AWAY FROM OTHER PEOPLE LESSENS YOUR CHANCES OF CATCHING COVID-19.

DO

- STAY AT HOME UNLESS ABSOLUTELY NECESSARY
- KEEP A DISTANCE OF AT LEAST ONE METER BETWEEN YOURSELF AND ANOTHER PERSON



DO NOT

- DO NOT HOLD EVENTS WHERE PEOPLE HAVE TO GATHER (EVEN IF IT IS A CORNER MEETING WITH THREE OR FOUR FRIENDS, OR AN EVENING CHAT ON THE CHAUPAL)
- DO NOT GO TO CROWDED PLACES LIKE MARKETS, SHOPPING, MELAS, PARTIES
- DO NOT USE PUBLIC TRANSPORT



PREVENTION: HIGH RISK GROUP

HIGH RISK GROUPS ARE PEOPLE WHO ARE AT A HIGHER RISK FROM SEVERE ILLNESS IF THEY GET COVID-19. THIS INCLUDES:

OLDER ADULTS



PEOPLE WHO HAVE UNDERLYING MEDICAL CONDITIONS LIKE:

- HEART DISEASE
- DIABETES
- LUNG DISEASE
- KIDNEY DISEASE
- ON CANCER MEDICATION



PREGNANT WOMEN
(AS WE DO NOT KNOW THE IMPACT OF THE DISEASE ON PREGNANCY AS OF YET, IT IS BETTER TO TAKE CARE)

