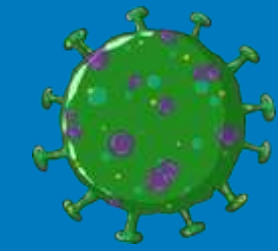
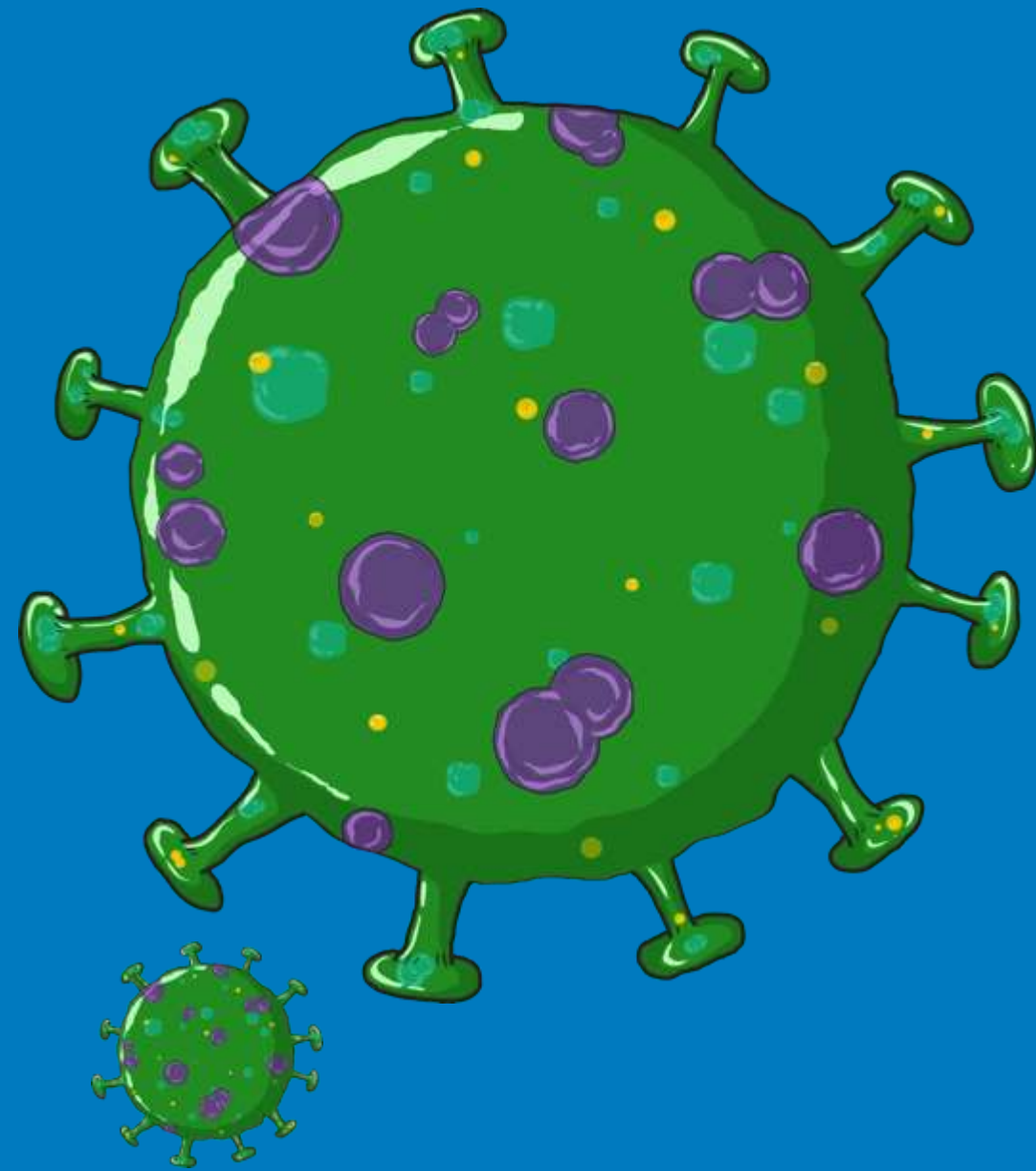




Ministry of Health & Family Welfare  
Government of India



# COVID-19

RESPONSE AND CONTAINMENT  
MEASURES

TRAINING OF ANM, ASHA, AWW



# SESSION 5

SUPPORTIVE PUBLIC HEALTH SERVICES: COMMUNITY HOUSEHOLDS



CREATE  
SUPPORTIVE  
ENVIRONMENT



HOME  
QUARANTINE -SELF



HOME  
QUARANTINE-  
FAMILY MEMBERS



HOME CARE

# RESPONSE AND CONTAINMENT– CREATE A SUPPORTIVE ENVIRONMENT

- TALK TO AND INVOLVE INFLUENCERS FIGHT DISCRIMINATION
- MAKE A LIST OF LOCAL INFLUENCERS (GRAM PRADHAN, RELIGIOUS LEADERS, TEACHERS, ANY OTHER)
  - EXPLAIN & DISCUSS THE SITUATION AND PROTOCOLS/ORDERS/NOTIFICATIONS TO BE FOLLOWED AND SEEK THEIR SUPPORT IN GIVING KEY MESSAGES.
  - SUPPORT ASSIGNING ROLES FOR COMMUNITY NETWORKS

## PLAN COMMUNITY SUPPORT FOR HIGH RISK

- MAKE A LIST OF HIGH RISK GROUPS IN THE VILLAGE
- IDENTIFY PEOPLE THEY MEET OR TALK TO; SHARE PREVENTIVE MEASURES WITH THESE PEOPLE AND REQUEST THEM TO KEEP COMMUNICATING THESE MEASURES TO THE HIGH RISK PEOPLE
- TAKE CARE OF OLDER PEOPLE OR PEOPLE WITH CO - MORBIDITIES LIKE HYPERTENSION, DIABETES, LUNG OR KIDNEY DISEASE.
- TAKE CARE OF CHILDREN WHOSE PARENTS MAY BE IN QUARANTINE FOR ISSUES OF EDUCATION AND/OR CARE.

## COORDINATE WITH THE EXISTING COMMUNITY NETWORKS FOR SUPPORT

- COORDINATE WITH THE EXISTING GROUPS LIKE SHGs, YOUTH NETWORKS, VHSNC ETC ON THE ROLES ASSIGNED FOR EMERGENCY PLANNING, DISTRIBUTION OF SERVICES LIKE FOOD/GROCERY DELIVERY FOR QUARANTINED HOUSEHOLDS, MIDDAY MEALS MEDICINE ETC.
- SHARE CONTACT DETAILS OF ANM, ASHA, AMBULANCE, AND OTHER MEDICAL SUPPORT WITH THEM
- SHARE COORDINATING DETAILS OF CHILD PROTECTION COMMITTEES FOR ADDRESSING ISSUES OF TRAUMA AND VIOLENCE IN CHILDREN.

## HELP DEVELOP HOUSEHOLD EMERGENCY CONTACT LIST

- ENSURE EACH HOUSEHOLD HAS A CURRENT LIST OF EMERGENCY CONTACTS FOR FAMILY, FRIENDS, NEIGHBOURS, ESSENTIAL SERVICES CONTACT NUMBERS LIKE FOOD, MEDICINES, MEDICAL HELP .

## CASE STUDY

BABULAL HAS BEEN RENTING OUT HIS TRACTOR FOR THE LAST SEVERAL YEARS AND MANY PEOPLE KNOW HIM IN THE COMMUNITY. RECENTLY PEOPLE HAVE STOPPED TAKING BABULAL'S TRACTORS ON RENT AND YOU COME TO KNOW THAT THIS IS BECAUSE BABULAL HAS BEEN HAVING SYMPTOMS OF COLD AND FLU. WHEN YOU SPEAK WITH BABULAL HE TELLS YOU THAT WHEN HE IS WALKING PEOPLE CROSS OVER ON THE OTHER SIDE OF THE STREET AND DO NOT EVEN TALK TO HIM OR HIS FAMILY MEMBERS, INCLUDING HIS CHILDREN EVEN ON THE PHONE. HE HAS DECIDED TO GO TO HIS CITY HOUSE SO HE DOES NOT HAVE TO BEAR THIS BEHAVIOUR

## ROLE OF AN INFLUENCER

QUESTION 1: IS THIS THE RIGHT THING TO DO?

QUESTION 2: WHAT WILL YOU DO AS THE LOCAL HEALTH WORKER?

- CHECK WHO CAN HELP IN INFLUENCING THE LOCAL LANDOWNERS.
- USE THE KEY INFLUENCERS IN GIVING THE COMMUNICATION ON WHAT IS COVID AND WHAT ARE THE SYMPTOMS.
- TALK TO THE DHO/MO FOR DISCUSSING THE SYMPTOMS OF COVID WITH BABULAL AND IF HE IS A CONTACT WHAT ADVISORY SHOULD BE GIVEN TO HIM

# HOME QUARANTINE: STAY SAFE FOR PROBABLE INFECTED PERSON RESTRICTED MOVEMENT FOR COVID-19 SUSPECTS

- ### KEEP DISTANCE
- STAY IN A WELL VENTILATED SPECIFIC ROOM AND AWAY FROM OTHER PEOPLE IN YOUR HOME. RESTRICT MOVEMENT
  - IF AVAILABLE, USE A SEPARATE BATHROOM

- ### AVOID VISITORS IN THE HOUSE
- BECAUSE IF INFECTED YOU CAN SPREAD INFECTION TO OTHERS

- ### SEEK HEALTH CARE AND NOTIFY
- IF SUFFERING FROM COUGH OR FEVER OR BREATHING DIFFICULTY AND SUSPECTING CONTACT, WEAR A MASK, AND NOTIFY NEAREST HEALTH FACILITY / ASHA/ANM IMMEDIATELY.

- ### AVOID GOING TO PUBLIC AREAS
- DO NOT GO TO WORK, SCHOOL, OR PUBLIC AREAS LIKE MARKETS, CINEMAS ETC.
  - AVOID USING PUBLIC TRANSPORT

- ### WEAR A MASK
- WEAR A MASK CORRECTLY WHEN YOU ARE AROUND OTHER PEOPLE AND WHENEVER YOU ENTER A HEALTHCARE PROVIDER'S CLINIC



## HOME CARE: KEEP ENVIRONMENT SAFE

### PRECAUTIONS TO BE TAKEN BY THE HOUSEHOLD WHERE THERE IS A SUSPECTED CASE

- **SUPPORT:** ASSIGNED FAMILY MEMBER TO TAKE CARE OF INFECTED PERSON HELPING THEM FOLLOW DOCTOR'S INSTRUCTIONS FOR MEDICATION(S) AND CARE.
- **WASH HANDS:** WITH SOAP AND WATER FOR AT LEAST 40 SECONDS OR, IF SOAP AND WATER ARE NOT AVAILABLE, CLEAN YOUR HANDS WITH AN ALCOHOL-BASED HAND SANITIZER THAT CONTAINS AT LEAST 70% ALCOHOL. WASH OFTEN AND ESPECIALLY AFTER TOUCHING
- **CLEAN AND DISINFECT:** ALL "HIGH-TOUCH" SURFACES, SUCH AS TABLETOPS, DOORKNOBS, BATHROOM FIXTURES, TOILETS, PHONES, EVERY DAY. ALSO, WIPE ANY SURFACES THAT MAY HAVE BLOOD, STOOL, OR BODY FLUIDS ON THEM. USING BLEACHING POWDER SOLUTION (TSP OF HOUSEHOLD BLEACH IN 4 CUPS OF WATER)

- **WASH LAUNDRY THOROUGHLY AND AVOID SHAKING SOILED LINEN**
  - IMMEDIATELY REMOVE AND WASH CLOTHES OR BEDDING THAT HAVE BLOOD, STOOL, OR BODY FLUIDS ON THEM. KEEP AWAY FROM BODY.
  - WASH AND DISINFECT LINEN IN WARM WATER AND SOAP, DRY IN SUN
  - WASHING MACHINE: USE DISINFECTANT, SOAP, WARM WATER, DRY IN SUN
  - LINEN CAN BE SOAKED IN HOT WATER AND SOAP IN A LARGE DRUM, USING A STICK TO STIR, AVOIDING SPLASHING (SOAK LINEN IN 1% CHLORINE FOR APPROXIMATELY 30 MINUTES. FINALLY, RINSE WITH CLEAN WATER AND LET LINEN DRY FULLY IN THE SUNLIGHT.
  - PLACE ALL USED DISPOSABLE GLOVES, FACEMASKS, AND OTHER CONTAMINATED ITEMS IN A LINED CONTAINER BEFORE DISPOSING OF THEM WITH OTHER HOUSEHOLD WASTE.
  - NOTE: INFECTED PERSON MAY BE AMBULATORY OR BED-RIDDEN



## HOME QUARANTINE: STAY SAFE FOR FAMILY MEMBERS

- HOUSEHOLD MEMBERS SHOULD STAY IN ANOTHER ROOM OR BE SEPARATED FROM THE PATIENT AS MUCH AS POSSIBLE.
- HOUSEHOLD MEMBERS SHOULD USE A SEPARATE BEDROOM AND BATHROOM, IF AVAILABLE.
- AVOID SHARING HOUSEHOLD ITEMS E.G. DISHES, DRINKING GLASSES, CUPS, EATING UTENSILS, TOWELS, BEDDING, OR OTHER ITEMS WITH OTHER PEOPLE AT HOME.
- WASH HAND AS OFTEN THOROUGHLY WITH SOAP AND WATER (40 SECS) OR WITH 70% ALCOHOL-BASED HAND SANITISER
- WHEN IN CONTACT WITH THE PERSON WHO IS QUARANTINED, THE FAMILY MEMBERS SHOULD WEAR A THREE LAYERED MASK AT ALL THE TIMES. DISPOSABLE MASKS ARE NEVER TO BE REUSED.
- USED MASK SHOULD BE CONSIDERED AS POTENTIALLY INFECTED. DISPOSE MASK BY SOAKING IN HOME BLEACH SOLUTION AND THEN THROWING IN A DUSTBIN.
- DO NOT LET SMALL CHILDREN PLAY WITH THE MASKS.

