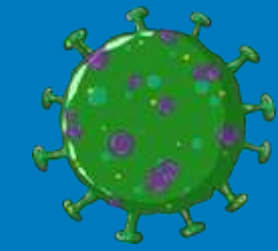
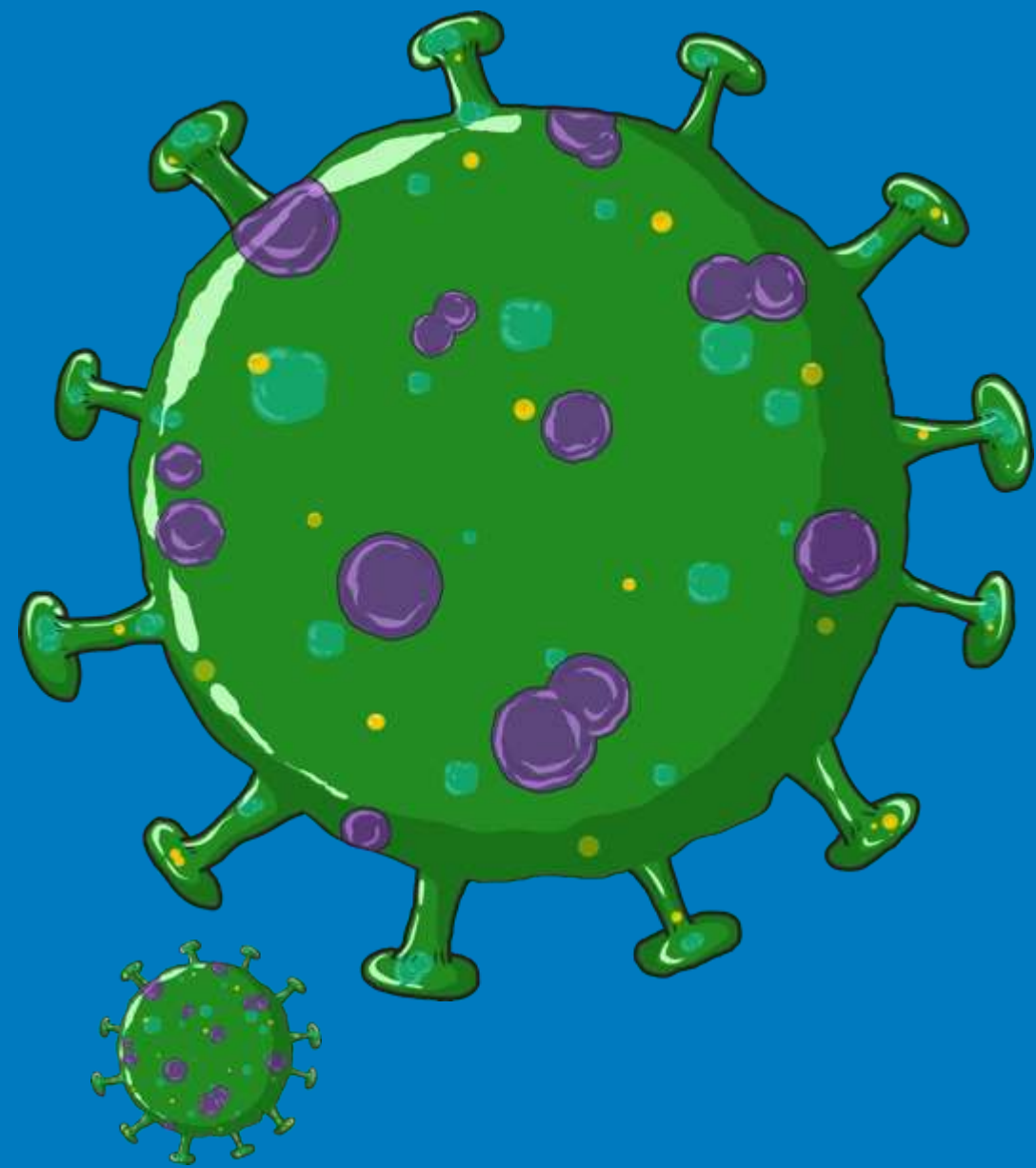




सत्यमेव जयते  
Ministry of Health & Family Welfare  
Government of India



# COVID-19

RESPONSE AND CONTAINMENT  
MEASURES

TRAINING OF ANM, ASHA, AWW



# SESSION 7

COMMUNICATION, PERSONAL SAFETY FOR HEALTH/ICDS PERSONNEL



WHAT TO  
COMMUNICATE



HOW TO  
COMMUNICATE?



MASK  
MANAGEMENT



PRECAUTIONS



# WHAT TO COMMUNICATE AND COMMUNICATION PLATFORMS

HAND HYGIENE

RESPIRATORY  
HYGIENE

SOCIAL DISTANCING

HOME CARE &  
HOME  
QUARANTINE

MONITORING  
SYMPTOMS



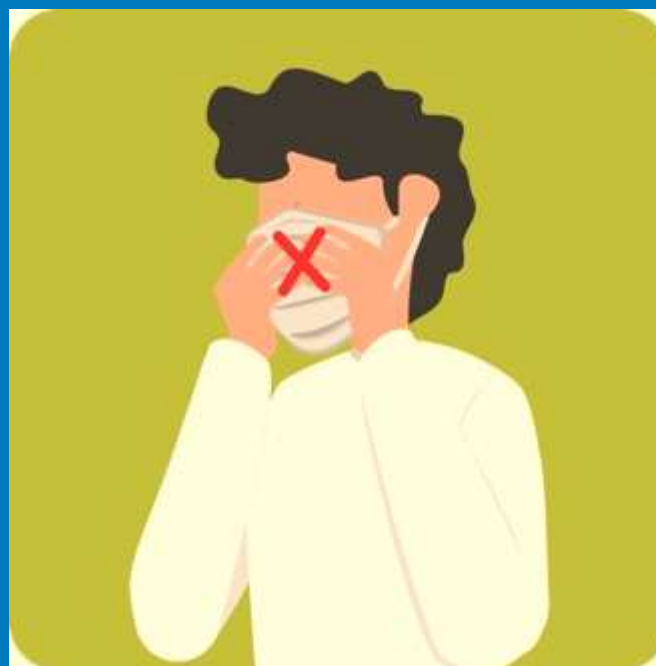
- SHARE MOBISODES
- DISPLAY IEC MATERIALS AT APPROPRIATE PLACES
- USE ESSENTIAL SERVICES (LIKE GARBAGE COLLECTION VANS, MILK SUPPLY, ETC.) FOR MIKING
- SHARE WHATSAPP MESSAGES ON GROUPS
- USE POCKET BOOK FOR GIVING KEY MESSAGES

# COMMUNICATION: HOW?

- ALWAYS BE POLITE. ANYONE CAN GET THE INFECTION, ANYWHERE. DO NOT DISCRIMINATE, SHOUT, OR USE RUDE LANGUAGE.
- TELL PEOPLE ABOUT THE PURPOSE OF YOUR VISIT AND WHAT YOU WILL DO WITH THE ANSWERS YOU ARE SEEKING. SAY THAT THIS IS THE SUPPORT THAT THE GOVERNMENT IS GIVING ALL CITIZENS.
- GATHER ACCURATE INFORMATION FROM THE PATIENT: THEIR NAME, DATE OF BIRTH, TRAVEL HISTORY, LIST OF SYMPTOMS, RECORD AND COMMUNICATE AS PER THE SURVEILLANCE FORMAT. WRITE THE INFORMATION CLEARLY
- BE AWARE THAT SUSPECTED AND CONFIRMED CASES, AND ANY VISITORS ACCOMPANYING THEM, MAY BE STRESSED OR AFRAID. SO, THE MOST IMPORTANT THING YOU CAN DO IS TO LISTEN CAREFULLY TO QUESTIONS AND CONCERNS.
- WHEN YOU MEET PEOPLE, AVOID TOUCHING OR DIRECT PHYSICAL CONTACT. THIS IS TRUE FOR PASSING ON INFECTION EITHER WAY. MAINTAIN DISTANCE OF MORE THAN 1 METER WHEN YOU INTERACT.
- IT IS BETTER TO SIT IN THE OPEN AND SPEAK WITH THE FAMILY MEMBERS IF SPACE AND SITUATION ALLOWS.
- ASK QUESTIONS AND GET VERY SPECIFIC ANSWERS. WHEN YOU ARE WRITING, MAKE SURE YOUR WRITING IS CLEAR AND COMPLETE INFORMATION (ADDRESSES, NAMES, CONTACT NUMBERS) IS WRITTEN LEGIBLY.
- CHECK IF PEOPLE HAVE UNDERSTOOD YOUR MESSAGE BY ASKING THEM TO REPEAT WHAT YOU HAVE TOLD.
- IF THERE ARE QUESTIONS AND YOU HAVE THE ANSWERS, YOU MUST SHARE THIS WITH THE COMMUNITY MEMBER. HOWEVER IF YOU DO NOT HAVE THE ANSWER, DO NOT HESITATE TO SAY SO. A LOT IS STILL UNKNOWN ABOUT COVID-19



# MASK MANAGEMENT



## USE A MASK IF AND ONLY WHEN:

- YOU DEVELOP FEVER, COUGH OR DIFFICULTY IN BREATHING
- YOU VISIT A HEALTH CARE FACILITY.
- YOU ARE CARING FOR AN ILL PERSON
- WHEN CONTACT TRACING



## USE A MASK CORRECTLY:

- UNFOLD PLEATS, FACING DOWN, PLACE OVER NOSE, MOUTH AND CHIN.
- FIT NOSE PIECE OVER NOSE-BRIDGE. TIE STRINGS UPPER STRING TIED - TOP OF HEAD ABOVE EARS LOWER STRING AT THE BACK OF THE NECK.
- LEAVE NO GAPS ON EITHER SIDE OF THE MASK, ADJUST TO FIT.
- DO NOT PULL THE MASK DOWN OR HANG FROM THE NECK
- AVOID TOUCHING THE MASK WHILE IN USE.
- REPLACE MASKS WITH A NEW CLEAN, DRY MASK AS SOON AS THEY BECOME DAMP/HUMID, 6 -8 HOURS

## REMOVING AND DISPOSING THE MASK

- DO NOT RE-USE SINGLE-USE MASKS
- DO NOT TOUCH OTHER SURFACES OF THE MASK WHILE REMOVING.
- TO REMOVE MASK FIRST UNTIE THE STRING BELOW AND THEN THE STRING ABOVE AND HANDLE THE MASK USING THE UPPER STRINGS. OTHER SURFACES MAY BE POTENTIALLY CONTAMINATED
- REMOVE THE MASK BY USING APPROPRIATE TECHNIQUE (I.E. DO NOT TOUCH THE FRONT BUT REMOVE THE LACE FROM BEHIND)
- AFTER REMOVAL OR WHENEVER YOU INADVERTENTLY TOUCH A USED MASK, CLEAN HANDS BY USING A 70% ALCOHOL-BASED HAND RUB OR SOAP AND WATER FOR 40 SECS.
- DISCARD SINGLE-USE MASKS AFTER EACH USE AND DISPOSE OF THEM IMMEDIATELY UPON REMOVAL

# PRECAUTION AND SAFETY MEASURE FOR FLW



## WHEN MOVING AROUND THE COMMUNITY

- MAINTAIN DISTANCE OF AT LEAST 1 METER FROM PEOPLE WHEN YOU ARE COMMUNICATING
- USE A THREE LAYERED MASK TO COVER YOUR FACE. MAKE SURE IT IS PROPERLY WORN.(WHILE CONTACT TRACING)
- AVOID TOUCHING YOUR FACE (EYES, NOSE, MOUTH) AT ALL TIMES
- WASH YOUR HANDS WITH SOAP AND WATER FREQUENTLY, OR USE ALCOHOL BASED HAND-RUB
- AVOID TOUCHING OR DIRECT PHYSICAL CONTACT

## IMMEDIATELY ON REACHING HOME

- CAREFULLY REMOVE AND DISPOSE OFF YOUR FACE MASK BY SOAKING IN BLEACH SOLUTION AND THEN THROWING IT IN A COVERED DUSTBIN. (SEE: MASK MANAGEMENT).
- WASH YOUR HANDS WITH SOAP AND WATER OR ALCOHOL BASED HAND-SANITISER BEFORE YOU TOUCH ANYTHING ELSE.
- WIPE DOWN WHAT YOU HAVE CARRIED LIKE YOUR PURSE AND MOBILE WITH HOME BASED DISINFECTANT (4 TSPS OF HOUSEHOLD BLEACH IN 4 CUPS OF WATER)
- IF YOU GET ANY SYMPTOMS LIKE FEVER, COUGH OR DIFFICULTY IN BREATHING REPORT TO THE NEAREST GOVERNMENT FACILITY OR DISTRICT SURVEILLANCE OFFICER IMMEDIATELY.



## MYTHS & FACTS

STATEMENT: WITH THE SUMMERS COMING UP, THE CORONAVIRUS WILL BE KILLED

FACT: COVID-19 HAS BEEN DETECTED IN ALL AREAS, INCLUDING AREAS WITH HOT AND HUMID WEATHER. THE BEST WAY TO PROTECT YOURSELF AGAINST COVID-19 IS BY FREQUENTLY WASHING YOUR HANDS WITH SOAP AND WATER, COVERING YOUR COUGHS AND SNEEZES AND AVOIDING CROWDED PLACES.

STATEMENT: HAVING A BATH WITH HOT WATER WILL KILL THE VIRUS

FACT: THE VIRUS LIVES INSIDE THE BODY WHERE THE TEMPERATURE IS MAINTAINED AT 37°C AND IS NOT AFFECTED BY A HOT WATER BATH THAT YOU HAVE.

STATEMENT: GETTING THE PNEUMONIA VACCINE WILL PROTECT YOU AGAINST THE VIRUS

FACT: WHILE VACCINES FOR PNEUMONIA WILL CERTAINLY PROTECT YOU AGAINST OTHER ORGANISMS THAT CAUSE PNEUMONIA, THE VACCINE FOR NOVEL CORONAVIRUS IS UNDER DEVELOPMENT.

STATEMENT: SPRAYING ALCOHOL OR DISINFECTANT OVER YOUR BODY CAN PREVENT INFECTION

FACT: SPRAYING WITH ALCOHOL OR SANITISER ON CLOTHES AND BODY WILL NOT PREVENT YOU FROM GETTING INFECTION. INFECTION SPREADS WHEN THE VIRUS ENTERS THE BODY THROUGH NOSE OR MOUTH. CLEANING AND WIPING HANDS WITH ALCOHOL IS TO PREVENT THE GERM FROM ENTERING YOUR SYSTEM THROUGH INFECTED HANDS WHEN YOU TOUCH YOUR MOUTH OR YOU EAT FOOD WITH INFECTED HANDS.

STATEMENT: REGULARLY RINSING THE NOSE WITH SALINE WILL PREVENT THE INFECTION

FACT: RINSING NOSE WITH SALINE HAS IN FEW CASES HELPED IN CONTAINING COMMON COLD, BUT HAS NO EVIDENCE TO SUGGEST IT IS EFFECTIVE AGAINST THE NOVEL CORONAVIRUS INFECTION

## MYTHS & FACTS

STATEMENT: CORONAVIRUS CAN BE PASSED THROUGH CHICKEN AND MEAT

FACT: NO! THERE IS NO SUCH EVIDENCE OF CORONAVIRUS SPREADING THROUGH MEAT AND POULTRY PRODUCTS. HOWEVER IT IS ALWAYS ADVISED TO HAVE PROPERLY COOKED MEAT AND CHICKEN.

STATEMENT: A PERSON WITH CORONAVIRUS CAN RECOVER FULLY AND BE NO MORE INFECTIOUS.

FACT: 80% OF THE PEOPLE HAVE RECOVERED FROM THE DISEASE WITHOUT NEEDING SPECIAL TREATMENT. BUT INFORMATION ON THE VIRUS TREATMENT IS STILL BEING RESEARCHED

STATEMENT: EATING RAW GARLIC, SESAME SEEDS WILL PROTECT YOU AGAINST THE VIRUS

FACT: GARLIC IS A HEALTHY FOOD THAT HAS OTHER BENEFITS BUT DOES NOT PROTECT YOU AGAINST THE CORONAVIRUS.

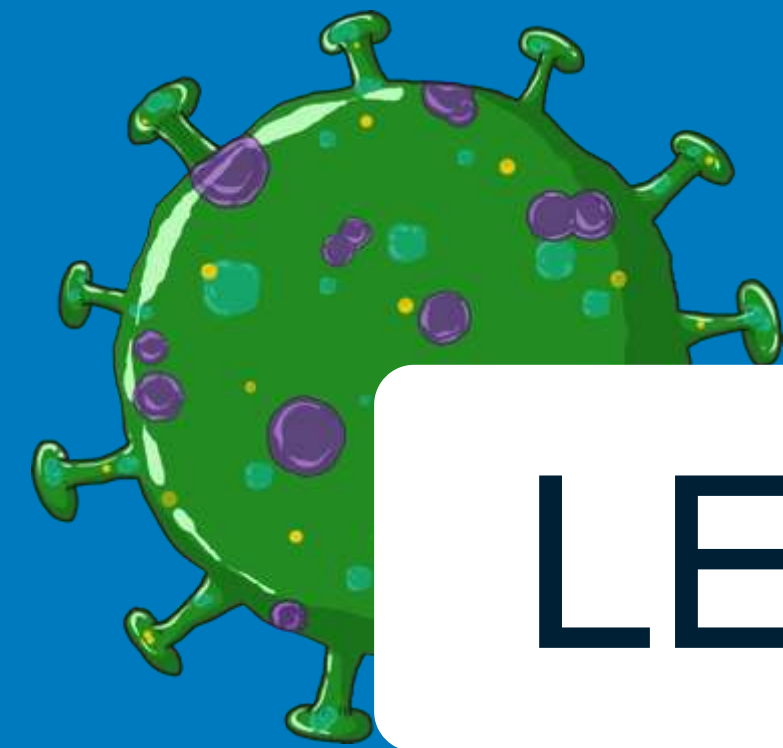
STATEMENT: THE VIRUS CAN DIE EASILY ONCE IT IS OUT OF THE BODY

FACT: WE DO NOT KNOW ABOUT THIS PARTICULAR VIRUS AS OF NOW. SIMILAR VIRUSES (SARS, MERS) SURVIVE FROM 8 TO 24 HOURS DEPENDING ON TYPES OF SURFACES.

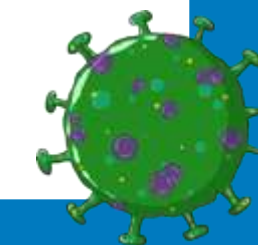
STATEMENT: YOU CAN GET COVID-19 THROUGH MOSQUITO BITES

FACT: THE CORONAVIRUS CANNOT BE SPREAD THROUGH THE BITE OF A MOSQUITO. IT IS SPREAD THROUGH DROPLETS SPREAD WHEN AN INFECTED PERSON SNEEZES OR COUGHS





# LET'S EXPOSE THE VIRUS



CORRECT INFORMATION AND BEHAVIOURS IS THE WAY TO DEFEAT THE INFECTION.

LET'S PLAY THE GAME TO UNCOVER THE VIRUS AND TACKLE IT THROUGH OUR INFORMATION

LET'S PLAY A RECAP GAME: IN EACH SQUARE YOU WILL FIND A

STATEMENT,

LET'S HEAR YOUR ANSWER.

# LET'S HEAR YOUR ANSWERS.

**ELDERLY PEOPLE ARE  
MORE AT RISK OF  
CATCHING THE  
INFECTION**

**ASHA TO WEAR A  
MASK AT ALL TIMES**

**SPRAYING ALCOHOL  
OR DISINFECTANT  
OVER YOUR BODY  
WILL PREVENT  
COVID-19**

**STATE THE PURPOSE  
OF YOUR VISIT WHEN  
YOU ARE ON  
SURVEILLANCE DUTY**

**IF SOMEONE IS  
COUGHING IN PUBLIC,  
IT IS ALL RIGHT TO  
SHOUT AND TELL THE  
PERSON TO GO AWAY.**

**PERSON WITH DIABE-  
TES, HYPERTENSION IS  
A HIGH RISK GROUP**

**CLEAN HANDS WITH  
ANY SANITIZER**

**WHEN YOU REMOVE  
YOUR MASK, DO NOT  
TOUCH THE FRONT,  
ALWAYS REMOVE LACE  
FROM BEHIND**

**DO NOT TOUCH YOUR  
FACE, NOSE, MOUTH  
AND EYES**

**DRINK WARM WATER  
TO PROTECT FROM  
COVID-19**

**WASH CLOTHES IN 0.1%  
SODIUM  
HYPOCHLORITE  
SOLUTION**

**USE SALINE SPRAYS TO  
PREVENT VIRUS  
INFECTION**

**EATING GARLIC AND  
SESAME KEEPS YOU  
SAFE FROM COVID-19  
INFECTION**

**SHORTNESS OF  
BREATH WITH HIGH  
FEVER REQUIRES  
IMMEDIATE  
HOSPITALIZATION**

**KEEP A DISTANCE OF 3  
METERS FROM PEOPLE  
WHO ARE COUGHING OR  
SNEEZING**

**DO NOT SPIT IN THE  
OPEN**