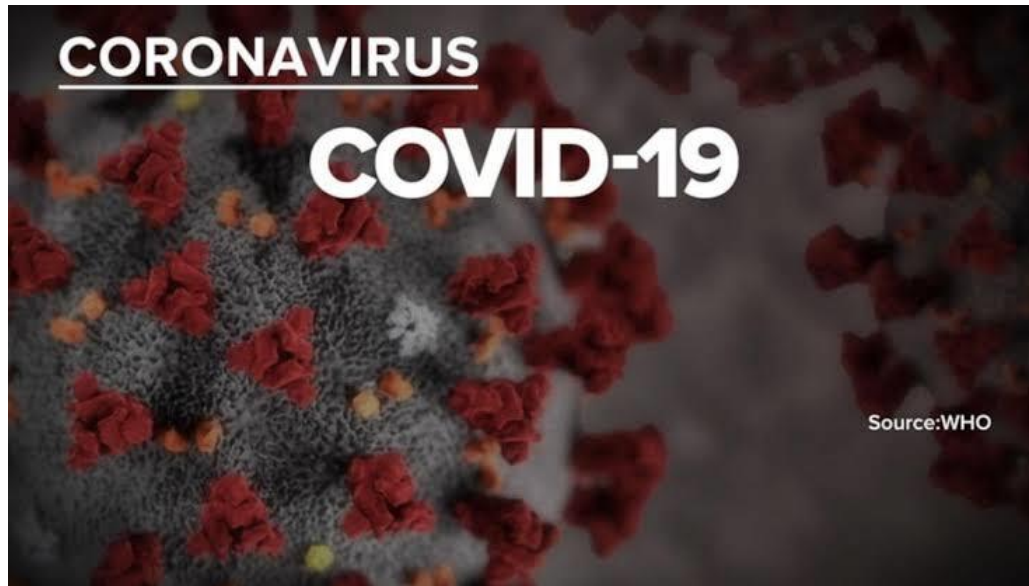


# DISASTER PREPAREDNESS FOR FAMILY CORONA PANDEMIC



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# DISASTER PREPAREDNESS

MATERIAL RESERVE @  
HOME FOR NEXT 3  
MONTHS

- To reduce tension last moment you may not get all these when in actual need

FOOD AND WATER

- Adequate food grains & Safe water

CLEANING

- Sanitiser, Soap, Dettol, Hand wash solution, detergent,

PROTECTIVE EQUIPMENT:

- Gloves, Masks regular(3 layer), N95 masks, Sanitizers,

GENERAL

- Petrol, Diesel, Deep oil, Candle, Powerbackup, enough cash,

## MEDICAL

- Vitamins-Vitamin D, Vitamin C, Nebuliser, Nebulisation solution(budecort /duoline/ salbutamol), Paracetamol, Cough syrup, Antibiotics ( azithromycin), Hydroxychloroquine 200/400(If available if not its given in covid hospital free)

## AYURVEDICS/ FOODS STUFF

- Neem, Tulasi, Ginger, Turmeric, Amla, Black pepper, Honey, Salt, Desi cow ghee, Drumstics, Bittergaurd, Methi, Lemon, other fruits- Banana, Almonds, Dryfig, Apricots, Patanjali peya (Kashaya mix), Garlic, Bakers soda, MULETHI [JYESHTA MADH]

## HOME REMEDIES

- Camphor, Dhoop, Patanjali Havana, Coconut oil, Spirit, Aftershave, Nilagiri oil, Betadine, Vicks, Amrutanjana,













## COMMUNICATION

- Mobile charger, Powerbank, District Hospital contact number, Ambulance no,

# COVID-19 CHECKLIST



SCORE 1 TO 3 POINTS FOR EACH QUESTION

SYMPTOMS		POINTS SYSTEM
	Do you have cough?	1 pt
	Do you have colds?	1 pt
	Are you having Diarrhea?	1 pt
	Do you have sore throat?	1 pt
	Are you experiencing MYALGIA or Body Aches?	1 pt
	Do you have a headache?	1 pt
	Do you have fever (Temperature 37.8 C and above)	1 pt
	Are you having difficulty breathing?	2 pts
	Are you experiencing Fatigue?	2 pts
	Have you traveled recently during the past 14 days?	3 pts
	Do you have a travel history to a COVID-19 INFECTED AREA?	3 pts
	Do you have direct contact or is taking care of a positive COVID-19 PATIENT? (3 PTS)	3 pts

**Score results:**

- 0-2** May be stress related and observe.
- 3-5** Hydrate properly and proper personal hygiene. Observe and Re-evaluate after 2 days.
- 6-12** Seek a consultation with Doctor.
- 12-24** Call the **DOH Hotline 02-8-651-7800**

SCORE UP TO FIVE ARE NEED ISOLATION & HOME TREATMENT

SCORES 6-12 NEEDS TREATMENT @ HOSPITAL, 12-24 NEEDS PROBABLY ICU TREATMENT CALL FOR HELP

1.	International Travel History/ Contact History	No International Travel/ Contact History	Travel/ Contact History more than 14 days	Travel/ Contact History less than 14 days	Direct Contact with Confirmed COVID 19 Case
2.	Fever	98.6 °F – 100 °F	100 °F- 102 °F	102 °F - 104 °F	> 104 °F
3.	Breathing Difficulty	No (You can easily hold your breath for 10 seconds)	Mild (Breathless while climbing steps)	Moderate (Breathless while walking on level ground)	Severe (Breathless even while sitting)
4.	Body Pain	No	Mild	Moderate	Severe
5.	Fatigue/ Weakness	No	Mild	Moderate	Severe
6.	Sore Throat	No	Mild	Moderate	Severe
7.	Cough	No	Mild	Moderate	Severe
8.	Diarrhoea	1-2 episodes in last 24 hrs	3 to 5 episodes in last 24 hrs	5 to 7 episodes in last 24 hrs	More than 7 episodes in last 24 hrs
9.	Other Medical Conditions	None	High BP	High BP + Diabetes Mellitus	Reduced Immunity
10.	Status in last 48hrs	Improved	No Change	Worsened	Worsened a Lot
11.	Age	15 to 50 Yrs	5 to 15 Yrs	0 to 5 Yrs	> 50 Yrs



# IAF MED SERVICES COVID 19 CHECKLIST



(PAGE 2)

## Interpretation

- The entire chart on Page 1 is divided into 'Three Colour Coded Zones'.
- 'Green Zone indicates Safe Zone', 'Amber Zone indicates Caution Zone' and 'Red Zone indicates Danger Zone'.
- See in which zone, maximum of your ticks fall and make interpretation as per table below.

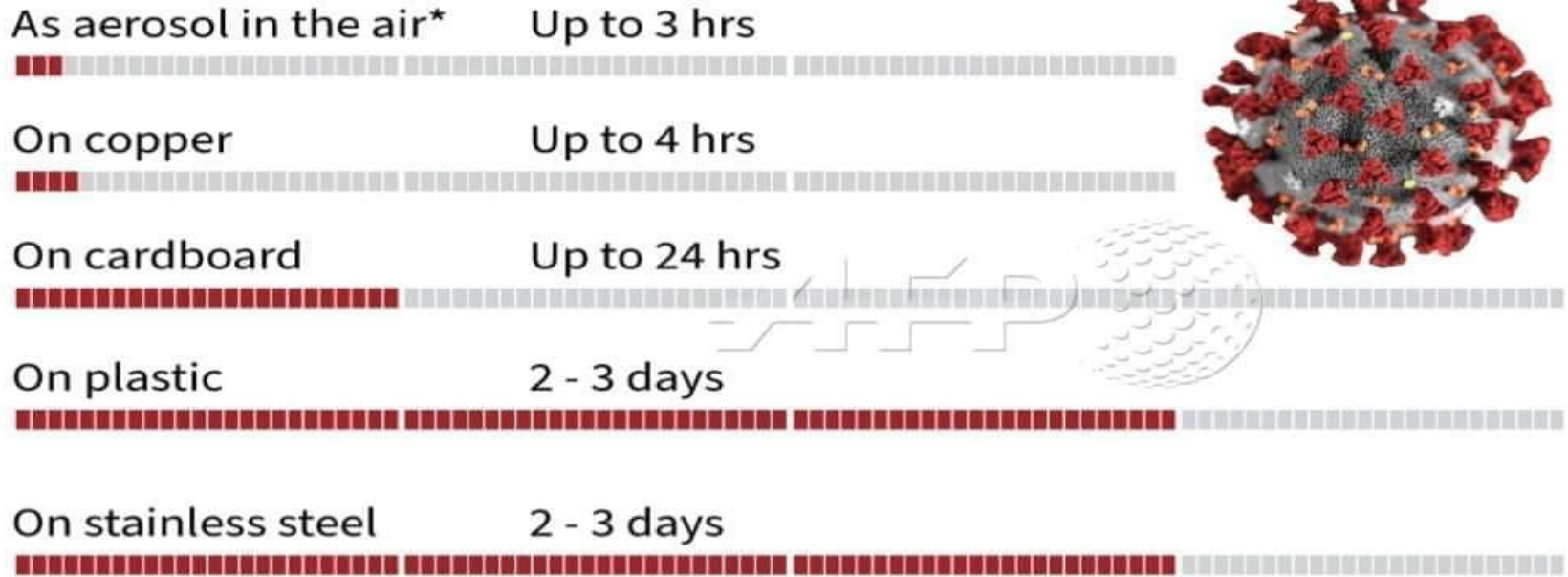
<u>Colour Zone</u>	<u>Category</u>	<u>Impression</u>	<u>Advice</u>
Predominantly Green	Safe	No need to Worry!	Stay at home/billet Monitor health constantly
Predominantly Amber	Caution	Exercise Extreme Caution	Stay at home/billet Follow all Quarantine SOPs Notify medical & Adm authorities on telephone
Predominantly Red	Danger	Immediate Medical Attention Needed	Visit SMC/hospital immediately May require COVID 19 testing May require hospitalisation

## Note:-

- If your ticks cover more than three Amber Boxes, interpret the case as being in 'Amber Zone'.
- If your ticks cover even a single Red Box, interpret the case as being in 'Red Zone'.

# How long does the virus last?

SARS-CoV-2, which causes COVID-19, needs a living host to reproduce in. A new study looks at how long it can last outside the body



Study and paper by :  
New England Journal of Medicine  
CDC  
Universitis of California, LA, Princeton

\*Researchers used a nebulizer to simulate coughing or sneezing, and found that the virus became an aerosol

© AFP

[CLICK HERE FOR PRECAUTIONS FOR PREVENTING CORONA](#)

[10 Tips for COVID-19 - Advice from a Respiratory Physician](#)

[The Coronavirus Explained detail ANIMATED](#)





# MANAGEMENT OF COVID

## 19

### PREVENTION

- PREVENT SPREAD IN COMMUNITY
- PREVENT CROSS INFECTION AMONG CONTACTS
- BOOST IMMUNITY FOR PREVENT VIRUS MULTIPLICATION IN BODY
- REDUCE SEVERITY OF INFECTION AND COMPLICATIONS IN INFECTED PERSON

### TREATMENT

- PROPHYLAXIS
- TREATMENT OF MILD CASES AT HOME/ISOLATION
- TREATMENT OF MODERATE CASES AT HOSPITAL
- TREATMENT OF SEVERE CASES IN ICU

- PART 1 PREVENTION AND HOME REMEDIES DISCUSSED IN THIS PRESENTATION WHICH CAN BE DONE AT HOME BY FAMILY
- PARTT 2 YOU NEED TO TAKE HELP OF DOCTORS IN HOSPITAL

# PREVENTION OF CORONA VIRUS INFECTION & REDUCE COMPLICATIONS & DEATH

Lets not forget what does health defines –According to World Health Organization (WHO): “Health is the state of complete physical, mental, spiritual and social well-being and not merely absence of disease”

So we explain the PREVENTION & EARLY TREATMENT protocol for corona pandemic considering the following DIMENSIONS OF HEALTH

- Physical wellbeing
- Mental wellbeing
- Spiritual wellbeing
- Social wellbeing
- Emotional wellbeing and adding Environmental and financial aspect as these also important to

# Integrated approach of Allopathy, Ayurvedic, Homeopathy, Traditional & Vedic sciences for preventing & Healing infection

## MEDICAL PROPHYLAXIS:

- VITAMINS, VITAMIN C, ZINC, VITAMIN D
- NUTRITION:Immunity boosters, Vitamin C, zinc and vitamins supplements

## PHYSICAL WEELBEING:

- PHYSICAL EXERCISES, YOGA, PRANAYAMA, BREATHING EXERCISES.
- LIFESTYLE MODIFICATIONS:avoid smoking, alcohol, parcel food, junk food

## MENTAL WELLBEING:

- MEDITATION CHANTING POSITIVE ATTITUDE

## SOCIAL WELLBEING

- ENVIRONMENTAL WELLBEING
- FINANCIAL WELLBEING

## EMOTIONAL WELLBEING

## INTEGRATED MEDICINE APPROACHES:

- AYURVEDIC APPROACHES,
- HOMEOPATHY APPROACHES,
- TRADITIONAL & VEDIC SCIENCE APPROACHES

## HOME REMEDIES

- and DO'S AND DON'T'S at home

# MEDICAL PROPHYLAXIS and KNOWLEDGE of treatment

## VITAMIN C

- 500 mg daily once (if possible twice)

## Multivitamin

- Multivitamins daily once ( twice if possible)
- Vitamins containing **zinc** content are useful
- ZINC TABLETS DAILY HELPS TO PREVENT VIRAL MULTIPLICARION

## VITAMIN D

- Vitamin D 60lakh sachets weekly once and daily sunbath for 20 min

## Hydroxychloroquine (HCQS)

- 400mg twice daily weekly once for 3 weeks for general **population who has contact with covid positive & 7 weeks for medical professional who is treating suspected patients**
- **NOT TO BE CONSUMED BY OTHER PEOPLE WITHOUT REASON AS THIS MAY CAUSE ARRHYTHMIAS AND HEART PROBLEMS**

# PHYSICAL WELL BEING

## Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training





# PHYSICAL WELLBEING

## Self- quarantine

- can be a challenging task to maintain our physical and mental well-being.
- it is necessary to keep yourself healthy, boost your immune system and most importantly relieve stress and anxiety.

## Exercises/ Yogasana

- You can start with pranayama for 10-15 minutes to keep your mind, body and soul fresh.
- Performing Yogasana: Surya namaskar, shiradasana

## Exercise

- Engage yourself in some sort of physical activity at your home. It will help lower the risk of chronic diseases that could further weaken your immune system.

## nutritious foods

- Foods that will help boost your immunity such as green leafy vegetables, fruits, tomatoes, lentils and legumes.

## Drink plenty of water

- Make sure that you are drinking 6-8 glasses of water each day. Drinking water has innumerable benefits like strengthening immunity, maintaining good skin, enhancing digestion and so on.



# NUTRITION

## IMMUNITY BOOSTERS:

- foods boosting immunity almonds, pista, dry fig, apricot, honey, cow ghee, dal pulse
- Drumsticks, Ginger, Turmeric, Methi, Bittergaurd

## MULTIVITAMINS

- Multivitamin tablets supplements once daily, vitamin D3 sachets weekly once

## VITAMIN C

- FRUITS (Peru(guava), sweetlime (mosambi), orange, Amla, Suppota(chikku)
- vitamin C 500mg tablet twice daily

## ZINC supplements:

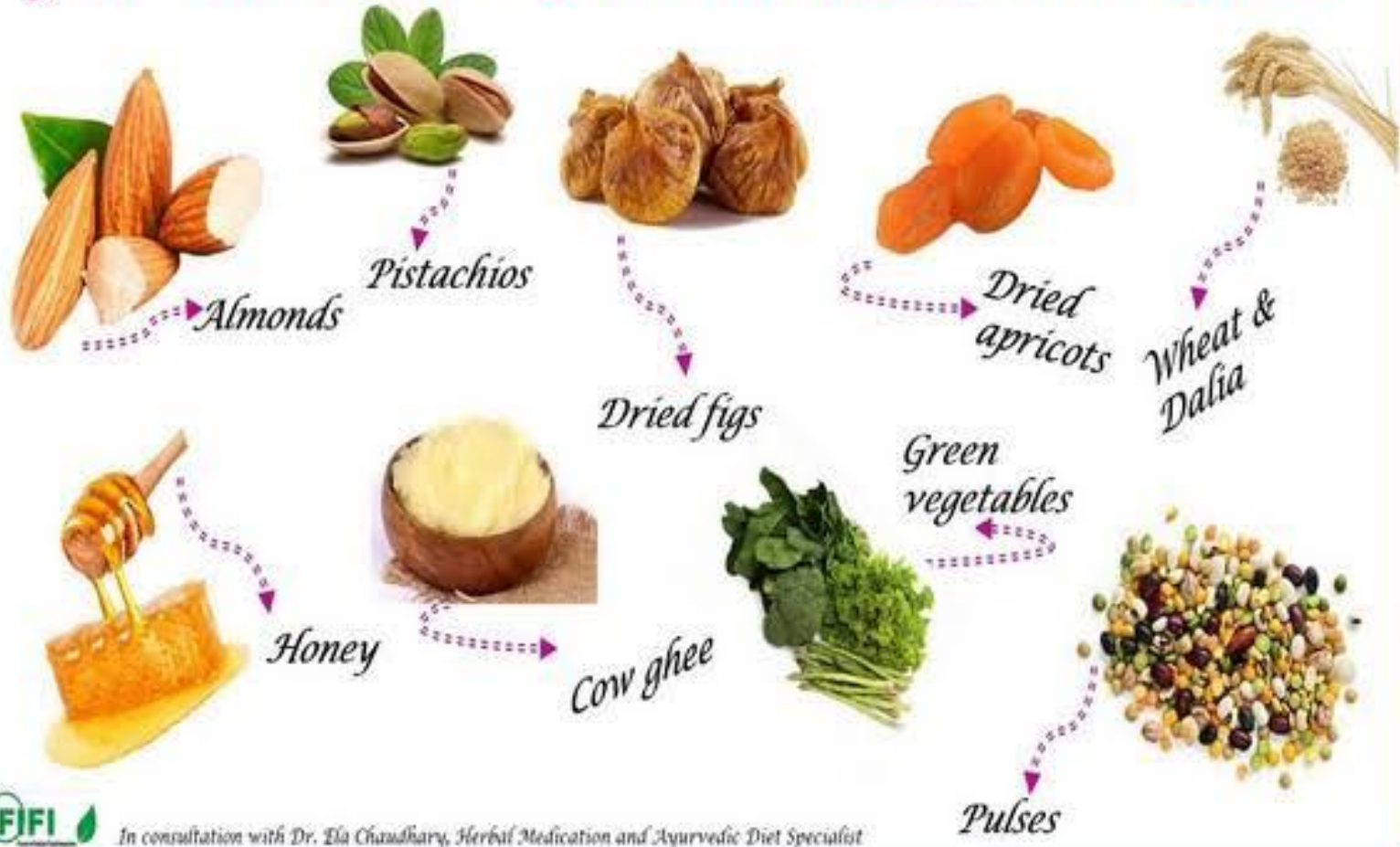
- With multivitamins and ZINC RICH foods





# IMMUNITY BOOSTING FOODS

# Immune Boosting Foods For Vibrant Health and Better Lives





Vitamin c tablets other fruits and AMLA help to boost immunity and healing

# Zinc containing foods help prevent virus multiplication in body

## 12 Foods High in Zinc



Oysters



Chicken



Grass fed Dairy



Cashews



Watermelon Seeds



Almonds



Spinach



Asparagus



Red Meat



Pumpkin Seeds



Salmon



Cacao/Cocoa Dark Choc



## ENVIRONMENTAL WELL BEING

### HOME

- Cleaning floors with dettol or 2% sodium hypochloride OR soap water
- Sterilize house air twice with Camphor +/- dhoop+/- patanjali havana
- Cleaning inside and outside house every day to reduce infection and musquitos

### FOMITE TRANSMISSION

- every item to be cleaned before taking inside home... Mobile key wallet, hand bags, door handles car handles, wash used dress with hot soap water every time come from outside take bath with soap wash hairs also.

# MENTAL WELL BEING

Sleep:

- Adequate 6 to 8 hours sleep for immunity

meditation

- 20 to 30 min meditation daily for boosting immunity

Pranayam

- bhastrika, anuloma viloma, kaphalabhati everyday for 100-200 TIMES daily twice

[Yoga Practice By Sadhguru To Increase Lung Capacity & Boost Immunity](#)

[Prevent 90% of Diseases With These Two Things – Sadhguru](#)

[5 Tips to Protect Your Mental Health During Coronavirus Outbreak](#)

[Tips for reducing stress during the COVID-19 pandemic](#)



# SPIRITUAL WELL BEING

Chanting  
mantras:

- For positive energy

PRAYERS

- For positive attitude

MANTRA  
CHANTING

- For peace and harmony



# SOCIAL WELL BEING

## TECH IN TOUCH

- In touch with family, friends, relatives, colleagues, staff, workers, near and dear ones either call or message

## SOCIAL ISOLATION

- Keeping distance from everyone, hence make awareness among all who in contact

## MORAL SUPPORT

- To persons in need TO elderly and depressed



Don't attach it to any ethnicity or nationality. Be empathetic to those who got affected, inside and from any country, those with the disease have not done anything wrong.

Avoid watching, reading or listening to news that cause you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones\

Practice mindfulness meditation, practicing mindfulness meditation to help keep your immune system functioning optimally and help you better respond to stressful situations. (Can download MINDFULNESS app)

Staying connected with your loved ones including through digital methods is one way to maintain contact.

Older adults, especially in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated, and withdrawn during the outbreak/while in quarantine. Provide practical and emotional support through informal networks (families) and health professionals.

Manage stress, If you are feeling anxious or stressed out practice deep breathing and stay in touch with your friends and family.



# EMOTIONAL WELL BEING

1. Isolate yourself from news about the virus. (Everything we need to know, we already know).
2. Don't look out for death toll. It's not a cricket match to know the latest score. Avoid that.
3. Don't look for additional information on the Internet, it would weaken your mental state.
4. Avoid sending fatalistic messages. Some people don't have the same mental strength as you (Instead of helping, you could activate pathologies such as depression).
5. If possible, listen to music at home at a pleasant volume. Look for board games to entertain children, tell stories and future plans.
6. Maintain discipline in the home by washing your hands, putting up a sign or alarm for everyone in the house.
7. Your positive mood will help protect your immune system, while negative thoughts have been shown to depress your immune system and make it weak against viruses.
8. Most importantly, firmly believe that this shall also pass and we will be safe.... !

# IMMUNITY BOOSTERS

## TEA KASHAY

- can be done with TEA, pepper, Ginger, methi, and Cumin

## LEMON JUICE

- Drinking hot lemon juice twice
- Lemon juice with bakers soda very effective preventive measure

## TURMERIC MILK:

- twice daily OR before sleeping

## TULASI:

- Tulasi leaves (3-5 leaves) 3-5 times a day. OR consumed in kashay

## HONEY SYRUP:

- Honey mixed with black pepper and amla kept overnight used 2-3 spoons 3 times daily

## GILOY KASHAY

- GILOY(amritballi, tinospora), tulasi, kali mirch (black pepper). Turmeric, ginger (BABA RAMDEV)

## STERILISING / DECONGESTING RESPIRATORY TRACT

### GARGLE:

- Mouth and throat gargle with salt, oil, Betadine.
- A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat.

### ABHYANGSNAAN:

- Using coconut oil for head, face, NOSE inside nostrils, ears, eyes before going to bath
- Only 2 drops coconut oil in both,... EYES, NOSTRIL, EARS, also sufficient can be repeated twice daily

### HOT AIR INHALATION

- with hair drier ( before that apply oil or face cream to avoid face burns) caution of face burns

### NILAGIRI OIL:

- (ucalyptus oil) 2-4 drops in kerchief beside pillow while sleeping

## STEAM INHALATION

- AMRUTANJAN / VICKS can be used
- To nose, mouth, eyes, ears by facing herbs water steam containing ginger, ajvain 2-3 times daily
- 2-3 Drops NILGIRI OIL can also be used

## NEBULISATION

- very effective & safe with normal saline ( even water is sufficient)
- Severe cases home nebulization with BUDECORT / DUOLINE/ SALBAIR solutions (if available) 3 to 5 times daily

## Stay hydrated.

- Hot Water, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.

# DON'TS @ HOME

**DONT USE OR  
AVOID:**

Coffee,

Cold Water,

Cold Drinks,

Ice-cream,

Cold food,

Uncooked  
Non-veg,

not properly  
washed fresh  
vegetables

DON'T take inside home anything brought from  
outside without proper washing



# HANDLING CHILDREN

- BATH
  - SALT WATER BATH (don't soak HAIR)
  - ABHYANGSNAAN
- INHALATION
  - NILGIRI 2-3 DROP HOT WATER (NOT BOILING) REDUCE VIRUS LOAD
- NEBULISE
  - WITH PLAIN WATER OR SOLUTIONS
- KASHAY EXPLAINED EARLIER
  - ( with less pepper)
- NUTRITIOUS FOOD



## AYURVEDIC MEDICINES IN SYMPTOMS

### TULASI

- ANTIVIRAL+ IMMUNITY BOOSTER
- 1 SPOON POWDER+ FENNEL SEEDS+ ELAICHI+ DALCHINI – BOIL IN MILK ADD TULASI- ONCE DAILY

### VASAKA (SINGHASYA)

- ANTI ALLERGIC PROPERTY
- IMPROVE ELASTICITY OF LUNGS

### MULETHI [JYESHTA MADH]

- ITS EXTRACT IS USED IN COVID FOR DRY COUGH



**IMPORTANT  
LINKS OF  
CORONA  
PANDEMIC  
DAILY UPDATES**

[INDIA COVID 19  
TRACKER](#)

[WORLD HEALTH  
ORGANISATION  
UPDATES](#)

[WORLDOMETER  
CORONA  
WORLD  
TRACKER](#)

[GOVERNMENT  
OF INDIA  
HEALTH PORTAL](#)

[HANDWASH  
BY CDC](#)

[GUIDELINE  
FOR PEOPLE  
AT RISK](#)

**USEFULL  
LINKS ABOUT  
CORONA  
INFECTION**

[HAND  
HUYGENE  
VEDIO1](#)

[PREVENTION  
BY CDC](#)

[HAND  
HUYGENE  
VEDIO 2](#)

[PPE BY CDC](#)

[PERSONAL  
PROTECTON  
EQUIPMENTS  
VEDIO](#)

[OPERATIONAL  
PLANNING  
GUIDELINES  
BY WHO](#)

# USEFUL LINKS FOR HEALTHCARE PERSONELL

[CORONA  
INFECTION  
CONTROL IN  
HEALTH CARE  
BOOK](#)

[Medication  
Treatment](#)



# COVID-19 Management Protocol AIIMS , New Delhi

20<sup>th</sup> March 2020

## COVID-19 Suspect

- i) Any patient with acute respiratory illness (fever with at least one of the following- cough or shortness of breath) with:
- History of travel to high-risk COVID-19 affected countries in the last 14 days, or
  - Close contact with a laboratory confirmed case of COVID-19 in the 14 days, or
  - Health care personnel (HCP) managing respiratory distress/severe acute respiratory illness cases, when they are symptomatic

### Asymptomatic traveller/close contact

- Home quarantine
- Twice daily self monitored temperature
- Contact & droplet precautions

On developing symptoms

## Mild case

Low-grade fever, cough, malaise, rhinorrhea, sore throat without shortness of breath

### Treatment

- Tab oseltamivir 75mg BD (for high-risk influenza suspects)
- Antibiotics if needed (azithromycin+ amox /clav)
- Tab Paracetamol 500 mg SOS
- Symptomatic

Call helpline  
011- 23978046

## Test negative

Symptomatic management

## Test negative

Manage according to existing protocol

## Moderate to severe case

### Admit & test

### Any one of:

1. Respiratory rate > 24/min
2. SpO<sub>2</sub> < 94% in room air
3. Confusion/drowsiness
4. Systolic BP < 90 mmHg or diastolic BP < 60 mmHg

## Test positive

- Oxygen supplementation to maintain SpO<sub>2</sub>>94%
- Antipyretics, antitussives, antibiotics as indicated
- MDI preferred over nebulization
- Hydroxychloroquine (400 mg BD x 1 day f/b 200 mg BD x 5 days) may be considered
- Lopinavir/ritonavir(200 mg 2 tab BD) may be considered on case-to-case basis (within 10 days of symptom-onset)
- Do not combine Hydroxychloroquine with Lopinavir in view of drug interactions
- Corticosteroids to be avoided

If worsening

- Respiratory failure
- Hypotension
- Worsening mental status
- MODS

### Shift to ICU

- NIV/HFNC to be used carefully in view of risk of aerosol generation
- Ventilator management as per ARDS protocol
- Conservative fluid management (if not in shock)
- Standard care for ventilated patient
- Closed suction and HME filters
- Prone ventilation, ECMO for refractory hypoxemia.

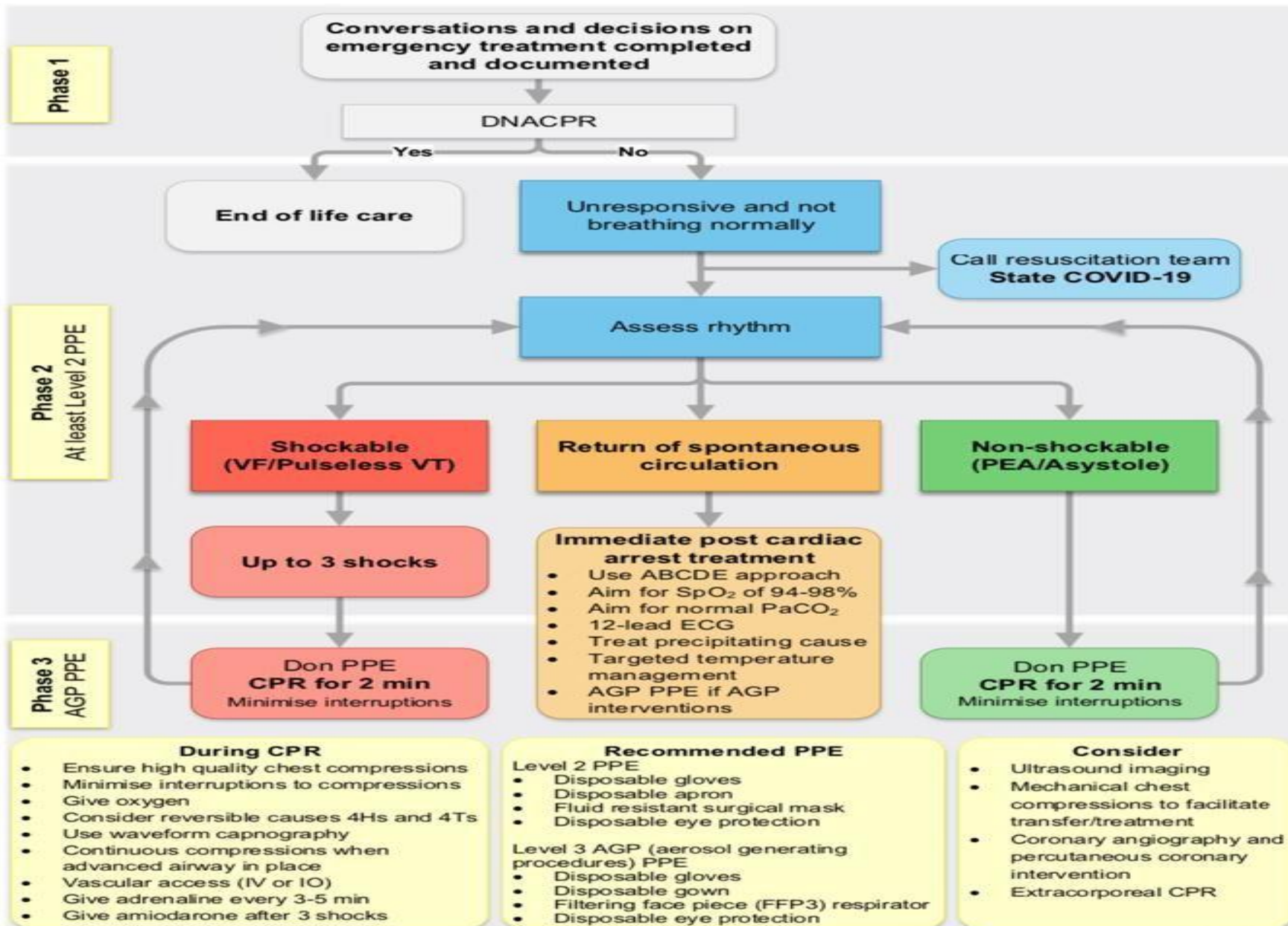
After clinical & radiological improvement

Discharge  
if two negative samples at least 24 hours apart

Improving

### \*High-risk for severe disease

- ✓ Age > 60 years
- ✓ Cardiovascular disease including hypertension
- ✓ DM, other immunocompromised states
- ✓ Chronic lung/kidney/liver disease



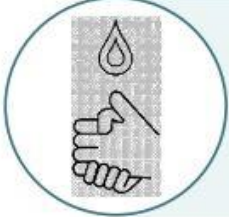
# Usefull books for doctors

[MEDICAL BOOKS FOR  
DOCTORS ON CORONA VIRUS  
\(Google drive shared folder\)](#)

# Keeping the workplace safe

## Encourage your employees to...

### Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

### Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

### Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

### Stay home if...



- They are feeling sick
- They have a sick family member in their home

# Keeping the school safe

Encourage your faculty, staff, and students to...

## Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Consider rearranging large activities and gatherings



- Consider adjusting or postponing gatherings that mix between classes and grades
- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces

## Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

## Stay home if...



- They are feeling sick
- They have a sick family member in their home



# Keeping the home safe

Encourage your family members to...

## All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Households with vulnerable seniors or those with significant underlying conditions



*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system*

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

## Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

# Keeping commercial establishments safe

Encourage your employees and customers to...

## Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Avoid crowding



- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

## For transportation businesses, taxis, and ride shares



- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces



## 2. WHAT SHOULD I KNOW ABOUT COVID-19

1

It is a disease called Coronavirus Disease-2019 caused by a Coronavirus named as SARS-CoV-2

2

The symptoms of COVID-19 are Fever , Cough and Difficulty in breathing

3

COVID-19 testing is not required if there are no symptoms like Fever, Cough or Difficulty in breathing.

4

If you have these symptoms of Fever, Cough or Difficulty in Breathing

OR



5

You are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India 24x7 helpline 011-2397 8046, 1075 or your ASHA/ANM.



## **HOW TO INTERACT WITH FAMILIES**

**1**

Greet with local salutation and state purpose of your visit. Be respectful, polite and empathetic. Do not discriminate or be rude.

**2**

Be aware that suspected and confirmed cases, and their family members may be stressed or afraid. So, the most important thing you can do is to listen carefully to questions and concerns.

**3**

Gather accurate information from the person: their name, date of birth, travel history, list of symptoms, record and communicate as per the surveillance format. Write the information clearly



**4**

You may not have an answer for every question: a lot is still unknown about COVID-19 and it is okay to admit that.

**5**

If available, share information pamphlets or handouts with family members. Discuss their questions using IEC like pamphlets etc to enable better understanding and motivate them to share the **CORRECT** information with others.

**1**

1. Talk to and involve Influencers
  - a. Make a list of local influencers (Gram Pradhan, Religious Leaders, Teachers, any other)
  - b. Explain & discuss the situation and protocols to be followed and seek their support in awareness campaign

**2**

2. Plan community support for high risk groups
  - a. Make a list of high risk people in the village as per contact tracing protocols
  - b. 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

**3**

3. Develop community networks for support
  - a. Divide village into smaller groups for emergency planning, keep contact details of group coordinators
  - b. Share contact details of ANM, ASHA, AWW Ambulance, and other medical support with them

**4**

4. Help develop household emergency contact lists
  - a. Ensure each household has a current list of emergency contacts of the government help line, ANM, ASHA or AWW

**5**

5. Raise your voice against Stigma and Discrimination
  - a. Identify stigma and discrimination situations in the community
  - b. Talk to the affected households to support them in time of need.





## **WHAT ARE THE SAFE PRACTICES TO BE PROMOTED**

**1**

1. Frequent handwashing
  - a. Regularly and thoroughly clean your hands with an 70% alcohol-based hand rub or wash them with soap and water for 40 secs

**2**

2. Maintain social distancing
  - a. Maintain at least 1 metre distance between yourself and others.
  - b. Avoid going to crowded places
  - c. Avoid organising and attending events, prayers, parties

**3**

3. Avoid touching eyes, nose and mouth
  - a. Because contaminated hands can transfer the virus to your eyes, nose or mouth

**4**

4. Practice good respiratory hygiene
  - a. Cover your mouth and nose with handkerchief or tissue when you cough or sneeze.
  - b. Dispose of the used tissue immediately in a closed dustbin.
  - c. Wash your hands with soap and water for 40 secs or rub hands with 70% alcohol based hand sanitiser

**5**

5. Stay informed and follow advice from ANM / ASHA/AWW
  - a. Stay informed on the latest developments about COVID-19
  - b. Check with the ASHA/ANM/AWW or PHC on any queries you have on how to protect yourself





## ***WHAT ARE THE SAFE PRACTICES AT HOME***

**1**

1. Stay away from others
  - a. Stay in a specific room and away from other people in your home. Maintain distance of at least 1 meter. Restrict all movement so that others in the house stay safe from infection
  - b. If available, use a separate bathroom

**2**

2. Seek health care and notify
  - a. If suffering from fever, cough, or having difficulty in breathing, wear a mask to protect others and immediately get in touch with your nearest health facility or ASHA or ANM.

**3**

3. Wear a mask
  - a. When you are around other people and before you enter a healthcare provider's clinic
  - b. If sick person is unable to wear it, then other family members should wear it when they enter the sick person's room

**4**

4. Avoid going to public areas
  - a. Do not go to work, school, or public areas
  - b. If you are infected, you could transmit infection to others

**5**

5. Avoid visitors or support staff coming to the house
  - a. You may likely pass infection unknowingly
  - b. Support staff like maids, drivers, etc should be asked to stay away



**1**

1. **Support:** Assigned family member to take care of bed ridden patient helping them follow doctor's instructions for medication(s) and care.

**2**

2. **Monitor Symptoms:** Fever and breathing must be monitored regularly and reported immediately in case there is breathing difficulty or very high fever.

**3**

3. **Protective Hygiene:**

- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels, bedding with the patient. Throw used tissues in a lined closed trash can.
- 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 0.05% chlorine for approximately 30 minutes. Finally, rinse with clean water and let linen dry fully in the sunlight.
- Place all used tissues, disposable gloves, facemasks, and other contaminated items in a lined container before disposing them of with other household waste.

**4**

4. **Clean and disinfect:** All "high-touch" surfaces, such as counters, table tops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.

**5**

5. **Wash hands:** with soap and water for at least 40 seconds or, if soap and water are not available, clean your hands with a 70% alcohol-based hand sanitizer. Wash often and especially after touching







## HOW TO SUPPORT HOME QUARANTINE FOR FAMILY MEMBERS

1

1. Wash hand often thoroughly with soap and water for 40 secs or rub with 70% alcohol-based hand sanitizer



2

2. Keep away from elderly. 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.



3

3. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.



4

4. Wear a triple layered mask at all the time when in contact with infected person. Disposable masks are never to be reused. (Used mask should be considered as potentially infected). Mask to be disposed safely.



5

5. If symptoms appear (fever/cough /difficulty in breathing) he/she should immediately inform the nearest health centre or call your local phone number





## HOW TO SUPPORT HOME QUARANTINE FOR FAMILY MEMBERS

1

**1. Visiting Contact:** Contact tracing done by visiting the local residence of the contact(s) by Health Personnel, (including ASHA/ANM) Telephone may be used in certain circumstances or for follow-up.

2

**2. Introducing purpose:** Introduce yourself, explain purpose of contact tracing, collect data in prescribed format.

3

**3. Use Formats:** Contact tracing to include identification of extended social networks and travel history of cases during the 28 days after onset of illness.

4

**4. Monitoring:** Contacts of confirmed cases traced and monitored for at least 28 days after the last exposure to the case patient for evidence of SARS-CoV-2 symptoms as per case definition.

5

**5. Follow-up:** Information about contacts can be obtained from:  
a. Patient, his/her family members,  
b. persons at patient's workplace or school associates, or others with knowledge about the patient's recent activities and travels





## WHO IS A SUSPECT

### SUSPECT

1

Anyone with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing),

AND



2

A history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 disease during the 14 days prior to symptom onset;

OR

3

Anyone with any acute respiratory illness AND having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

OR

4

Anyone with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing) AND requiring hospitalization;

OR

5

A case for whom testing for COVID-19 is inconclusive. Laboratory Confirmed case: A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.



## WHO IS A CONTACT CASE

1

Staying in the same house without proper protection with COVID-19 patient

2

Staying in the same close environment as a COVID-19 patient (including workplace, classroom, household, gatherings)

3

Traveling together in close proximity (less than 1 m) with a symptomatic person who later tested positive for COVID-19

4

Person providing direct care to a COVID-19 patient

5

Epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration





## HOW TO SUPPORT HOME QUARANTINE

**1 Always be polite.** COVID-19 can infect anyone, 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 to all citizens.



**2 Keep distance of 1 meter:** When you meet people, avoid touching or close physical contact. This is true for passing on infection either way. It is better to sit in the open and speak with the family members if space and situation allows.

**3 Interview:** 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.

Address:  
Name:  
Contact Number:



**4 Feedback:** Check if people have understood your messages correctly by taking feedback and asking them to repeat what you have advised or shared

**5 Clarifications:** 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

I don't have clarification regarding this.



### Be Prepared when you go to the field:

- Carry a Sanitizer/soap for cleaning your hand
- Carry your formats
- Carry your own writing materials
- like pen, writing pad
- Carry your masks and extra masks if required



## WHAT ARE THE PRECAUTIONS FOR ME DURING COMMUNITY VISITS

**1**

1. Maintain distance of 1 meter from people and avoid close physical contact when you are communicating



**2**

2. Use a three layered mask to cover your face. Make sure it is properly worn



**3**

3. Avoid touching your face (eyes, nose, mouth) at all times. Frequently wash your hands with soap and water for 40 secs frequently, or use 70% alcohol based hand-rub



**4**

4. Wash your hands with soap and water for 40 secs or use a 70% alcohol based hand rub.



**5**

5. Avoid touching high touch points like door bells, door knobs, support rails and handles, hand rails etc.





## **WHAT ARE THE PRECAUTIONS & SAFETY MEASURES ME ON REACHING HOME**

**1**

Carefully remove your face mask and gloves using the correct method, avoid touching front of your mask at all time, untie lace from behind and do not let the mask hang low around your neck.

**2**

Dispose off used mask and gloves by throwing them in a covered dustbin. (See: MASK MANAGEMENT).

**3**

If you have carried your bag/register, wipe them down with the disinfectant solution

**4**

Wash your hands with soap and water for 40 secs or 70% alcohol based hand-sanitizer before you touch anything else.

**5**

If you get any symptoms like cold, dry cough, fever, contact the nearest Government Facility or District Surveillance Officer immediately.

