

COVID-19 and Precautionary Measures



*Dispel the myths of Corona scare,
Imbibe correct knowledge & become aware,
Follow cough etiquettes, hand hygiene &
personal care,
Spread a word of precaution through your share*

What will I learn?



Learning Objectives

By the end of this lesson, you will learn:

- What is COVID-19 and how does it transmit?
- COVID-19 – precaution and Symptoms
- What should you do if you think you're infected?
- Are there any treatments available?
- What preventive measures should you take?
- Tips for using a mask and a sanitizer



Top 3 things to know about COVID-19

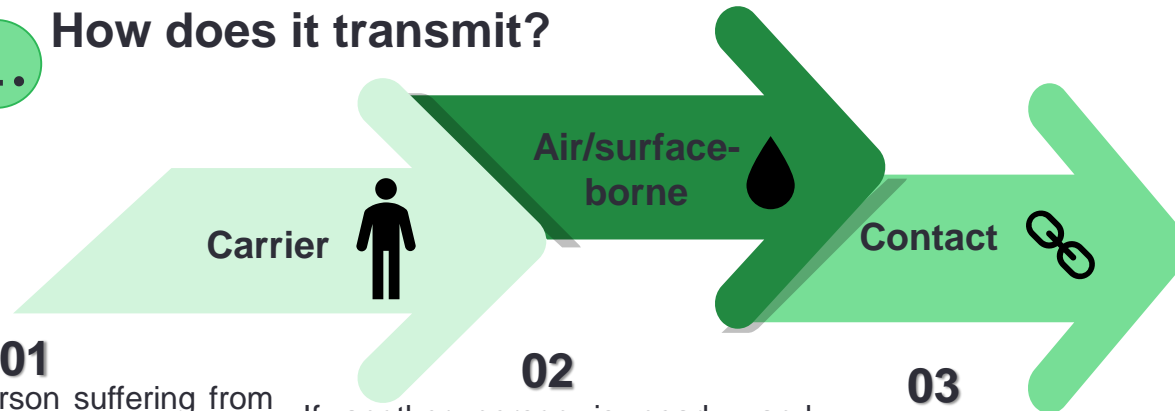


What is COVID-19?

COVID-19 is an infectious disease caused by a new, recently discovered novel Coronavirus. This new virus and the disease were unknown before the outbreak began in **Wuhan, China**, in **December 2019**. That is why it was called the Novel (new) Coronavirus. It was found in 2019.

1.

How does it transmit?



01

When a person suffering from the disease sneezes or coughs, a lot of droplets spread in the air or fall on the ground and nearby surfaces.

02

If another person is nearby and inhales the droplets or touches these surfaces and then touches his face, eyes or mouth, he can get the infection.

03

The infected person can further infect many more people through social interactions

2.

What are the age groups in which the disease spreads?

- All age groups
- Generally mild in children

3. What happens to a person who develops the disease?

- 80%** Will require no treatment and shall recover on their own
- ~20%** May need hospitalisation

- Older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) are at a high risk to develop serious illness.

COVID-19 – Precautions and Symptoms

Resist

Avoid touching your eyes, mouth, or nose



Clean

Clean your hands with an alcohol-based hand rub or wash them with soap and water.



Symptoms

Fever, sore throat, cough, shortness of breath.

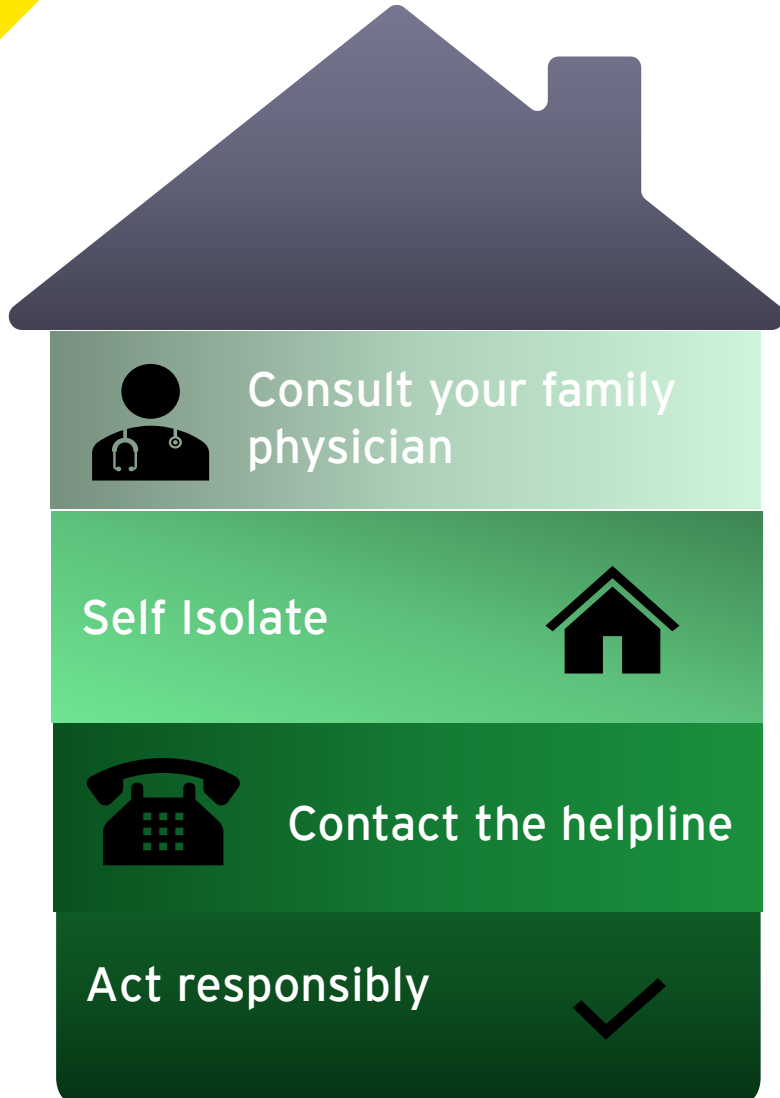
These are similar to the symptoms of any viral infection like common cold, influenza, etc.

Surface persistence

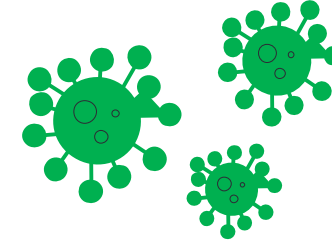
It is **not certain** how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other Coronaviruses.

Studies suggest it may persist on surfaces for a **few hours upto several days.**

If you think a surface may be infected, **clean it with a simple disinfectant** to kill the virus and protect yourself and others



What should you do?



➤ Consult your family doctor for:

- **Clinical symptoms** of respiratory infection
- **Travel history** to a Coronavirus-affected area
- **Close contact** with an infected person

➤ In case you are **asymptomatic** (without symptoms), you are not required to get tested

➤ If you do have symptoms, **self-isolate yourself** avoiding human contact.

➤ Call state helpline number or Ministry of Health and Family Welfare

➤ **Government of India's 24x7 helpline:**

011-23978046 and toll free no.: 1075



Treatment



Currently, there is **no specific treatment** or vaccine available for Coronavirus infection.



Some **drugs** which have been used for other Coronavirus infections are being used **to treat critically sick patients**.

There are **no specific food/drinks recommended** for treating the Coronavirus.
However, one can continue to take his/her regular diet which includes fruits, vegetables, etc. to stay healthy.



Steps to control spread of infection

01

Regularly and thoroughly **clean your hands** with an alcohol-based hand rub or wash them with soap and water, specially after coming from outside. Avoid touching your eyes, nose and mouth



02

Maintain at least **4-6 feet distance** between yourself and anyone who is coughing or sneezing. Avoid handshakes

03

Follow a good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough/sneeze. Then dispose of the used tissue immediately.

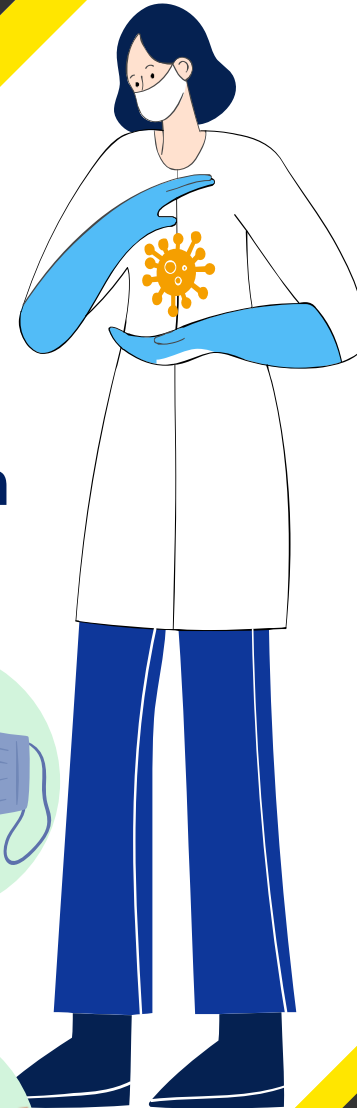
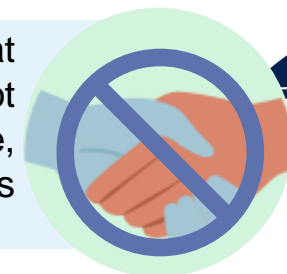
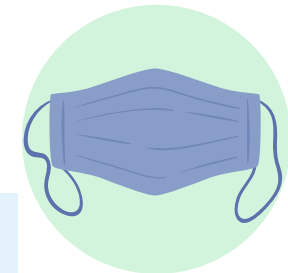
04

Avoid/restrict unnecessary travel, participation in public gatherings. If you have fever, cough and difficulty in breathing, **seek medical attention.**

05

Practice '**Social Distancing**': Keeping a distance between 'you' and other people so that you do not come in contact with their infected droplets. Avoid crowded places, Do not organize events where people have to get together. When people are at a crowded place, they touch objects, each other, and may even exhale/inhale droplets . That is why it is necessary to decrease human to human contact in this period. .

Break the chain of Infection



Using masks and sanitizers



Usage of Mask – When to use?

1. Persons not showing any symptoms:

A medical mask should **NOT** be used as it creates a false sense of security that can lead to neglecting other essential measures. Resort to other measures like:

- Washing hands
- Cover your nose and mouth while sneezing
- Monitor your body temperature

2. So when should you use a medical mask (apart from healthcare workers)?

- When a person develops **symptoms** like cough or fever
- While **visiting** a healthcare facility
- **Taking care** of an ill person
- If your **family member** is a suspected or a confirmed case undergoing home care



How can using a hand sanitizer help?

1. Washing your hands:

- Washing your hands frequently is essential
- Use soap and water for at least **20 seconds** for most effective results



2. Sanitizing your hands:

- Hand sanitizers are to be used, when handwash not possible.
- An alcohol based sanitizer with **70% alcohol content** must be used for 20 seconds



Frequently Asked Questions-

Q. Are we well equipped to deal with the virus?

- The **Ministry of Health and Family Welfare** has taken adequate steps in this direction to equip the designated healthcare facilities to take care of the infected Coronavirus patients, should they require an admission.
- The **relevant SOPs** for isolation and home quarantine, sample testing, laboratory facilities and discharge of the admitted patients are well available in the public domain **on the website** of Ministry of Health and Family Welfare (MoHFW).

Q. Does the disease spread through food especially eating chicken, eggs and meat?

There is **no conclusive evidence** that the properly cooked food transmits the disease.

Q. Does the disease spread through pets?

The transmission of disease has **not been seen through pets**.

Q. Does the dead body of a person infected with Coronavirus transmit the infection?

The dead body of the person infected with Coronavirus has to be dealt as per the government guidelines.



Helpline numbers to be contacted in case of need-



The helpline number for Coronavirus is:



+91-11-23978046

Toll free no.- 1075

**For any updates,
visit the website of Ministry of Health and Family Welfare**

<https://www.mohfw.gov.in>