

STAY ALERT

STAY HEALTHY

BE NEGATIVE IN CORONA - BE POSITIVE IN LIFE

CORONA VIRUS

C- CLEAN YOUR HANDS

O- OFF FROM GATHERING

R- RAISE YOUR IMMUNITY

O- ONLY TO WEAR MASK

N- NOT TO HAND SHAKE

A- AVOID RUMOURS

GO-CORONA-GO!!! BYE-BYE-CORONA

Prepared by:


SHRADDHA SEVA SANSTHA (REGD.)

श्रद्धा सेवा संस्था (रजि०)

Flat No. Pvt.-B, Plot No.-1-B, Kh. No. 512, Upper Ground Floor,
Shakti Enclave, Village Burari, Delhi- 110084

Mobile : 8800638936,9910179303 Email :shraddhasevas@gmail.com
website :sanstha.org





**When you wear a mask,
You are saying
I respect my neighbors,
When you wear a mask
you are saying
I respect nurses and doctors.
When you Wear a mask
you are saying
I respect other people.**

- There is nothing that gives more assurance than a mask.
- Wearing a mask is the simplest Act of Human Kindness.
- I keep my distance from a lot of people not that I think I'm better, it's just we' re going in two different directions.
- Infection Control is in Your Hands.
- You can reopen a business and build it up again. But you can't reopen a casket and breath life back into your loved ones.
- Other lives depend on you. Maintain Social distance. Stay Safe and help save lives.
- East or West HOME is the Best Take some Rest don't call any Guest Enjoy your Home Fest don't have an outgoing Zest This is our life saving Test So, be in your Nest. This is the entire world's request.
- Namasthey saves your life. Shake hands shakes your life.
- Keep doing your Bit by knowing Vaccines are safe and getting your jab to protect yourself and your loved ones.
- My Only Hope of Re-Joining Society in Any meaning ful Way is Access To A Vaccine.
- Lord please make this virus "GO AWAY", So many people dying and suffering. Hear us and help get our lives back to normal again.
- Vaccines bring us closer.
- Vaccination protect you and others.
- A trip to vaccination and happiness
- Vaccine! free for all happiness.

**TIPS
TO
FIGHT
AGAINST
COVID-19**

“PREFACE”

The ongoing covid-19 has changed our lives, not only in India but across the world. The scale scope and speed of the COVID-19 is unprecedented as it spills over into other dimensions of our lives, no longer confined to health.

As the world is faced with the challenge of battling covid-19, we realize now public health is entwined with various aspects of our lives. We must understand that unless we strengthen our public health system, its weaknesses will stymie progress in all fields.

This is an unprecedented global war, and mankind is facing the same enemy. The novel coronavirus. And the first battle field is the hospital where our soldiers are the medical workers.

To ensure that this war can be won, we must first make sure that our medical staff is guaranteed sufficient resources, including experience and technologies. Also we need to make sure that the hospital is the battleground where we eliminate the virus, not where the virus defeats us.

COVID-19 is a common challenge faced by mankind in the age of globalization. At this movement sharing resources, and lessons regardless of who you are, is our only chance to win. Because the real remedy for epidemic is not isolation but co-operation.

“THIS WAR HAS JUST BEGUN”

In this critical times, access to authentic information is of paramount importance. For the benefit of our readers. We are now compiling the most relevant part of our coverage in the form of this book, that we hope will be a handy guide to good health practices as well as in fighting misinformation.

Faced with an unknown virus, sharing and collaboration are the best remedy. The publication of this hand book is one of the best way to mark. The courage and wisdom our health care workers have demonstrated over the past two months.

2020 will be remembered for many things, one of which will be that it was “the year we all stayed at home”

At a time this, we all need to be there for each other. I want you to know that I’m here for you anytime. I want nothing more than for you to take care of yourself, your friends and your family. On behalf of Shraddha’s entire team, please stay safe and we’ll reconnect again soon. We will push through these challenges with grace and positivity.

The hand book is available to everyone for free. However, due to limited time there might be some errors and defects. Your feed back and advice are highly welcomed.

In this sprit of hope and togetherness. I urge you to inform your friends acquaintances and colleagues to contribute, support and partner with “ Shraddha” in whatever manner they can in the broader National interest.

“Stay well stay safe”

CHAIRMAN

SATYA PRAKASH BHARDWAJ

COVID-19

A novel coronavirus (CoV) is a new strain of coronavirus. Co- stands for corona, Vi-for virus and D- for disease. Formerly this disease was referred as 2019 coronavirus or 2019-n CoV. The covid -19 virus is a new virus linked to the same family of virus as Severe Acute Respiratory Syndrome (SARS) and some type of common cold.

Covid-19 is an infections disease cause by the “Novel coronavirus”. Covid-19 spreads mainly by droplets produced as a results of coughing and sneezing of a covid -19 infected persons can be transmitted after touching infected surface and then touching his mouth, nose and eyes.

Covid -19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Cough
- Tiredness
- Loss of taste or smell

Less common symptoms

- Sore throat
- Aches and pains
- Diarrhea
- A rash on skin
- Red or irritated eyes

Serious symptoms

- Difficulty breathing or shortness of breath
- Loss of speech or mobility or confusion
- Chest pain

Seek immediate medical attention if you have serious symptoms. Always call before visiting your Doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5-6 from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness Anyone can get sick with Covid-19 and become seriously ill or die at any age.

SYMPTOMS OF COVID -19



FEVER



DRY COUGH



DIFFIEULTY IN
BREATHING



ACHES & PAIN



RUNNING NOSE/
NOSAL CONGESTION



SORE THROAT

**COVID-19 HELP LINE
+ 91-11-23978046 OR 1075
TOLL FREE**

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself other from infection by staying at least 1 meter apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rab frequently. Get vaccinated when its your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols, it is important to practice respiratory etiquette for example by coughing into a flexed elbow and to stay at home and self-isolate until you recover if you feel unwell.

COVID-19 PRECAUTION



Always wear a mask when going out of home.

Cover your mouth with elbow or handkerchief when sneezing. Wash your handkerchief at least once a day.



Maintain a distance of at least one metre between you and other people when in public places.

Wash your hands frequently with soap after touching frequently touched places.



Clean your hand with alcohol based sanitizer in absence of soap



DO NOT TOUCH
EYES NOSE MOUTH

ENSURE HAND HYGIENE

WASH YOUR HANDS WITH SOAP AND WATER



Apply enough soap to cover all hand surfaces



Wet your hands with water



Rub palm to palm.



Rotational rubbing of left thumb clasped in right palm and vice versa



Palm to palm with fingers interlaced



Back of hands



Focus on wrists



Rinse with water and your hands are safe

WHEN TO WASH YOUR HANDS ?



After coughing or sneezing



Before and after caring for a sick person or treating acute wound



After using or cleaning the bathroom



Before and after eating or preparing food



After touching garbage or any time your hands appear dirty.

WHEN TO USE HAND SANITIZERS



If soap and water is not available use sanitizer with at least 60% alcohol

Any other public place where soap and water is not available.



Before and after visiting a hospital nursing home or any health facility

DO'S AND DON'TS

- Avoid close contact with any one with cold, cough or like symptoms.
 - Maintain safe distance of at least 1 meter from others.
 - Wash your hands with soap and water frequently.
 - Use an alcohol – based hand sanitizer.
 - When coughing and sneezing cover mouth and nose with handkerchief or tissue. Dispose the tissue in a closed bin.
 - Avoid touching your eyes nose ears and mouth use a face mask.
 - Use a face mask
-
- If you have symptoms (cough, fever or difficulty in breathing)
 - If you are caring for a covid-19 patient.
 - If you are health worker

WEARING REUSABLE FACE MASKS



Wash hands before putting of mask.

HOW TO WEAR YOUR MASK



Wear mask the same way each time same side facing out



Mask need to cover nose and mouth



Do not touch the front of your mask while wearing and removing it



If you touch the front of your mask,
Wash your hands immediately



Do not remove your
mask to talk to others

REMOVING REUSABLE FACE MASKS



Do not use dirty masks,
always wash between use.



To remove masks, take straps and more it
forward



Wash hands before and after
removing masks



Place mask in a plastic bag until ready to
wash



Wash mask in hot water and detergent completely
Dry mask before reuse

“Frequently Asked Questions”

Q. What happens to people who get covid-19?

Ans. Among those who develop symptoms most (about 80%) recover from the disease without needing hospital treatment about 15% become seriously ill and require oxygen and 5% critically ill and need intensive care.

Complications leading to death may include respiratory failure, acute respiratory distress syndrome (ARDS). Sepsis and septic shock, thromboembolism and/or multiorgan failure including injury of the heart, liver or kidneys.

Q. How can we protect other and ourselves if we don't know who is infected?

Ans. Stay safe by taking some simple precautions , such as physical distancing wearing a mask especially when distancing cannot be maintained keeping rooms well ventilated avoiding crowds and close contact regularly cleaning your hands and coughing into bent elbow or tissue.

Q. Who is most at risk of severe illness from Covid-19?

Ans. A people aged 60 years and over and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes obesity or cancer are at higher risk of developing serious illness. However, any one can get sick with Covid 19 and become seriously ill or die at any age.

Q. What is the difference between isolation and quarantine?

Ans. Both isolation and quarantine are methods of preventing the spread of covid-19

Quarantine; is used for anyone who is a contact of someone infected with the SARS-COV-2 virus which causes covid-19, whether the infected person has symptoms or not quarantine means that you remain separated from others because you have been exposed to the virus and you may be infected and can take place in a designated facility or at home for COVID-19, this means staying in the facility or at home for for 14 days.

Isolation; is used for people with Covid-19 symptoms or who have tested positive for the virus, being in isolation means being separated from other people, ideally in a medically facility where you can receive clinical care. If isolation in a medical facility is not possible and you are not in a high risk group of developing severe disease, isolation can take place at home. If you have symptoms you should remain in isolation for at least 10 days plus an additional 3 days without symptoms if you are infected and do not develop symptoms, you should remain in isolation for 10 days from the time you test positive.

Q. Can women with confirmed or suspected COVID-19 breast feed?

Ans. Yes. Women with confirmed or suspected Covid-19 can breast feed, if they wish to do so they should.

Q. Wash hands frequently with soap alcohol-based hand rub and especially before touching the baby?

Ans. Wear a face mask during feeding.

Q. Can I get sick with Covid-19 from swimming in the sea rivers lakes or swimming pools?

Ans. Available evidence suggests that SARS-COV-2 does not spread from water. Natural bodies of water and swimming do not appear to pose a risk for COVID-19 Trans mission even if polluted by faces or waste water pools are usually treated regularly to prevent contamination with a ranges of pathogens which could be present. However, crowded beaches or swimming pools do pose a risk of spreading COVID-19 through close contact with infected people or contaminated surfaces. To reduce the risk of this transmission, clean hands frequently, stay at least 1 metre away from others in and out of the water, and wear a mask when this distancing is not possible.

AAROGYA SETU APP

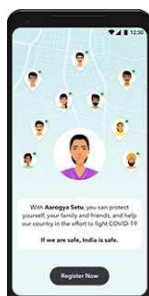
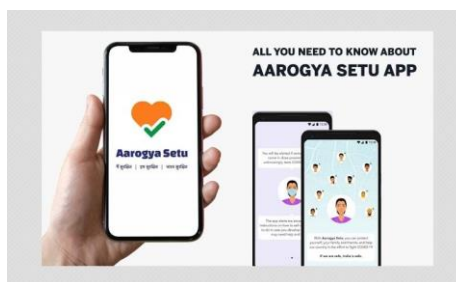
Developed by Government of India aims at connecting Covid-19 health service with the mass. It inform the people of potential risk of Covid-19 and the best practices to be followed to stay healthy through various initiatives of government

“HOW TO DOWNLOAD”



Go to Play store on Android or to App Store on IOS

Search AARPGYA SETU APP



Click on the first step shown in the list

***Government has made it mandatory for all its
Employees and people residing in containment zone
to download AAROGYA SETU APP***

HOW TO USE

- Open the App and select your preferred language and click to **NEXT**
- Switch on device location 📍 and blue tooth📶 and click **I AGREE**
- Click on **Register Now** and enter your mobile number.
- Enter the **OTP** sent to your number.
- Provide your basic personal details such as gender, name, age etc.
- Finally it will ask you to take 20 seconds self assessment for COVID-19 risk.

App will now tell your status and will inform you about probable infected persons nearby.

VACCINATION

- ❖ The Covid-19 vaccine helps protect you and your family.
- ❖ Getting a Covid-19 vaccine adds another layer of protection.
- ❖ Another important tool to stop the pandemic
- ❖ Do your part protect yourself protect others

Being vaccinated does not mean that we can throw caution to the wind and put ourselves and others at risk particularly because research is still ongoing into how much vaccine protect not only against disease but also against infection and transmission.

But it is not vaccine that will stop the pandemic its vaccination. We must ensure fair and equitable access to vaccine, and ensure every one receive them and can roll them to protect people starting with the most vulnerable.

ALL ABOUT INDIA'S VACCINATION DRIVE

A ray of hope in the fight against the pandemic has been the introduction of vaccines. While covid-19 appropriate behaviours in terms of maintaining social distancing, washing hands regularly and wearing masks will have to be followed even after vaccination, vaccines play an important role in helping protect you.

India rolled out the worlds largest vaccination drive on January 16, 2021 to vaccinate around 300 Million priority groups against the coronavirus disease (Covid-19) among the first to be vaccinated were 10 million health workers who are at high risk of exposure.

Over the next six months, the vaccination drive will cover 300 million priority groups who are at higher risk of getting infected. These include 10 million health workers, 20 million frontline workers and around 270 million persons above age 18 years and / or with co-morbidities patients are being admitted to hospitals with corona infections even after 2 doses of vaccines. But in most cases the infection is asymptomatic, mild or moderate with high CT value and low virus load with very low potential for transmission.



FAQs VACCINE

Q. Is Covid-19 vaccine mandatory?

Ans Covid-19 vaccine is voluntary but both shots are advisable for protecting yourself and others.

Q. Is vaccination necessary for a person who has already recovered from Covid-19?

Ans. Vaccination is necessary regardless of Covid-19 history. There is currently no data on immunity post recovery from Covid-19 but vaccines will most certainly develop immunity. Vaccination should be carried out 4-8 weeks post complete recovery.

Q. Eligibility for vaccination?

Ans. From May 1st 2021 Age 18+ eligible.

Q. Why is vaccination not provided to children?

Ans Covid-19 affects all age groups; however children are either asymptomatic or have mild infection. The general practice is to first evaluate any new vaccine in older population and then assess the safety and effectiveness in paediatric population. There are some clinical trials now underway to test the effectiveness and safety of Covid-19 vaccines in children. **As per govt guidelines the vaccination for children will start very soon.**

Q. Is the vaccine safe for pregnant and breast feeding women?

Ans Pregnant women in India are now eligible to get vaccinated against Covid-19 with the recommendations of National Technical Advisory Group on Immunization (NTAGI). This vaccination is voluntary not mandatory.

Q. Is Covid-19 vaccine safe for cancer, diabetes, hypertension etc patients?

Ans Yes, also comorbid are at high risk Therefore these high risk patients must take Covid-19 vaccine.

Q. Are there any side-effect from Covid-19 vaccines?

Ans Persons may suffer common side-effect like mild-fever, chill fatigue and / or pain at injection site. Allergic reactions to be notified to the health authorities.

“Thank you for getting vaccinated”

You have taken an important step in protecting yourself and others from Covid-19. There is still more to do next step.

It is not mandatory for all to take the vaccine. It is voluntary. Now it is advisable to complete the schedule of vaccine to limit the spread of the virus. The vaccine is free for all.

DOCTOR'S NOW RECOMMEND DOUBLE MASKING

What is double masking?

Double masking is when you layer one mask on top of another. This can have two advantages – better fit and better seal.



Better fit:- Many types of masks don't fit perfectly on your face. In fact you have probably noticed that you feel air escaping through the sides of your mask when you breathe in and out. Double masking can help to better prevent this from happening.

Better Seal When you are wearing two masks the outer mask can apply gently pressure to the edge of the inner mask. When this happens, the inner mask fit more closely against your skin and creates a better seal. Cloth masks alone are not recommended, but pairing them with a surgical mask drastically increases the effectiveness. Doing this is very simple too. Wear the surgical mask and then the cloth mask on top of it for an effective double mask.

Surgical Mask + Cloth Mask

It is a time to adopt the norms of hand-sanitization physical distancing, masking and cleaning of high touch surfaces on a war footing. There should be zero tolerance for those without masks crowding and Covid-19 inappropriate behaviour. Along with these contact tracing surveillance and testing need to be stepped up.

Rush to hospital only if oxygen saturation level dips below 90%

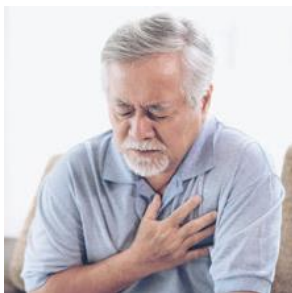
Q. What to do if someone is sick at home with Covid-19?

Ans.

- Isolate the sick person.
- Prepare a separate room and keep distance from others.
- Keep the room well ventilated and windows open frequently.
- Identify one member of the family to contact sick person. Who at high risk and has fewest contacts with people outside.
- Wear a medical mask in the same room with the sick person.
- Use separate dishes eating utensils and bedding from the sick person.
- Clean and disinfect frequently touched surface.
- Take help from health worker or doctor in case you see any of these danger signs.



is not



Difficulty in breathing



Less of mobility



There are a few additional strategies for life savers to deal with second wave of infection.

Sleep Well :-If you are not sleeping enough, it can take a toll on your immunity. When you sleep at night, the body repairs the cells especially the brain cells.

Reduce Stress :-_A high level of stress weakness the gut barrier, which is where most of our immune system lives. Adopt yoga and pranayam in your daily routine.

Add fibre to your diet :-Our immune system is based in our gut. When we eat fibre like dalia, it encourages more diversity in our gut flora, which has been linked to a stronger and more balanced immune system.

Stay fit :- Exercising regularly keeps your immunity strong Exercising puts our body under short term stress called enstress, which makes us strong and more resilient in the long term.

Such waves will keep coming until we attain 80% vaccination and herd immunity. So do not lower your guard or your mask till this status is achieved.

POST COVID CARE

Surprising as it may seem, Covid-19 has an excellent recovery rate and upto 90% of those affected recover. It usually takes around two weeks for mild cases and about a month for people who were more seriously affected to get back on their feet.

What you can expect to experience



Low energy
Levels & fatigue



Breathing difficulty
& breathlessness at the
Slightest physical activity



Chest congestion



Anxiety



Cough with
Phlegm



Poor appetite
and sour taste in mouth



Headache

Dealing with Fatigue

Fatigue is common after all flu infections and even worse after covid-19. To deal with post covid-19 fatigue there are a few steps that you need to take so make things easy.

Give yourself a daily routine customized to your current energy levels. You may need to reorganize your work space to make things easier for you.

Adjust your schedule to how much you can realistically take. Priorities wherever you think you need to do and take things slowly. At every step take your fatigue level into consideration. You will need to eat an energy-boosing to keep pace.

- Taking care of cough.
- Dealing with post covid anxiety.
- Take some time out.
- Rest a while.
- Sleep well.
- Exercise a little everyday.
- Eat nutritious food.
- Play a few memory games to improve concentration.
- Monitor your blood oxygen level.

SUPPORTIVE ENVIRONMENT BY HEALTH WORKER

Talk to and involve influencers

1. Make a list of local influencers (Gram Pradhan, Religious Leader, Teachers, RWA, BLO any other).
2. Explain and discuss the situation and protocols to be followed and seek their support in awareness campaign.

Plan Community support for high risk groups

1. Make a list of high risk people in village or town as per contact tracing protocols.
2. 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. Take care of children whose parents may be in quarantine for issues of education and or care.

Develop Community networks for support

1. If the population is thick than divided them into smaller group for emergency planning, keep contact details of group coordinator.
2. Ensure each household has a current list of emergency contacts of the government help line, asha, AWW, health workers on nearby hospital.

Greet with local salutation and state purpose of your visit.

Be respectful, polite and empathetic, do not discriminate or be rude.

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

Gather accurate information from the person. Their name, age, travel history, list of symptoms, record and communicate as per the surveillance format. Write the information clearly.

You may not have an answer for every question : a lot is still unknown about Covid-19 and its OK to admit that.

HEALTH WORKER TO COMMUNICATE

DURING COMMUNITY VISIT

1. Always be polite. Anyone can get effected by COVID -19. 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 Govt. is giving to all the citizens.
2. Keep distance of one meter, when you meet people avoid touching or close physical contact. It is better to sit in the open and speak with the family members if space and situation allows.
3. Ask questions and get very specific answers when you are writing make sure your writing is clear and complete and information (addresses, names, contact numbers) is written legibly.
4. 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
5. Be prepared when you go to field.
 - Carry a sanitizer/soap for cleaning your hand.
 - Carry your own writing materials like pen writing pad.
 - Carry your masks and extra masks if required.

RESPECT THE WARRIORS WHO FIGHT AGAINST CORONA VIRUS TO SAVE OUR HUMANS CIVILIZATION

**BE
SUPPORTIVE**

Thank you for all that you do! you are real heroes of this country, and we value every single effort to save every life love you all.

My heroes are those who risk their lives every-day to protect our world and make it a better place - Doctor, Nurses, Police Health worker and Members of our armed forces.

**BE
CAREFUL**



Thank you for all your efforts as you Continue to work and serve our communities both during the challenge of the COVID- 19. You and your dedications are appreciated as is the support from your family and friends during challenging time.

Thank you
For doing such a wonderful service in time of
Crisis and always Being there to Help.



Thank you from the bottom of my heart for serving On the frontline of this pandemic. Nurses, physicians, Cafeteria workers, respiratory therapist and house keepers are the heart and soul of the war against Covid-19.

To together we can create a better and healthier world for every one!