

# What is COVID-19?

## ABOUT THE CORONAVIRUS DISEASE



### What is COVID-19?

- Coronavirus Disease (COVID-19) is an infectious respiratory disease caused by the newly discovered coronavirus – SARS-CoV-2 virus.

### How does COVID-19 spread?

- Coronavirus spreads from an infected person through the respiratory droplets generated while coughing/sneezing.

This can happen by:

- Close personal contact with the infected person.
- Touching contaminated objects or surfaces and further touching your mouth, nose or eyes before washing your hands.

### How do I keep myself from falling sick with COVID-19?

- Practice physical distancing norms such as maintaining a distance of at least 1 meter from others.
- Cover your mouth and nose with a mask.
- Wash your hands with soap and water or use an alcohol based hand sanitizer.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Seek medical help if you experience any symptoms.

### Common Symptoms of COVID-19 Infection



Fever



Headache,  
Muscle Aches

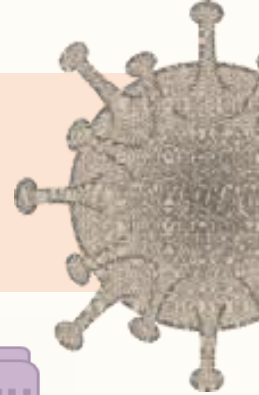


Cough



Sore Throat,  
Breathlessness

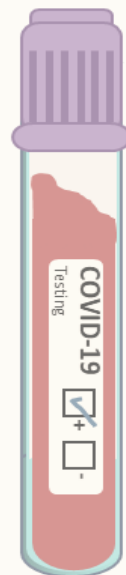
# Testing for COVID-19





## COVID tests

Two kinds of tests are available for COVID-19

- ✓ **Viral test** – Tells you if you have a current infection.
- ✓ **Antibody test** – Tells you if you have been exposed to the coronavirus.








Type of test	Sample	Value	Advantage	Disadvantage
 Viral test/ RT- PCR test	Nasal/ oral swabs	Provides infection status	<ul style="list-style-type: none"><li>• Tests for presence of virus directly</li><li>• High specificity</li></ul>	<ul style="list-style-type: none"><li>• Time consuming</li><li>• Requires trained staff</li><li>• Costly</li></ul>
 Antibody test/ Rapid test	Blood	Provides information about exposure to the virus	<ul style="list-style-type: none"><li>• Faster results</li><li>• Less costly</li><li>• No need of trained staff</li></ul>	<ul style="list-style-type: none"><li>• Tests for antibodies only, not virus</li><li>• Cannot detect early infection</li></ul>



# Quarantine Guidelines

COVID-19 PREVENTIVE MEASURES

## Social Distancing / Self Isolation / Quarantine

		Social Distancing	Self-Isolation	Quarantine
	Who is it for?	People who have NOT been exposed to the virus	People suspected to have the virus or Have tested positive for the virus	People who MAY have been exposed to the virus but do not show symptoms
	How long does it last for?	At least till the end of the pandemic	At least for 14 days or till the test is negative twice	A minimum of 14 days
	Who can you interact with?	Roommates or family members you live with	No direct contact. Isolate yourself to a room to restrict transmission to others. Have family or friends deliver supplies, but do not touch or talk to them	
	What can you do?	Work from home, have healthy food and exercise.	Stock up food, water and hygiene essentials. If you are having it delivered, do not interact directly with the person delivering it.	
	How to socialize?	Cancel any unnecessary gatherings/ plans. Interact virtually (social media)	Do not leave the isolation except in an emergency. Avoid direct interactions. Interact virtually with friends and family.	



# Do's & Don'ts

## FOR COVID-19 PREVENTION



- ✓ Wash hands frequently with soap & water for at least 20 seconds or use an alcohol based hand sanitizer having at least 60% alcohol.
- ✓ Maintain personal hygiene. Clean your hands before eating or cooking and after sneezing or coughing.
- ✓ Monitor your health & keep a check on the symptoms of coronavirus.
- ✓ Immediately contact your doctor if you have one or more of the following: persistent fever, difficulty in breathing & cough that lasts for more than 3 days.
- ✓ Cover your nose & mouth with a tissue or your upper arm while sneezing or coughing. Stay isolated if sick.
- ✓ Maintain physical distancing & avoid any sort of gathering.
- ✓ Avoid sharing utensils, water bottle & personal hygiene items.
- ✓ Stay cautious at public places & always wear a mask when going out of your home.
- ✓ Clean & disinfect the surfaces which you touch often.

- Don't touch your face, eyes & mouth without washing/sanitizing hands.
- Don't sneeze or cough without covering your nose and mouth.
- Don't spit in public.
- Don't have close contact with persons who are sick.
- Don't hug and shake hands while greeting.
- Don't go out if you feel sick.
- Don't touch surfaces like railings, doors, gates, etc. used by general public, with bare hands.



## 5 Key Points

**Avoid**  
Gathering



**Be Brave**  
Don't Panic



**Clean**



**Disinfect**



**Educate**  
Yourself





# Food Safety Measures

TO BE TAKEN DURING COVID-19

## WHILE GROCERY SHOPPING



- ✓ Prepare a shopping list in advance.
- ✓ Wear a face mask.
- ✓ Practice physical distancing while shopping – keeping at least 1m away from others.
- ✓ Check the food package for any damage.
- ✓ Sanitize your hands after touching groceries, money as well as any other surfaces.
- ✓ Wash your hands with water and soap for at least 20 seconds when you return home.

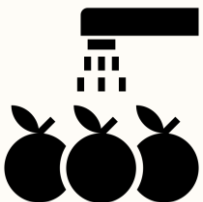
- ✓ Keep food at a safe temperature.
- ✓ Keep your hands and surfaces clean.
- ✓ Separate raw and cooked food.
- ✓ Use safe water and raw materials.
- ✓ Follow 4 basic food safety steps — Clean, Separate, Cook, and Chill.



## WHILE PREPARING FOOD

- ✓ Rinse fresh fruits and vegetables in running tap water.
- ✓ Scrub the produce including the ones with skins and rinse before cutting and eating.
- ✓ Store the fresh produce at appropriate temperature.
- ✓ Regularly clean and sanitize kitchen counters using disinfectant.

## WHILE WASHING FRUITS & VEGETABLES



# Wearing & Disposing FACE MASKS



Before putting on a mask, clean hands with alcohol based hand rub or soap and water



Cover your mouth and nose with mask and make sure there are no gaps between your face and mask



Avoid touching the mask while using it; if you do, clean your hands with alcohol based hand rub or soap and water



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



Do not leave the mask hanging from the neck



After removal of mask, clean your hands with soap and water or alcohol-based sanitizer

NEVER REUSE DISPOSABLE MASKS AND DISPOSE THE USED MASKS INTO CLOSED BINS AFTER DISINFECTING THEM

To date, there is **NO VACCINE** AND **NO SPECIFIC ANTIVIRAL MEDICINE** to prevent or treat COVID-19. However, those affected should seek medical advice.

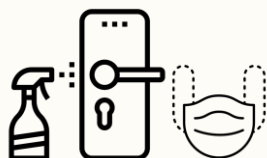




# Personal Safety Measures

TO BE TAKEN WHEN OUTSIDE DURING **COVID-19**

## UPON RETURNING HOME



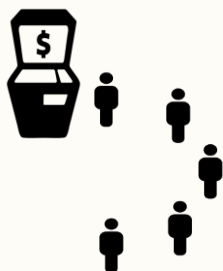
- ✓ Dispose the mask appropriately, and remove your shoes when re-entering your home.
- ✓ Unpack your items. If exposed, sanitize it.
- ✓ Change your clothes after returning from a public place.
- ✓ Wash your hands before changing clothes as well as after changing clothes.
- ✓ Wash your clothes separately with soap and water.

- ✓ Avoid non-essential travel and practice physical distancing.
- ✓ Avoid crowds and large gatherings.
- ✓ Stay at least 1m away in public places.
- ✓ Work from home if you can.
- ✓ Restrict outdoor movement to only when essential.



## WHILE TRAVELLING

## WHILE HANDLING CASH/ USING ATM



- ✓ Avoid close contact and ensure ATM room is not in use before entering.
- ✓ Clean hands with an alcohol-based sanitizer, after touching any surface in the ATM room, including banknotes.
- ✓ Use digital platforms for non-cash transaction.



# Personal Safety Measures

TO BE TAKEN AT HOME DURING COVID-19

## DURING QUARANTINE PERIOD



- ✓ Stay in a well ventilated single room with attached bathroom .
- ✓ Avoid contact with family members or cohabiters. Follow strict physical distancing norms.
- ✓ Avoid sharing any type of household items with other people at home.
- ✓ Maintain good personal hygiene.
- ✓ Follow quarantine measure for at least 14 days and update frontline workers about any change in health conditions.

- ✓ Senior citizens (above 60 years) come under high risk category.
- ✓ Practice physical distancing but not social isolation.
- ✓ Help them to stay connected, feel involved, purposeful and less lonely.
- ✓ Regularly monitor them for symptoms.
- ✓ Do not allow visitors at home.
- ✓ Postpone unnecessary medical visits.
- ✓ Setup emergency contacts and volunteers for help.

## ELDERLY CARE DURING COVID-19



## CHILD CARE DURING COVID-19



- ✓ Practice good hand hygiene.
- ✓ Teach children to cover their mouth when sneezing & coughing.
- ✓ Keep children engaged physically & intellectually.
- ✓ Encourage healthy food habits.
- ✓ Keep children away from large crowds.
- ✓ Keep the house and its premises clean.



# Protective measures

TO BE FOLLOWED DURING COVID-19



Wash your hands with soap and water regularly

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



Cover your nose & mouth with a handkerchief/tissue or your upper arm while sneezing/coughing.

Throw used tissues into closed bins immediately after use and wash your hands



Wash your hands before touching your eyes, nose and mouth



Wear a face mask whenever you go outside

If you develop fever, cough and difficulty breathing, seek medical advice promptly

Avoid mass gatherings and crowded places. A distance of at least 1 meter is necessary to ensure safety for all



# Travelling Measures

TO STAY PROTECTED FROM COVID-19

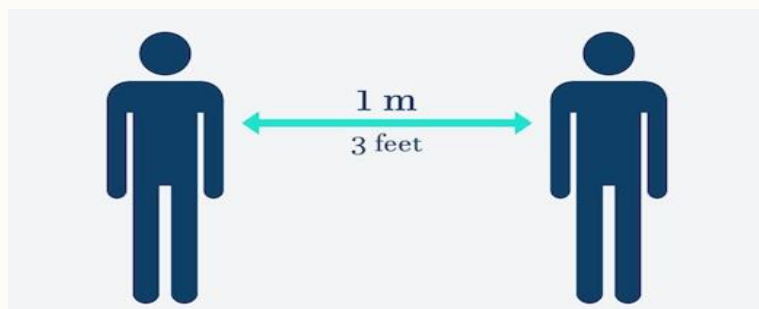


Always wear a mask before stepping out of your house. Avoid touching your face (eyes, nose, mouth) all the time

Carry alcohol based sanitizer with you at all times while travelling & clean your hands frequently

Avoid touching high touch points like door bells, door knobs, support rails etc.

Maintain a distance of 1 meter from people and avoid close physical contact with fellow travellers



Ensure you are updated about the zone status of the area you are visiting.



RED zone

ORANGE zone

GREEN zone

As far as possible, avoid travelling during this pandemic. Stay home Stay safe.



# Hand washing steps

FOR COVID-19 PREVENTION

**Practice frequent hand washing with soap and water**



**1** Wet hands with water

**2** Apply enough soap to cover all the hand surfaces



**3** Rub hands palm to palm

**4** Rub palm to palm with fingers interlaced



**5** Rub the back of both hands

**6** Clasp the right thumb in the left palm and rub it rotationally. Repeat with the left thumb



**7** Interlock the fingers and rub the back of the fingers and finger nails against the palms

**8** Rotationally rub wrists



**9** Rinse hands with water

**10** Dry hands thoroughly with a towel





# COVID-19 Myths Vs Facts

**Myth:** The novel coronavirus cannot be transmitted in areas with hot and humid climate.

**Fact:** Coronavirus can be transmitted in ALL AREAS including areas with hot and humid weather.



**Myth:** Injecting bleach or disinfectant into the body protects against COVID-19.

**Fact:** Injecting bleach or any disinfectant WILL NOT protect against the virus and can be fatal.

**Myth:** Coronavirus affects only older people.

**Fact:** People of ALL AGES can be infected by the novel coronavirus. Older people with pre-existing medical conditions are more vulnerable.



**Myth:** Antibiotics are effective against coronavirus.

**Fact:** Antibiotics DO NOT work against viruses. DO NOT self medicate!

**Myth:** Taking hot water baths and exposure to sunlight prevent COVID-19.

**Fact:** Hot water baths and sunlight DO NOT prevent or cure COVID-19.

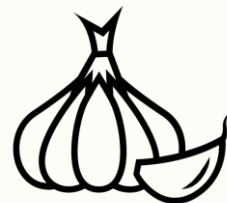




# COVID-19 Myths Vs Facts

**Myth:** Eating garlic/lemon prevents coronavirus.

**Fact:** Eating garlic/lemon DOES NOT prevent coronavirus. This is healthy food and may have some antimicrobial properties.



**Myth:** Pneumonia vaccines protect against COVID-19.

**Fact:** Vaccines against pneumonia DO NOT provide protection against the novel coronavirus.

**Myth:** COVID-19 can be transmitted through house-flies and mosquito bites.

**Fact:** COVID-19 is NOT transmitted through house-flies and mosquito bites. To date, no scientific evidence is available for this.



**Myth:** Drinking alcohol protects against COVID-19.

**Fact:** Consumption of alcohol DOES NOT protect against COVID-19.

**Myth:** Regular rinsing of nose with saline/oil help prevent coronavirus infection.

**Fact:** NO scientific evidence is available which shows that saline/oil rinsing of nose is protective.

