COVID-19
Pocket Reference
Response & Containment Measures
For STAKEHOLDERS
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1. 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. It is spread through droplets when an infected person sneezes or coughs, or when a person touches nose, eyes or mouth after touching an infected surface.

4. There is no definitive treatment or vaccine, but majority of the infected persons will recover on their own.

If you have cough, fever or difficulty in breathing, or if you had contact with a laboratory confirmed positive, you must immediately call:

State helpline number:
1800 345 0019

Government of India 24x7 helplines:
011-2397 8046 | 1075
2. WHAT ARE THE SAFE PRACTICES TO BE FOLLOWED?

1. Frequent handwashing
   - Regularly and thoroughly wash your hands with soap and water for 20 secs or 70% alcohol based hand rub

2. Practice social distancing
   - Maintain at least 1 metre distance between yourself and others.
   - Stay at home unless absolutely necessary to go out
   - Keep a distance of at least one meter between yourself and another person when you are out.

3. Avoid touching eyes, nose and mouth
   Contaminated hands can transfer the virus to your eyes, nose or mouth.

4. Practice good respiratory hygiene
   - Cover your mouth and nose with handkerchief or tissue when you cough or sneeze.
   - Dispose off the used tissue immediately in a closed dustbin.

5. Stay informed, take care and follow advice from Doctor/health personnel
   - Stay informed on the latest developments about COVID-19 from official sources.
   - Take care of the elderly and those most at risk.
3. HOW TO KEEP THE INSTITUTIONAL PREMISES COVID-FREE

1. Sanitize hands before entering the institutional premises, start work before and after touching any surfaces.

2. Sit at a distance of at least 1 meter from each other, stagger the work time in case there is constrain of space or work from home in hygienic conditions.

3. Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze. Dispose of the used tissue immediately in a closed dustbin. If you do not have a handkerchief, cough or sneeze in the bend of your upper arm.

4. Do not touch your face (eyes, nose and mouth) as the virus can get transmitted your systems through contaminated hands.

HELPLINES
Seek help immediately if you have fever, cough or difficulty in breathing. Stay home, stay away from other family members and Call the State Helpline Number:

1800 345 0019
4. WHAT ARE THE PRECAUTIONS AND SAFETY MEASURE WHEN YOU ARE OUT IN THE COMMUNITY

1. Maintain distance of 1 meter from people when you are in the market or out of home.

2. Use a face cover to cover your face, make sure it is properly worn when you are working together. Avoid touching the face cover.

3. Avoid touching your face (eyes, nose, mouth) at all times. Be extra careful when you are wearing a mask, you may forget and touch your face.

4. Frequently wash your hands with soap and water for 20 secs, or use 70% alcohol based hand sanitizer.

5. Avoid touching high touch points like door handles, table tops, support rails and handles, hand rails etc.
5. WHAT ARE PRECAUTIONS & SAFETY MEASURES 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.

3. If you have carried your bag/mobile, wipe them down with the disinfectant solution (Use 4 teaspoons of household bleach mixed with 4 cups of water)

4. Wash your hands with soap and water for 20 secs or 70% alcohol based hand-sanitizer before you touch anything else.

5. If you get any symptoms like fever, cough or difficulty in breathing contact the nearest Government Facility or District Surveillance Officer immediately.
6. HOW TO USE A MASK

Use a mask when:
- You develop fever, cough or breathing difficulty.
- You are visiting a health facility.
- You are caring for an ill person and/or entering the room of an infected person.

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 it from the neck.

Replace masks with a new clean, dry mask as soon as they become damp/humid. Do not re-use single-use masks.

Remove the mask:
- By using appropriate technique (i.e. do not touch the front but remove the lace from behind).
- By first untying the string below and then the string above and handle the mask using the upper strings. Do not touch other surfaces of the mask while removing.
- Do not let the outer portion of the mask touch your face or any other surface when you remove.

Disposing of Mask: After removal or whenever you inadvertently touch a used mask, clean hands by using an alcohol-based hand rub or soap and water. Discard single-use masks after each use and dispose them off immediately upon removal by soaking in household bleach solution and then throwing in a closed dustbin.
7. HOW TO CREATE A SUPPORTIVE ENVIRONMENT

Talk to and involve Influencers
- Make a list of local influencers (Council members, Church leaders, Teachers, NGO’s any other).
- Explain & discuss the situation and protocols to be followed and seek their support in giving key messages.
- Identify community and cultural networks and keep them ready with information.

Plan community support for high risk groups
- Make a list of high risk groups in the church as per contact tracing protocols.
- 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.
- Take care of older people or people with co-morbidities like hypertension, diabetes, lung or kidney disease whose parents may be in quarantine for issues of education and/or care.
- Take care of children whose parents may be in quarantine for issues of education and/or care.

Coordinate with the community networks for support

Help develop household emergency contact lists
- Ensure each household has a current list of emergency contacts for family, friends, neighbours, essential services contact numbers like food, medicines, medical help.
- Develop transport facilities in case of emergencies.

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

For counselling, call the State Helpline Number: 1800 345 0019
8. HOME QUARANTINE: SAFE PRACTICES FOR THE INDIVIDUAL

Keep distance

1. Stay in well ventilated specific room and away from other people in your home. Restrict movement.
   • If available, use a separate bathroom.

Seek health care and notify

2. If suffering from fever, cough, or having difficulty in breathing, and suspecting contact with a confirmed case, wear a mask and immediately notify nearest health facility.

Wear a mask

3. Wear a mask correctly when you are around your care giver.
   • Wear a mask when you are visiting the health facility.

Avoid going to public areas

4. If you are infected, you can spread infection to others.
9. HOW TO SUPPORT HOME QUARANTINE: CARE TAKERS

**Support:** Assign family member to take care of person suspected of infection, helping them follow doctor’s instructions for medication(s) and care.

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

**Protective Hygiene:**
- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels, bedding with the suspected person. Throw used tissues in a lined closed trash can.
- Wash and disinfect linen in warm water and soap.
- Washing machine: use disinfectant, soap, warm water.
- 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.

**Clean and disinfect:** All “high-touch” surfaces, such as table tops, door knobs, bathroom fixtures, toilets, bedside tables daily. Also, clean any surfaces that may have blood, stool, or body fluids on them.

**Wash hands:** with soap and water for at least 20 seconds, else use a 70% alcohol-based hand sanitizer. Wash often and especially after touching.
10. FAMILY MEMBER’S DOS AND DON’TS FOR HOME QUARANTINE

1. **Wash hand often** thoroughly with soap and water for 20 secs or rub with 70% alcohol-based hand sanitizer.

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

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

5. **If symptoms appear** (fever/cough/difficulty in breathing) he/she should immediately inform the nearest health centre or call the State Helpline Number **1800 345 0019**
11. WHAT ARE THE SAFE PRACTICES FOR RETURNING MIGRANTS?

If you have travelled back from the city:

1. Follow state’s protocol for quarantine in facility quarantine.

2. Quarantine yourself for 14 days or more at home. Do not interact with other people in the family (avoid hugging or touching anyone), Wear a mask.

3. Do not share clothes, utensils with other family members.

4. Do not attend any function, and do not host any function.

5. Do not go near any animals.

6. If you get fever, or cough or difficulty in breathing, immediately call the nearest health facility or State Helpline Number: 1800 345 0019
12. HOW CAN I ADDRESS STIGMA?

1. Sensitize people and help them to understand that it is a simple infection and 80% of the cases are mild cases.

2. Ask people to stay away from watching negative things on the TV/social media and also fake news.

3. Help in giving hope and positive news to help people handle stress. Encourage the church members to amplify positive news.

4. Publicly, use terms like people who have COVID-19 instead of “COVID-19 cases” or “victims”. Similarly, use terms like people who may have COVID-19 instead of “suspected cases”.
13. WHAT ARE THE COVID SENSITIVE HEALTH PRACTICES

1. Regularly use the health and nutrition services (such as Routine Immunization, Take Home Ration etc.) if being delivered in the current situation.

2. If pregnant and have fever, cough with breathing difficulties do not delay. Immediately report at your nearest hospital or health facility.

3. While visiting the health facility, wear a mask and wash your hands frequently with soap even after sneezing/coughing; and avoid touching surfaces.

4. Follow all Antenatal Care practices for pregnant women.

5. Monitor your symptoms regularly if you have travelled out.
14. WHAT ARE THE COVID SENSITIVE NUTRITION PRACTICES

1. Continue to breastfeed young children with required respiratory hygiene and precautions for infection prevention.

2. For children’s rapid growth and brain development, initiate complementary feeding from 6 months of age.
   - Make children’s every bite count by feeding the child a variety of foods such as pulses, milk, milk products, yellow, orange, green vegetables and fruits.

3. Ensure pregnant women get proper nutrition through 3 main meals and 2 snacks.

4. Eat fresh, cooked food including local fruits and vegetable.

5. Drink at least 8 glasses of water daily.

6. Use the Take Home Ration from the Anganwadi centers for feeding children and pregnant women.
15. WHAT ARE THE COVID SENSITIVE PARENTING AND PSYCHOSOCIAL CARE PRACTICES?

Recognise and accept the stress in children

Recognizing stress—Common responses to stress are:
- Difficulty in sleeping
- Bed-wetting
- Pain in the stomach or head
- Being anxious, withdrawn, angry, clingy or afraid to be left alone

Talk to your local support for getting guidance, talk with other parents.

Ensure proper nutrition for children.

Have a daily routine or timetable for children, with dedicated times for reading/studying, sharing household chores, meal times and free time.

Talk to children and make them feel safe by assuring them that you are there to support them. Provide them with correct information through valid sources.

Call Child Helpline 1098 for any support for children
16. SAFE BURIAL PRACTICES

Plan and perform funeral rituals/services that can both protect and comfort mourners and show respect for those who have died without causing any infectious risk to the mourners.

Support and work with families to integrate appropriate religious and cultural practices with burial and funeral steps that reduce the chances of infection.

If the family of the deceased wishes to view the body after its removal from the medical facility they may be allowed to do so by following standard precautions.

As modifications to burial and funeral rites are adopted, particular attention should be paid to protect children and older adults in attendance.
17. FACTS AND MYTHS

Statement: With the summers coming up, the Coronavirus will be killed
FACT: The COVID-19 virus can be transmitted 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: 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: Getting the pneumonia vaccine will protect you against the virus
FACT: While vaccines for Pneumonia will certainly protect you against pneumonia, it has no protective effect against the novel Coronavirus.

Statement: You can get COVID-19 through mosquito bites
FACT: The Coronavirus cannot be spread through the bite of a mosquito. It is spread thorough droplets spread when an infected person sneezes or coughs.

Statement: Spraying alcohol or disinfectant over your body can prevent infection
FACT: Spraying with alcohol or sanitizer on clothes and body, or consuming alcohol 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.