

prevention OF COVID-19

A safety guide for you and your family.

This guide is your best defence against
the COVID-19 virus.

Know how the virus spreads!

The virus spread mainly from person to person;

- 1 Between people who are in close contact within 6 feet (2 arm's length approximately).
- 2 Virus spread through respiratory droplets produced when an infected person coughs, sneezes, talks, sings etc.
- 3 These droplets land on the mouth, nose, face of persons nearby and may be inhaled into the lungs causing disease.
- 4 Our hands are prone to touch infected people and infected surfaces. When we touch our face (mouth, nose, eyes) the virus can be inhaled into our lungs.
- 5 In crowded closed spaces with poor ventilation, virus can linger in the air for long periods of time and travel more than 6 feet, infecting more people.

THE GOLDEN RULE is to assume
EVERYONE (including you) is a
POTENTIAL CARRIER of the virus.



SAFETY GUIDE

Follow the 3 W's



WASH HANDS



WEAR MASK



WATCH DISTANCE

Avoid the 3 C's



CROWDED PLACES



CLOSE CONTACT



CONFINED SPACES



1

WASH HANDS

Use alcohol-based sanitizer when hand washing is not possible.

WHY Washing hands with SOAP and WATER is the best way to get rid of germs/virus.

- WHEN**
- Anytime hands are dirty
 - Before & after preparing food
 - Before & after food
 - Before & after caring for patient
 - Before & after putting on mask
 - After touching pets/ animals
 - After using the toilet
 - After touching garbage
 - Before & after marketing
 - After returning home from outside
 - After touching commonly touched surfaces like door handles, atm machines etc.

- HOW**
- Wash hands with soap & water for at least **20-40 seconds**.
 - Dry with a clean tissue or air dry.
 - Put enough sanitizer to cover all surfaces.
 - Rub your hands together for at least **20 seconds** until they feel dry.
 - Do NOT rinse or wipe off the hand sanitizer before it is dry.



Wash hands thoroughly with soap & water



Sanitize when washing is not possible

2

WEAR MASK

A mask protects yourself and people around you.

WHY The main mode of transmission is through respiratory droplets from an infected person. A mask will prevent infected droplets to spread to others during talking, coughing, sneezing etc.

- WHEN**
- Every time you are in a public place with other people around, both during day and night.
 - In any close contact settings such as market places, offices, trainings, schools, churches, banks, unavoidable social gatherings etc.
 - Wear at home if anyone is sick in the household, in quarantine or in isolation.

- HOW**
- Mask should be worn **correctly** and should be **clean**
 - Do NOT remove mask while talking, coughing, sneezing etc.
 - Mask is **more** effective only when used in **combination with** handwashing or hand sanitizers



Wash hands before & after wearing mask



Use strings to put on or remove mask



Mask should cover nose & mouth

3

WATCH DISTANCE

To slow down the spread of Covid-19.

WHY The main mode of transmission is from person to person through droplets. If a person is infected and you are within 6 feet distance, droplets from the infected person may get you infected.

- WHEN**
- Anytime you are outside your own household.
 - In your household - if there are sick or high risk people living with you.

- HOW**
- Keep **6 feet distance** or two arms length distance.
 - No hugs.
 - No handshakes.
 - Stand in queue & encourage others to do the same.



Safe distance at work



Queue in public spaces



Avoid the 3 C's

1

CROWDED PLACES

Anyone is a potential carrier of the virus!

WHY The chances of someone carrying the virus in a crowd is much higher and it is difficult to maintain physical distancing in such settings.

Most cases are asymptomatic carriers and transmit COVID-19 unaware.

- HOW**
- Avoid big crowded markets. Buy essential items from your colony market or standalone shops.
 - Postpone weddings, birthday celebrations, social events. If unavoidable, limit number of guests as per SOP with strict safety measures. The safety of your guests is your responsibility.
 - Funerals should be observed with limited visitors and strict safety measures. Ensure there is no mixture of people from different places. Staggering of visitors can be planned.
 - Young people should strictly avoid parties and gatherings (indoors or outdoors) as these are super spreader events.
 - Religious gatherings, cultural events and celebrations should be put on hold and held at an appropriate time. If unavoidable, there should be strict enforcement of SOP including ceiling on number of attendees.

2

CLOSE CONTACT SETTINGS

You put yourself at high risk!

WHY If you're within 6 feet of an infected person for 15 minutes or more you are a high-risk contact. The more the people, the higher are the chances of infection.

- WHEN**
- Maintain 6 feet distance and use mask in any close contact setting
 - Trainings/meetings should be held on digital platforms. If physical gatherings are unavoidable, strictly follow the 3Ws.
 - Group photo sessions after trainings without social distancing and masks should be avoided strictly.
 - Safety measures should not be compromised among circle of friends, relatives or family.

3

CONFINED SPACES

The spread of COVID-19 is 20 TIMES MORE in a closed environment!

WHY Closed spaces and indoors with poor ventilation and crowding are ideal conditions for spread of the virus. E.g bars, clubs, restaurants, gyms, religious gatherings, where people are not able to maintain distancing and wear masks, where people are shouting, talking, singing etc. In such conditions, **virus remains suspended in the air for longer periods of time and beyond 6 feet** - similar to airborne transmission.

- HOW**
- Keep windows, doors open for natural ventilation when possible at offices & other enclosed spaces.
 - Wear masks at all times.
 - Physical distancing should be ensured in workplaces.
 - Religious gatherings or church gatherings should be held on digital platforms. In case physical gathering is unavoidable, safety measures should be strictly ensured as per SOP including adequate ventilation.
 - Stay home if you have fever, cold, runny nose or any covid-19 like symptoms.
 - Handwashing points / hand sanitizers should be available for frequent use.
 - SOP for High Risk settings (Directorate of Health & Family Welfare, Nagaland) should be enforced strictly.

BE A RESPONSIBLE CITIZEN

- IF YOU HAVE **COVID-19 SYMPTOMS** LIKE FEVER, COUGH OR DIFFICULTY IN BREATHING, YOU SHOULD **IMMEDIATELY ISOLATE YOURSELF** AND **CALL THE STATE HELPLINE** 1800-345-0019.
- WHILE AWAITING TEST RESULT, SELF ISOLATE TILL THE TEST RESULT IS AVAILABLE. FOR **HIGH RISK CONTACTS**, YOU ARE TO **ISOLATE FOR 14 DAYS IRRESPECTIVE OF THE RESULT**.
- IF YOU ARE **UNDER QUARANTINE** (TRAVELLER / CONTACT OF POSITIVE CASES), YOU SHOULD **STRICTLY OBSERVE THE QUARANTINE NORMS** AS PER SOP.
- **DO NOT STIGMATIZE** ANYONE WITH COVID-19 AND OUR FRONTLINE WORKERS WHO ARE KEEPING YOU SAFE. EXTEND SUPPORT TO COVID-19 AFFECTED FAMILIES IN ALL WAYS POSSIBLE.
- **DO NOT SPREAD RUMORS** AND UNVERIFIED MESSAGES ON SOCIAL MEDIA OR ANY OTHER PLATFORMS.
- **EXTEND FULL COOPERATION** TO THE CONTACT TRACING TEAMS FOR THE SAFETY OF YOUR LOVED ONES.