

Capacity Building Sessions on COVID - 19

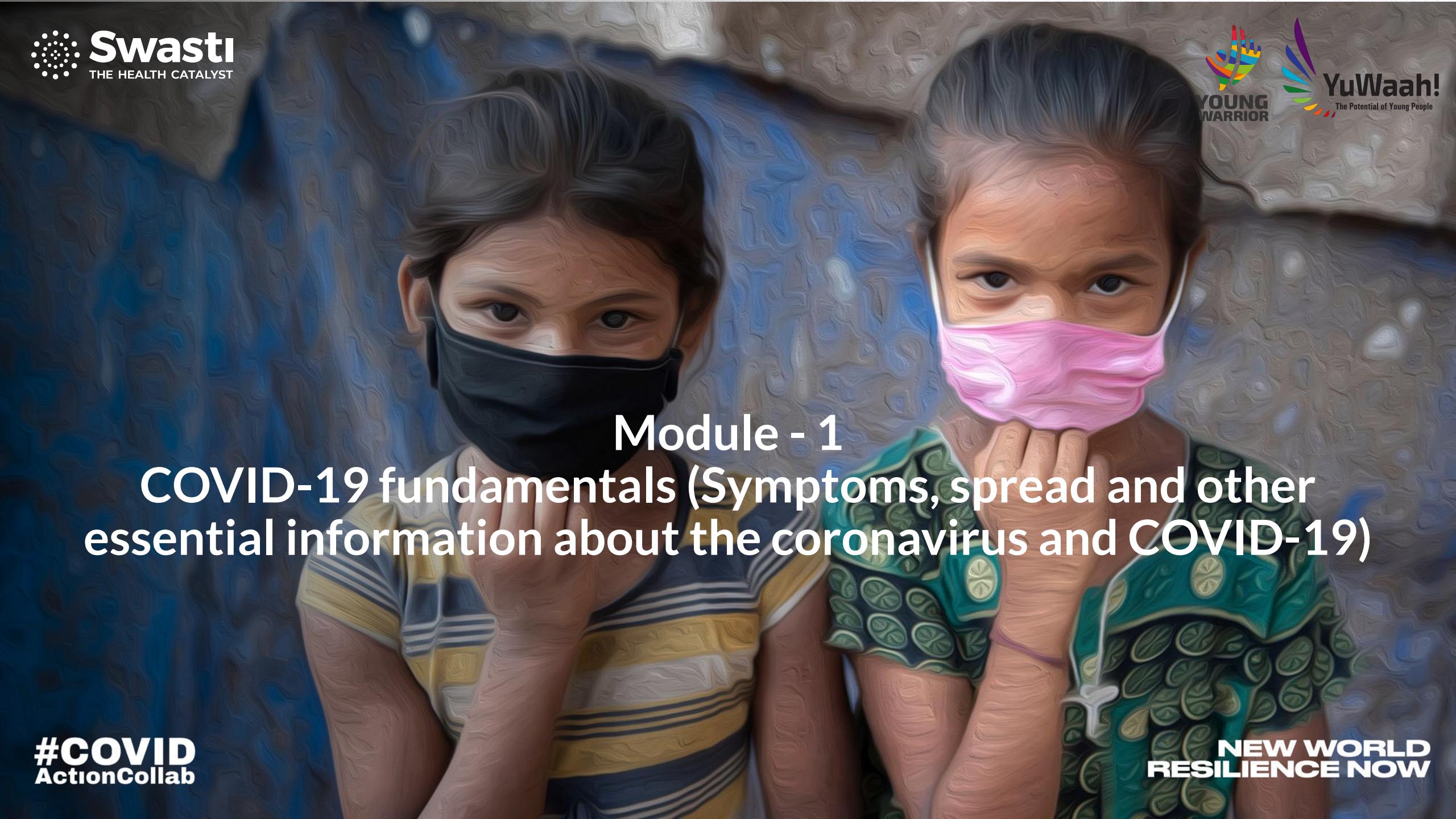
Training on the basics of COVID - 19,
vaccination, and home Isolation Module.

Training Objectives

- 1 To understand the basics of COVID - 19; transmission, symptoms, and prevention methods.
- 2 To understand the knowledge behind vaccines, debunking myths, and addressing FAQs.
- 3 For partners to understand personal hygiene and caring for people if infected in households.

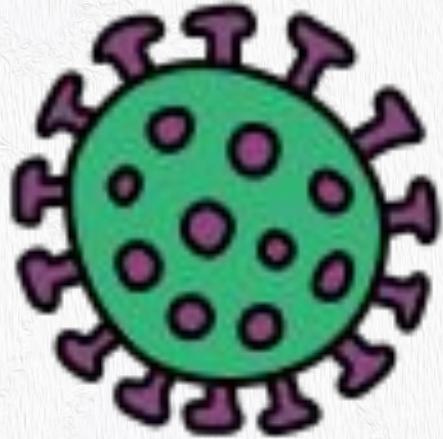
What will be covered in this training?

- 1 What are the symptoms, prevention methods, ways of transmission and present status?
- 2 Vaccines awareness and supportive registration : Technical overview and FAQs.
- 3 What are the personal hygiene measures and how to care for a person infected with COVID at home?



Module - 1
**COVID-19 fundamentals (Symptoms, spread and other
essential information about the coronavirus and COVID-19)**

What is the Coronavirus?



The Coronavirus is a large family of viruses found in animals, which can be transmitted to humans.

The outbreak of the Coronavirus originated in Wuhan, China in December 2019. Before this outbreak, very little was known about this virus.

It is important to highlight that Omicron has been declared VoC based on the observed mutations, their predicted features of increased transmission and immune evasion, and preliminary evidence of detrimental change in COVID-19 epidemiology, such as increased reinfections. The definitive evidence for increased remission and immune evasion is awaited

Present Situation in India

- As of 8 March 2022, India reported a total of 42,971,308 confirmed cases. Since 6 March, India's daily case incidence remains below 5000; and declining on daily basis.
- A total of 7,416 patients have recovered in the last 24 hours and the cumulative tally of recovered patients (since the beginning of the pandemic) is now at 42,413,566. (Source: <https://pib.gov.in/PressReleasePage.aspx?PRID=1804193>)



- India's Active caseload currently stands at 46,962
- Active cases stand at 0.11%
- Recovery rate currently at 98.69%
- 4,575 new cases recorded in the last 24 hours

<https://pib.gov.in/PressReleasePage.aspx?PRID=180420>

- We are in the midst of the third wave in India.
- The onset of the second and third wave and mutations have exposed us to new variants of the Coronavirus.
- These new variants like the delta variant and Omicron which is prevalent in India have higher transmission rates. There are other variants under investigation at the moment.

Variants Of Concern typology

WHO Label	Earliest documented samples	Date of designation
Alpha	United Kingdom, Sep-2020	18 Dec 2020
Beta	South Africa, May-2020	18-Dec-2020
Gamma	Brazil, Nov-2020	11-Jan-2021
Delta	India, Oct-2020	VOC: 11-May-2021
Omicron	Multiple countries, Nov-2021	VOC: 26-Nov-2021

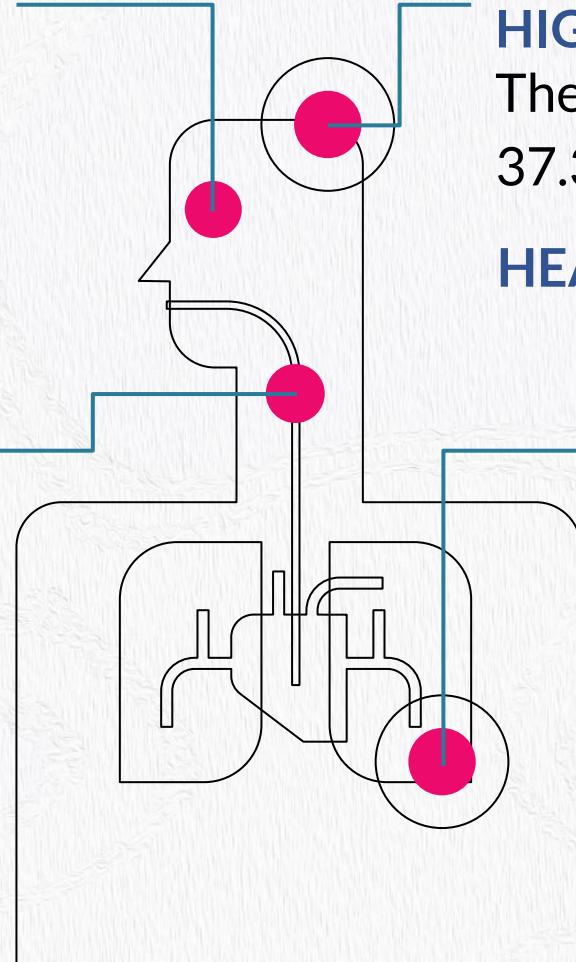
Common Symptoms of COVID-19

TIREDNESS

The muscles are fatigued and the body feels drained of energy

DRY COUGH

Constant coughing without expelling any mucus



HIGH FEVER

The body temperature can exceed 37.3 Celsius degrees

HEADACHES

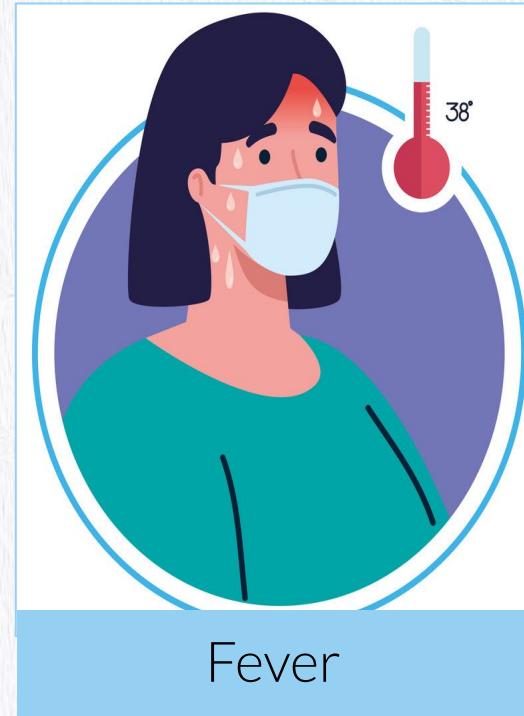
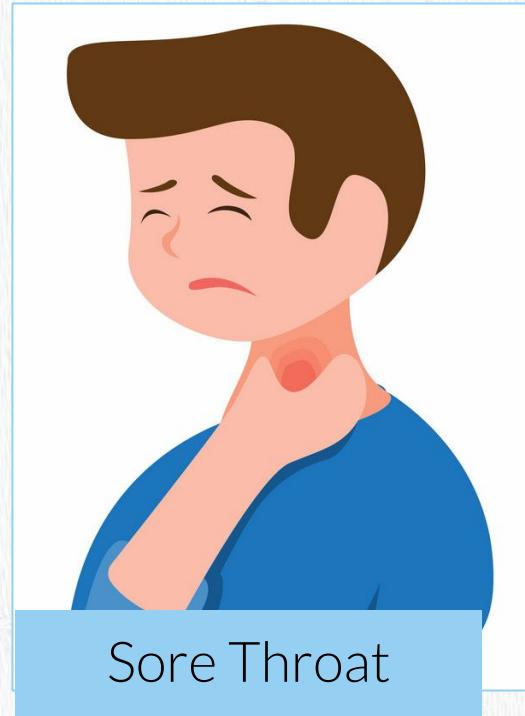
DIFFICULTY BREATHING

Chest and throat feel tight, breathing requires concentrated effort

DIARRHEA: Loose stools and Vomiting

Symptoms Associated with the Delta Variant

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Symptoms for the delta variant are similar to common flu. Previous symptoms like shortness of breath, cough, loss of taste, loss of smell, fatigue, body ache, and diarrhea are also prevalent.

Symptoms Associated with the Omicron

There is currently no information to suggest that symptoms associated with Omicron are different from those from other variants.

All variants of COVID-19, including the Delta variant that is dominant worldwide, can cause severe disease or death, in particular for the most vulnerable people, and thus prevention is always key.

Infection prevention and control measures on Identification of/ with suspected or confirmed COVID - 19 infection

- ❑ Give suspected patient a triple layer surgical mask and direct patient to separate area, an isolation room if available.
- ❑ Keep at least 1 meter distance between suspected patients and other patients.
- ❑ Instruct all patients to cover nose and mouth during coughing or sneezing with tissue or flexed elbow for others
- ❑ Perform hand hygiene after contact with respiratory secretions
- ❑ Inform to local health authorities

How Can It Spread?

CORONAVIRUS TRANSMISSION

FOMITES



Fomites are **contaminated objects and surfaces** that transmit coronavirus from your **hands** to your **eyes, nose or mouth**. Fomite spread is more likely on hard, non-porous materials like metals and plastics. Regular use of **hand sanitizer** and vigorous **hand-washing** can prevent fomite spread.



Hand washing



Hand sanitization

DROPLETS



Droplets are **moist particles** expelled from **speaking, breathing, coughing and sneezing**. They are considered to be the primary vector of COVID-19 infection. Virus-bearing droplets can spread coronavirus through your **eyes, nose or mouth**. Droplets do not remain airborne long: **6 feet of distance** limits exposure, but **masks covering the mouth and nose** are the best prevention.



Mask wearing



Eye protection



Social distancing



Staying outdoors

AEROSOLS



Aerosols are **tiny particulates** that infected carriers exhale, especially when **shouting, singing, or speaking**. Aerosols are mostly **inhaled** as a means of transmitting the virus. Unlike droplets, aerosols can remain airborne for several hours, can travel further than 6 feet, and may accumulate, especially in **poorly ventilated, closed spaces**. **Masks**, worn snugly and properly, are extremely effective at containing aerosols. **Remaining outdoors**, where aerosols cannot accumulate, also prevents transmission.



Mask wearing



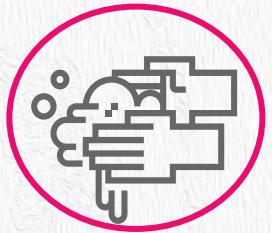
Staying outdoors



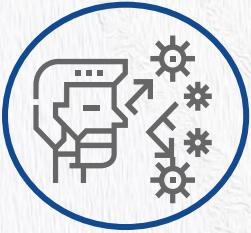
Ventilation

Source: CDC / UMMC

How Can We Prevent COVID-19?



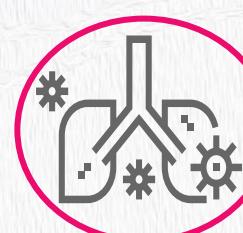
Wash your hands with an alcohol-based sanitizer or with soap and water



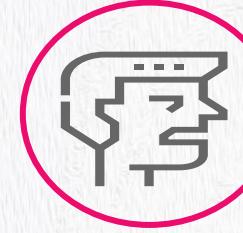
Cover your mouth and your nose with your bent elbow or a tissue when coughing and wear masks



Keep 6 ft distance between yourself and others



Seek medical attention if you have difficulty breathing and a high fever



Try your best not to touch your eyes, your nose and your mouth



Follow the directions of your national or local health authorities

WHY a Booster Shot ?

- Although COVID-19 vaccines remain effective in preventing severe disease, [recent data](#) suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older.
- The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19.

Booster Dose - What you need to know

- The precautionary COVID-19 vaccine dose will be given to healthcare and frontline workers, and those over 60 years of age with co-morbidities from January 10.
- The eligible population who have taken two doses of COVID-19 vaccine can directly take an appointment or walk-in to any vaccination centre.
- CoWin will send reminder messages to all those eligible for this dose and after administration of the shot, it will be noted in the digital vaccination certificate.
- There is no need to register again for a precautionary dose. One can use the existing account to book an appointment for the third COVID-19 vaccine shot.
- Online appointments for precautionary dose began on the CoWin portal on January 8. However, there is also the option of an onsite appointment and it begins on January 10.

FAQs about Booster Dose

Q: If we need a booster dose, are the vaccines working?

A: Yes. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death. However, public health experts are starting to see reduced protection over time against mild and moderate disease, especially among certain populations.

Q: What are the risks to getting a booster shot?

A: Adults and children may have some side effects from a COVID-19 vaccine, including pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever and nausea. Serious side effects are rare, but may occur.

Q: Do booster doses contain the same ingredients as the vaccines?

A: Yes. COVID-19 booster shots are the same ingredients (formulation) as the current COVID-19 vaccines

Hand Hygiene

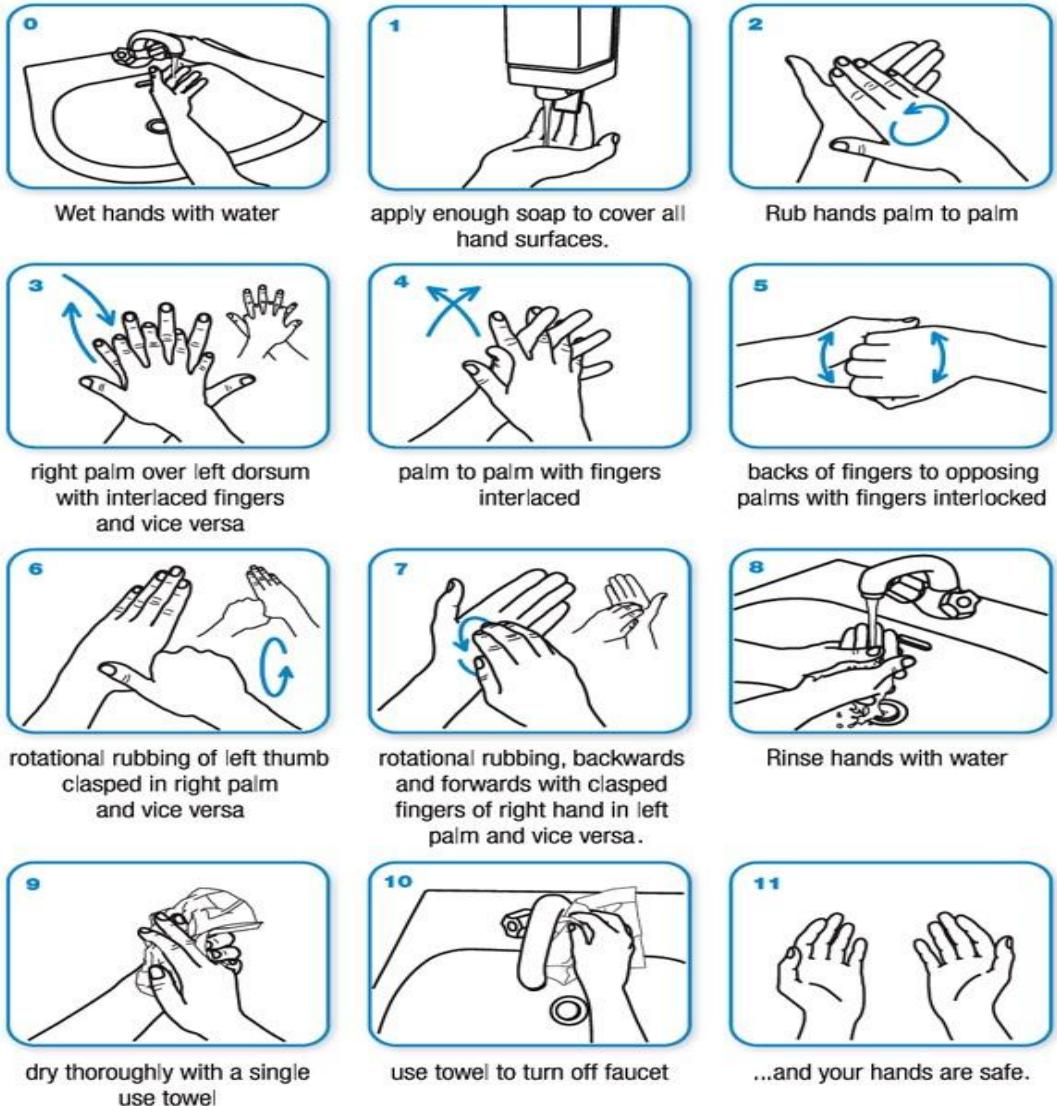


- 1 **Regularly hand Wash** with soap and water for at least 20 seconds.
- 2 **Use hand sanitizers**, as and when possible
- 3 **Do not shake hands** while greeting others
- 4 **Do not touch** your eyes, nose, mouth or any other part of your face **without washing hands or using a hand sanitizer**

Hand Wash Routine for Covid - 19

Dhona Dhona - Let's learn the handwashing steps

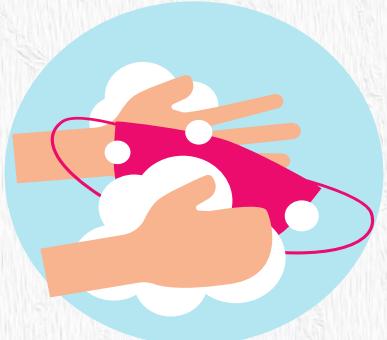
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Mask - Wearing Hygiene



1 Wash reusable masks after every use. Dispose disposable masks safely after each use.

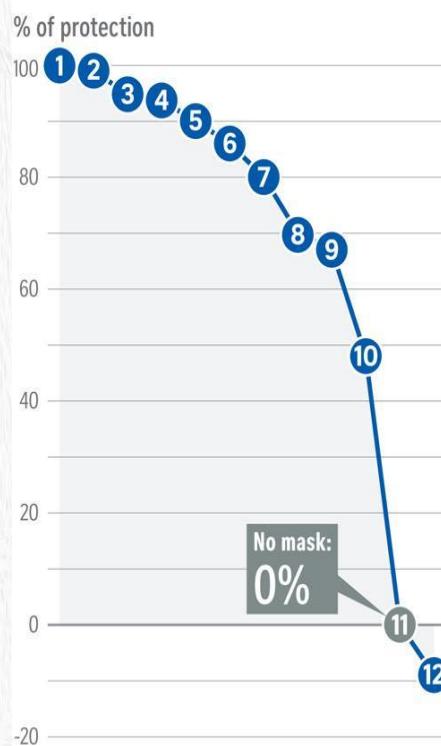
2 Use the mask to cover the nose and mouth

3 Remove the masks safely after use, by using the strings

4 Do not leave used masks unattended

Mask - Wearing Hygiene

Effectiveness of different types of masks



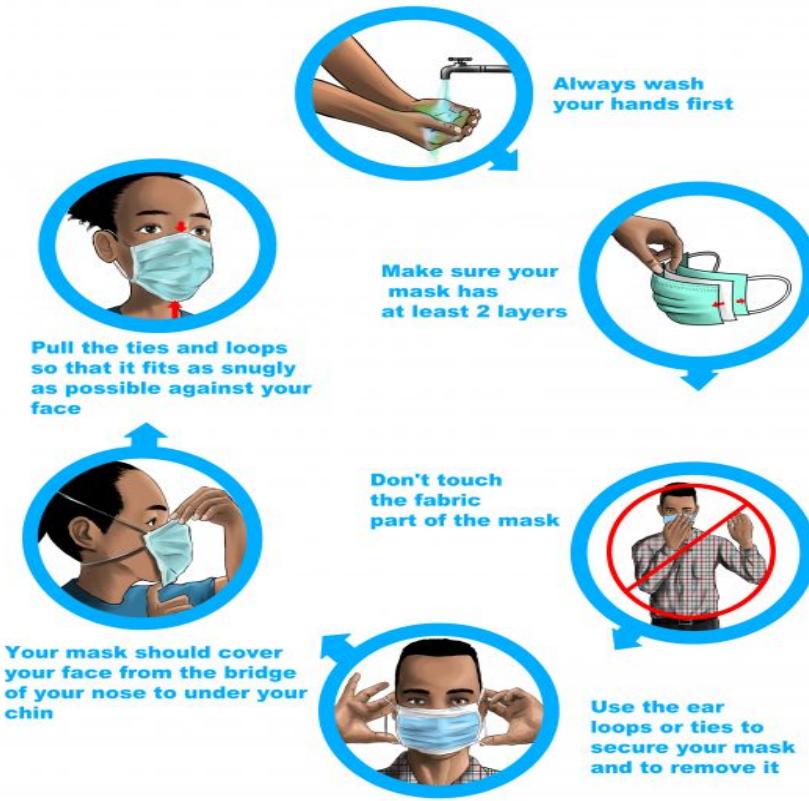
NOTE: This is a low-level test to show relative effectiveness, and results should not be taken to be conclusive.

*The neck gaiter, made of 92% polyester and 8% spandex, broke the droplets up into smaller particles which stayed in the air for longer.



SOURCES AND PHOTOS:
"LOW-COST MEASUREMENT OF FACEMASK EFFICACY FOR FILTERING EXPELLED DROPLETS DURING SPEECH", SCIENCEADVANCES JOURNAL AND DUKE UNIVERSITY, UNITED STATES
STRAITS TIMES GRAPHICS

Steps for wearing a mask



unicef | for every child

Wearing A Mask



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

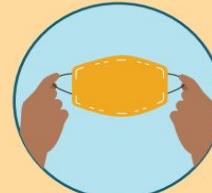


Have a nose wire to prevent air from leaking out of the top of the mask

How to Take Off Your Mask



Untie the strings behind your head or stretch the ear loops



Handle only by the ear loops or ties



Fold outside corners together

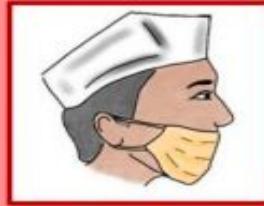


Wash hands immediately after removing

Wear Your Mask Correctly!



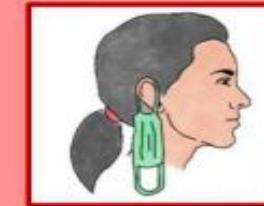
क्या न करें



मास्क को नाक के
नीचे न पहने



मास्क को मुँह के नीचे
या गर्दन पर न रखें



एक कान से मास्क
लटका के न रखें

Respiratory Etiquettes



1

Use the elbow while sneezing or coughing. Do not remove the mask to sneeze or cough

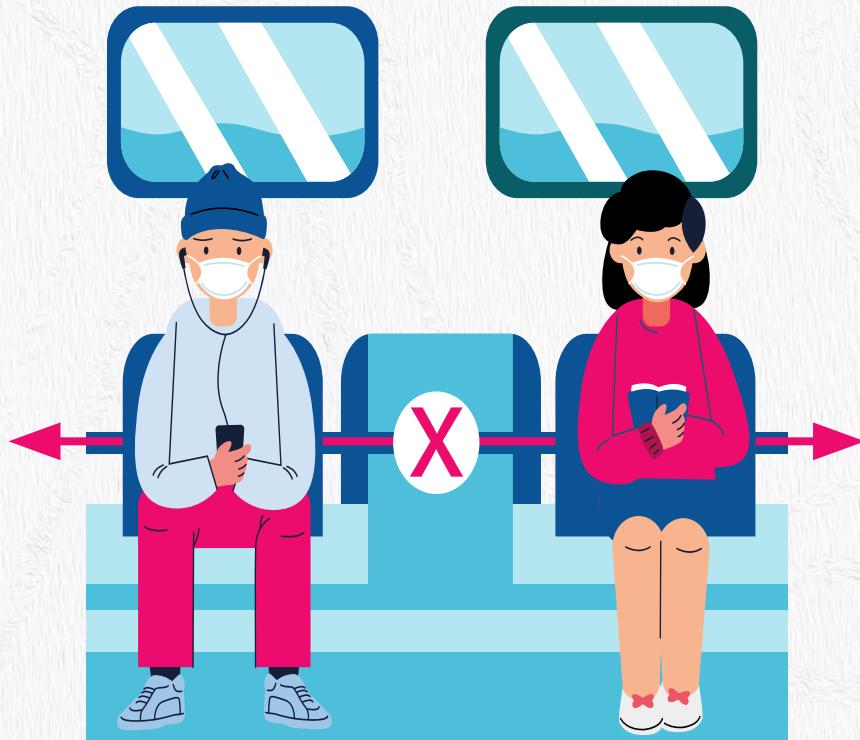
2

Use disposable tissues while sneezing or coughing. Wash reusable handkerchief after every use

3

Dispose used tissues safely

Physical Distancing



- 1 **Keep 6 ft distance as much as possible**
- 2 **Do not gather in crowded spaces**
- 3 **Always leave alternate seats empty in public vehicles**

Open and Well-Ventilated Spaces are Safer!

There are certain places where COVID-19 spreads more easily:



1

**Crowded
places**

with many people
nearby



2

**Close-contact
settings**

Especially where
people have close-
range conversations



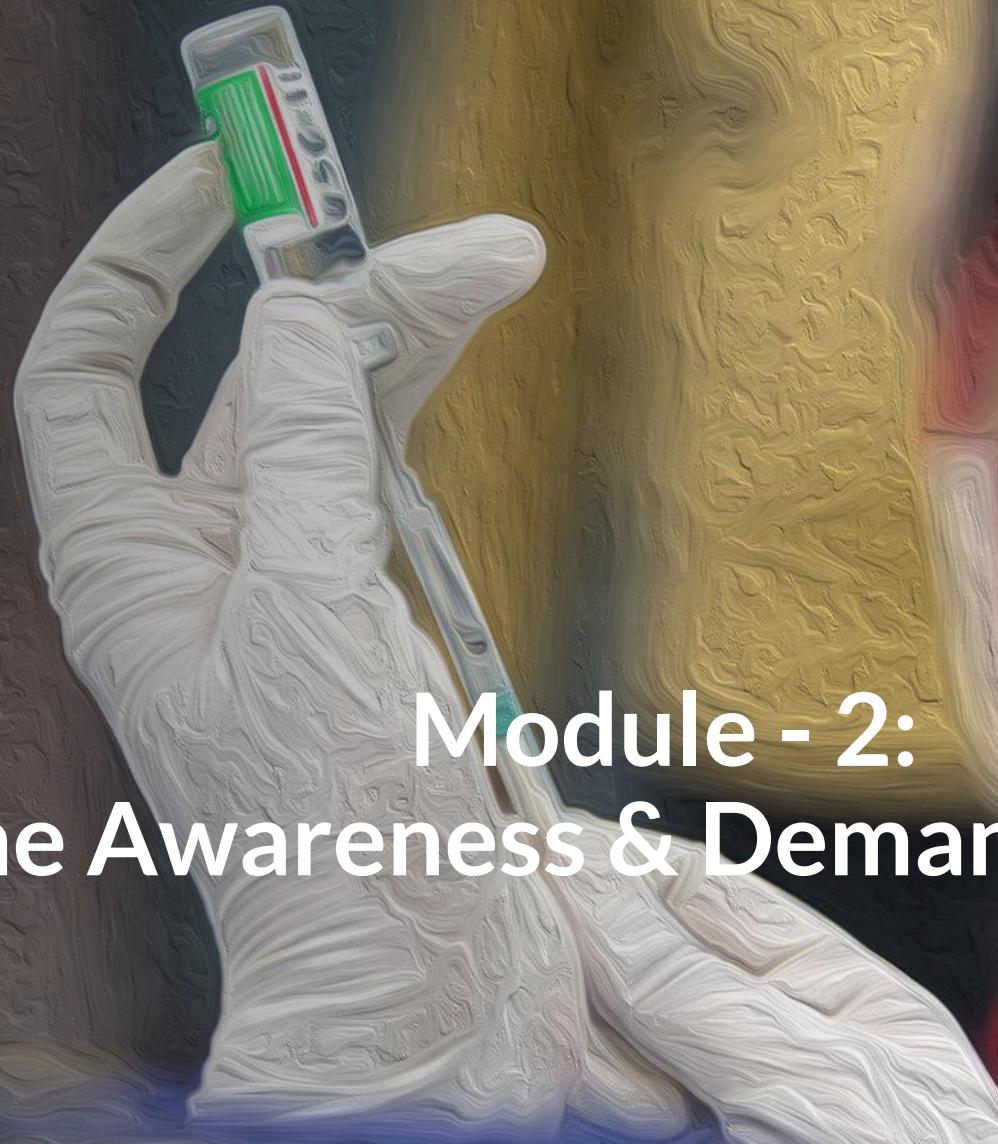
3

**Confined and
enclosed spaces**

with poor
ventilation

POST TEST

1. COVID-19 can spread from the following
 - a. Touching your face
 - b. Touching your face without washing your hands
 - c. Sharing a cigarette with someone
 - d. None of the above
2. Masks should have the following
 - a. Minimum 3 layers
 - b. Minimum 6 layers
 - c. Minimum 2 layers
 - d. None of the above
3. Following are symptoms of COVID-19
 - a. Headache
 - b. Body pain
 - c. Runny nose
 - d. All the above



Module - 2: Vaccine Awareness & Demand Generation

The Problem Statement



Vulnerable populations still face issues in accessing vaccines due to various factors:

- **People are hesitant** in taking vaccines due to lack of trust, misinformation, fear of safety etc.
- **Accessibility of vaccines** is an issue; where to go, how to register etc.
- **Lack of knowledge regarding eligibility criteria** for people with NCDs like diabetes, anaemia, hypertension, etc.

Adolescents can play a major role in influencing their families and communities to get vaccinated by busting existing myths and misconceptions.

Our Only Tool



Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging.

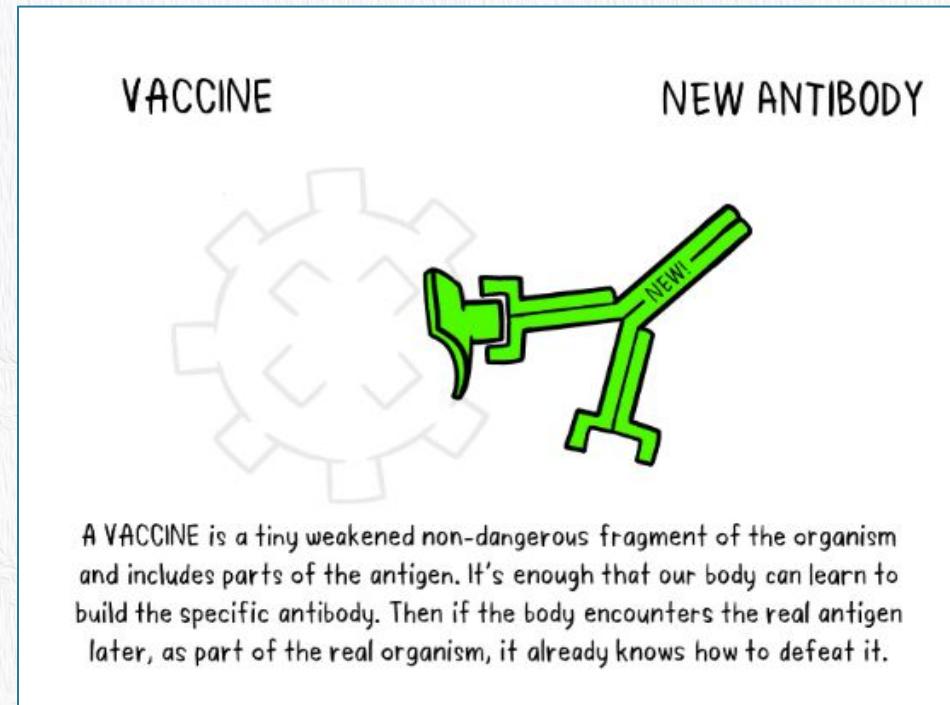
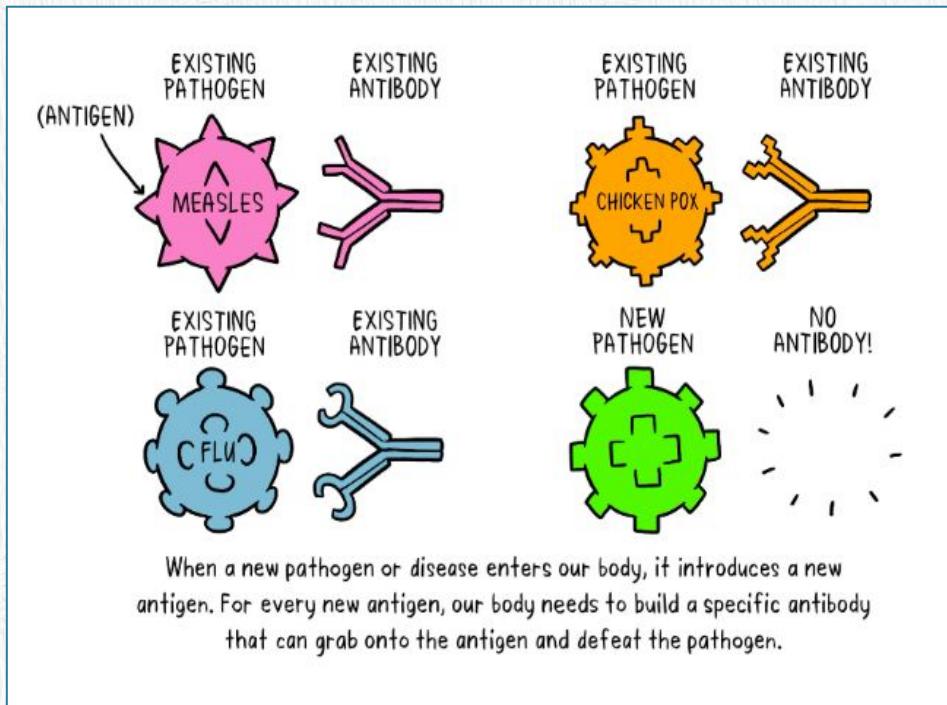
- COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.
- Scientists are currently investigating Omicron, including how protected fully vaccinated people will be against infection, hospitalization, and death.
- CDC recommends that everyone 5 years and older protect themselves from COVID-19 by getting fully vaccinated.
- CDC recommends that everyone ages 16 years and older get a booster shot after completing their primary COVID-19 vaccination series.

Key Features of the COVID Vaccines

 Covaxin	 Covishield	 Sputnik V
Bharat Biotech	Serum Institute Pune (Oxford-AstraZeneca technology)	Gameleya Research Institute
Technology: Inactivated vaccine	Technology: Viral vector vaccine	Technology: Non - Replicating Viral Vector
Efficacy: 81% (interim evidence)	Efficacy: ~70% (90% with half-dose full dose regimen)	Efficacy: 91.6% (21 days after 1st dose)
Significantly reduces hospitalization	Significantly reduces hospitalization (100% as per interim evidence)	Significantly reduces disease severity after ³⁰ one dose
Size of vaccine phase 3 trial: ~25,800	Size of phase 3 trial: ~60,000 (UK and Brazil completed, bridging in India ongoing)	Size of phase 3 trial: ~20,000

What are Vaccines and How Do They Work?

Vaccines teach our body how to recognize and fight the infection before it happens



Source: <https://www.who.int/news-room/feature-stories/detail/how-do-vaccines-work>

Examples of illnesses that are not a problem anymore due to vaccinations

The Benefit of Getting Vaccinated

The virus that causes COVID-19 replicates quickly. Without the vaccine, your body has to identify the virus, learn how to fight it and carry out an immune response. In the meantime, the virus can replicate to a level beyond what your immune system can handle – which means you feel sick. With the vaccine, your body can more quickly identify the virus and skip straight to starting its immune response.

Adenovirus-based vaccine technology isn't new.

Adenovirus-based vaccines are a type of viral vector vaccine and are a product of decades of study by medical scientists. Adenovirus-based vaccines are being used in clinical and pre-clinical trials against HIV, Ebola virus, Zika virus, influenza virus and others. Viral vectors have been studied for gene therapy, to treat cancer and for molecular biology research.

Why Do We Get Symptoms After Taking a Vaccine?



33

Play WHO video by clicking on above picture
To read more [click here](#).

Common Symptoms After Vaccination

Common mild side effects after getting a COVID-19 vaccine may include:



You can manage these side effects with rest and taking medicines for fever and pain, if needed.



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Ministry of Health & Family Welfare
Government of India



#LargestVaccineDrive

It is normal to have some minor side effects after taking the **COVID-19** vaccination



Mild Pain



Dizziness



Sweating



Heaviness



Red Rashes



Swelling

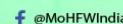


Mild Fever

Don't Fear! Get your shot to fight corona!



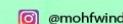
mohfw.gov.in



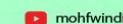
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How to Manage Symptoms After Taking the Vaccine?

Some mild symptoms may occur like:

- Injection site pain and swelling
- Headache
- Tiredness/fatigue and body ache
- Mild fever and chills
- Nausea and vomiting
- Abdominal pain
- Diarrhea,
- Dizziness-giddiness
- Tremor
- Cold, Cough

Very rare serious side effect:

Anaphylactic shock/ serious allergic reaction: Happens immediately after taking the vaccine. Individuals are asked to wait at the vaccine site for 30 mins and centers are equipped to handle this

If any other reactions such as serious rashes, breathing issues, allergies are observed individuals should report to the vaccine center immediately or contact the number provided



- These should resolve in 2-3 days after taking the vaccine.
- Paracetamol/dolo/crocin may be used to address side effects
- These symptoms indicate that the body is learning how to fight the infection and are a good sign of immune response generation

How Much Time Does it Take for Vaccines to Start Working?

A robust immune response only develops 2-3 weeks after THE SECOND DOSE of the vaccine.

Currently timing of second dose depends on the type of vaccine taken:

- COVISHIELD: 12 Weeks /84 days (revised recently)
- COVAXIN: 4-6 Weeks / 28-42 days(remains same as previous guidance)
- Sputnik V-The second dose should be taken after 21 days / 3 weeks gap of the first dose.

People must continue to wear masks and social distance because:

- Vaccine is not 100% effective.
- You might still transmit disease to others around you even if you are protected.

Who is Eligible to Get the Vaccines in India Right Now and Why?



The following individuals are eligible to get the vaccine in India:

- **Front line workers such as health, sanitation and civil defense staff**
These individuals are the most exposed to the virus and are at high risk of infection. (In Phase 1)
- **Individuals over 45 years of age**
Senior citizens are at higher risk of serious infection, hospitalization and death due to COVID-19 infection compared to young (In second phase)
- **All individuals above the age of 18+**
Individuals above the age of 18 can register through the [Cowin](#) portal and get vaccinated (In phase 3)

What Comorbidities Put You at Risk of Severe Disease from COVID-19?

Anyone with following types of issues, it is highly recommended for them to take the vaccine to protect themselves(GoI guidelines):

- Heart conditions
- Cancer
- Immunodeficiency like HIV or is on high dose steroids to suppress immune system
- liver problems and cirrhosis
- Kidney failure
- Diabetes/Sugar
- Hypertension
- Severe disabilities (that make you dependent on others for care and therefore increase exposure)

Who Should Not Take the Vaccine?



Vaccine should not be taken if:

- If you are allergic to any products in the vaccine
- If you have ever had a severe allergic reaction to any pharmaceutical products or medications, or previous anaphylactic shocks from other vaccines
- If you are currently feeling sick or have COVID right now wait **at least 3 months** after you feel better to take the vaccine
- Vaccine is not advisable for extremely sick or hospitalized individuals currently
- The vaccine is not available for children (children were not included in the studies/trials but these trials are ongoing)

If your sugar or BP is not controlled:

It's advisable to take medication to control these vitals before taking the vaccine.

5 points everyone should know



1. WHY SHOULD YOU TAKE A VACCINE?
2. HOW EFFECTIVE IS THE VACCINE IN PROTECTING YOU?
3. HOW SAFE IS THE VACCINE?
4. WHAT SHOULD YOU EXPECT AFTER TAKING THE VACCINE?
5. WHEN WILL YOU BE PROTECTED?

Key Message 1

WHEN IT'S YOUR TURN, TAKE YOUR VACCINE

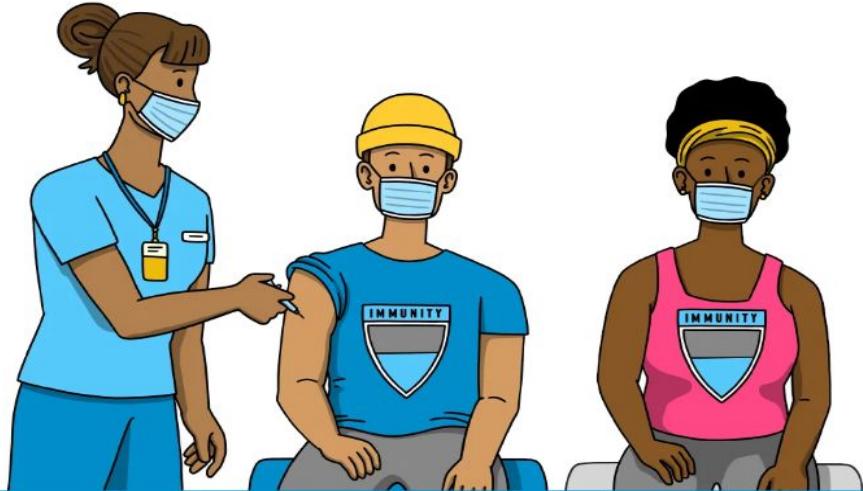
All approved COVID-19 vaccines have been thoroughly tested, and all provide a high degree of protection against getting seriously ill and dying from the disease.



Key Message 2

GET VACCINATED EVEN IF YOU HAVE HAD COVID-19

This is because
we don't know how
long the immunity
from getting the
disease lasts.

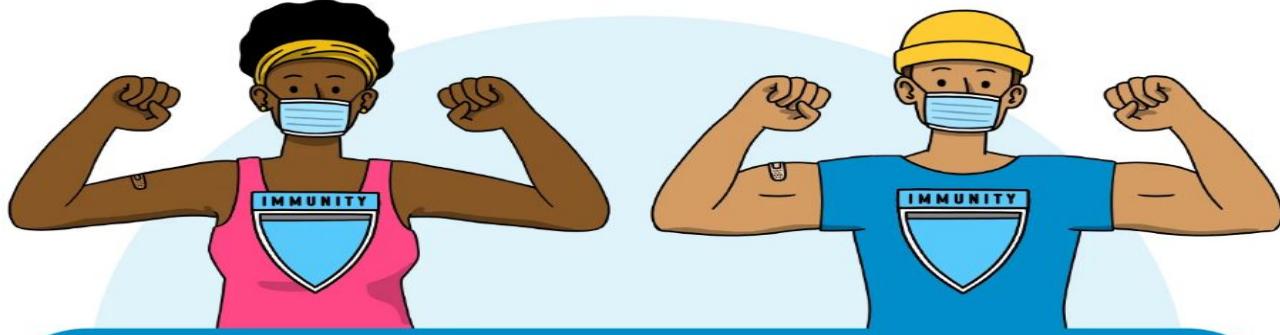


Think of the vaccine as a booster to protect you longer.

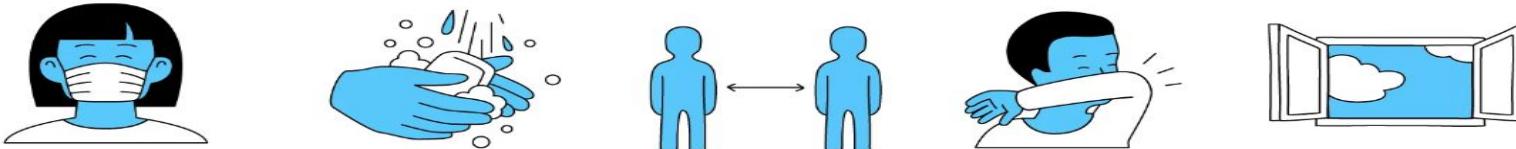
Key Message 3



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DOING IT ALL, PROTECTS US ALL



Always remember to follow these 5 precautions,
even after getting vaccinated.



World Health
Organization

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POST TEST

1. Sputnik V is a vaccine available in India
 - a. True
 - b. False

1. Individuals who are 18+ are not eligible for vaccination in India
 - b. True
 - c. False

1. How many doses of Covishield is necessary for full vaccination
 - c. Two
 - d. Three

1. Cancer is a comorbidity that puts you at the risk of Covid -19
 - d. True
 - e. False

2. Vaccination is a strong preventive measure for COVID
 - d. True
 - e. False



Vaccines awareness and supportive registration : Technical overview and FAQs

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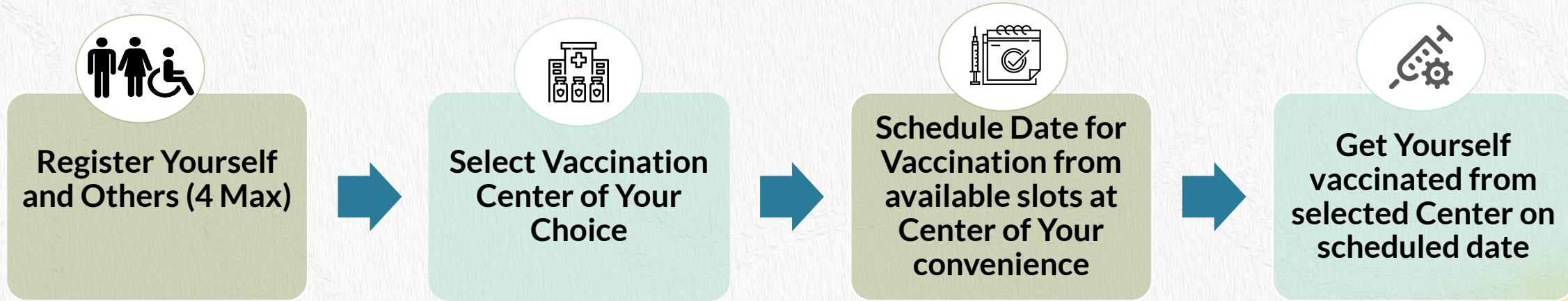
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How Can People Access Vaccines?

Register yourself on [Co-WIN website](#) using a photo ID if you are eligible as per current government guidelines
It is a website and not an App.



Here is a detailed [user guide](#)

Link to video guide for registration process:

<https://youtu.be/9-iYWx0hiWc>



Vaccination: FAQs Answered



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1. WHY SHOULD YOU TAKE A VACCINE?

A vaccine is now available to fight against COVID-19. Taking this vaccine will help protect you, your family and your community from the impact of the virus. The risk of serious disease and hospitalization from COVID-19 is much higher in those **>45** and those with other illnesses like heart problems, high or low BP, High sugar, cancer, HIV etc. So if you belong to these groups taking a vaccine is especially important for you.

2. WHO CAN TAKE THE VACCINE RIGHT NOW AND WHY?

Anyone over **18** years and any frontline worker (health, civil defense, sanitation). The government is implementing COVID-19 vaccinations in a phased manner prioritizing those at highest risk from the disease first. Both these groups are high risk - due to high exposure for frontline and health-care workers and high risk of severe symptoms for those over **45**.

Vaccination: FAQs Answered

3. IS THE VACCINE 100% SAFE?

No medicine or vaccine is 100% safe. Even the polio vaccine that has been around for decades has rare side effects. There is a very small possibility of rare serious side effects but the vaccines have been rigorously tested and are safe for majority of the population. The risk of serious disease from COVID-19 is much higher, especially for those over 45 and those with comorbidities so it is important to take the vaccine. It is safe for those with comorbidities to take the vaccine.

4. HOW EFFECTIVE IS THE VACCINE IN PROTECTING ME?

The vaccines have shown 70-80% effecting in reducing risk of infection in studies. The vaccines are also highly effective in reducing risk of severe infection, so reducing hospitalization and serious symptoms and lung and organ damage by COVID is reduced by taking a vaccine.

Vaccination: FAQs Answered

5. WHAT SHOULD I EXPECT AFTER TAKING THE VACCINE?

Some minor symptoms such as mild fever, fatigue, soreness, body ache, injection site soreness is normal. It is actually good as it means your body is mounting an immune response to the vaccine, do not mistake this with COVID or bad side effects. Serious side effects are rare but if you have any serious reaction, rashes or other side effects please contact the number given by the vaccination site to report this and get support.

6. WHEN WILL I BE PROTECTED?

Body takes a few weeks to produce immune response against COVID after taking the vaccine. You must take 2 doses to be fully protected – you are still at risk of COVID after taking the vaccine till 2-3 weeks after the second dose. The vaccine is not 100% effective so you must continue to take all precautions, frequent handwashing with soaps and sanitizers, wear a mask and maintain 2 gaj ki doori.

Vaccination: FAQs Answered

7. WHO SHOULD NOT TAKE THE VACCINE?

If you currently have covid or feeling sick / have flu it's better to wait till you are feeling better- wait 15 days after healing to go get the vaccine.

8. ADDRESS MYTHS CIRCULATING IN YOUR COMMUNITIES

Example:

- The vaccine does not affect fertility
- If there are rumours about what happened to someone's -someone who took the vaccine and had some serious reaction, investigate and find out what really happened. Address concerns appropriately
- Please reach out if you have questions or doubts about things you hear in the field as vaccine roll out happens

Vaccination: FAQs Answered

9. ALWAYS END WITH WHERE PEOPLE CAN TAKE THE VACCINE AND NEXT STEPS

- Take the vaccine at a location near you
- Ensure you carry your original photo ID
- Register yourself on Co-WIN using your ID
- You can take any of the available vaccines
- Use preventive measures even after vaccination



Other tools that will be available



Noora Health whatsapp Bot: +91 96067 77650



Noora Health whatsapp Bot: +91 96067 77650

hi 12:29 PM //

Hello! नमस्ते ! नमस्कार! सत्ति सौ अवाल! नमस्कार!

Welcome to an information-sharing service by Yosaid Innovation Foundation, in collaboration with Noora Health

To continue in English, type **ENG**
हिंदी के लिए **HIN** टाइप करें
ਪੰਜਾਬੀ ਵਿੱਚ ਸਾਰੀ ਰੰਖਣ ਲਈ, **PUN** ਨਾਲ ਜਵਾਬ ਦਿੱਤੇ
ਮਰਾਠੀ ਸਥੇ ਸੁਰੂ ਠੇਵਣਾਸਾਠੀ **MAR** ਰਿਪਾਇ ਕਰਾ
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2/1/2022

MAR 12:59 PM //

कोकिंड 19 वर वैद्यकीयदृष्ट्या अचूक आणि ताजी माहिती मिळवा.

योसेड फाउंडेशन, नूरा हेल्पच्या सोबत कोकिंड 19 विषयी जागरूकता निर्माण करण्यासाठी वैद्यकीयदृष्ट्या निर्मित ऑडिओ-
किंजुअल सामग्री सततपणे तयार करत आहे.

संबंधित सामग्री मिळवण्यासाठी अचूक आद्याक्षर लिहून रिप्लाय करा

A कोकिंड 19 शी संबंधित विषयाची यादी

B एक प्रश्न विचारा

C आमच्याबद्दल अधिक जाणून घ्या

D मिव्रमंडळी आणि परिवाराला आमच्या सेवेबद्दल कळवा

E भारत सरकार चे हेल्पलाईन्स

हिंदी के लिए **HIN** टाइप कर रिप्लाई करें।
चਨੌਥੇਚਾਹੀ, ਮੁੱਲੋਚਨਾਵਾਂ ਲਈ **KAN** ਲਿੰਗ ਲਿੰਗ ਕਰੋ।
To continue in English, reply **ENG**
आपली भीतु भासा ठीक पੰਜਾਬੀ ਵਿੱਚ ਬਦਲਣ ਲਈ **PUN** ਨਾਲ ਜਵਾਬ ਦਿੱਤੇ।

12:59 PM

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Usage & Sharing Guidelines | Noora Health Covid19
www.noorahealthcovid19.org

कोकिंड 19 वर वैद्यकीयदृष्ट्या अचूक आणि ताजी माहिती मिळवा.

योसेड फाउंडेशन, नूरा हेल्पच्या सोबत कोकिंड 19 विषयी जागरूकता निर्माण करण्यासाठी वैद्यकीयदृष्ट्या निर्मित ऑडिओ-

Common Myths on Ground

Myth : Can we take our vaccines during our period?

Yes. The government has busted the myth and said it is perfectly safe to take your Covid-19 vaccine jab during menstruation.

Myth: Is there a relation between Covid vaccines and heart attack?

There is absolutely no relation between Covid vaccines and heart attacks. There had been incidents of people having heart attacks in the period following the Covid vaccine but when it was investigated it was found that in a large population that gets vaccinated there will even naturally be certain people who will have incidents like heart attacks; this number was not much more than what was seen in the period before the vaccine.

Myth: Can people consume alcohol before or after being vaccinated?

There is no evidence so far of alcohol reducing the effectiveness of the vaccine or antibody production. Having said that, it's best to avoid alcohol intake post-vaccination as the mild flu-like illness or any reactions may be masked or exaggerated.

Common Myths on Ground

Myth : A vaccine may adversely impact your immunity

Vaccines are developed using a safe and small portion of a weakened or inactive pathogen-bacteria, virus, fungi and parasites. If you are ever exposed to the actual pathogen, your immune system's defense mechanism automatically kicks in to fight the infection, resulting in either preventing the onset of a disease or reducing its severity

Myth: I don't have to get vaccinated if there is herd immunity against Covid-19

Herd immunity is when most of the population becomes immune to a disease, providing indirect protection to those not immune. As the disease is very infectious, it has already overwhelmed the healthcare systems of more than one country. Also, the disease strain has shown signs of mutation, which means there is no guarantee of immunity even if you had the infection

Myth: You don't require the vaccine if you've already gotten and recovered from the virus

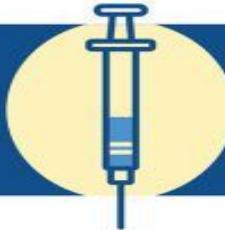
You don't require the vaccine for 60-90 days after the infection, however you will need to take the vaccine for further protection once this period is over. We do not know how long the immunity from having recovered from COVID-19 lasts

Common Myths on Ground



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NO MORE
EXCUSES:



THE COVID-19 VACCINE
IS YOUR BEST DEFENSE

Myth

- COVID-19 has a 99% survival rate, so it's safer to skip the vaccine.



- The vaccine causes severe side effects.



- The vaccine could give me COVID-19.



- The vaccine is unsafe because it was rushed.



- The vaccine contains harmful ingredients.



Fact

The vaccine is much safer than COVID-19. With the vaccine, you risk short-term side effects. Without the vaccine, you risk long-term health complications and organ damage from COVID-19.

Mild symptoms (fever, body aches and headaches) have been reported after the second dose. These side effects are not dangerous. More than anything, it's a sign the vaccine is working.

The COVID-19 vaccine does not contain the live virus or carry disease.

Despite an accelerated pace, the clinical trials were extremely large and well designed. Researchers did not compromise on the vaccine and efficacy end points.

The vaccine's list of ingredients is transparent and does not include any harmful ingredients.

POST TEST

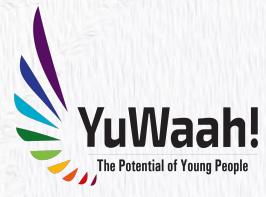
1. After taking vaccines, we are safe and can enjoy life as before
 - a. True
 - b. False
2. Vaccines reduce our immunity
 - a. True
 - b. False
3. Following are expected side effects after vaccination
 - a. Mild fever
 - b. Body pain
 - c. Headache
 - d. All the above
4. If a person has COVID-19 PRESENTLY, should they take vaccination
 - a. Yes
 - b. No
5. Following are not eligible for vaccines
 - a. 5 year old boys
 - b. A 50 year old hospitalised individual
 - c. Pregnant women
 - d. All the above



Module - 3: Home Management of COVID-19



YOUNG
WARRIOR



YuWaah!
The Potential of Young People

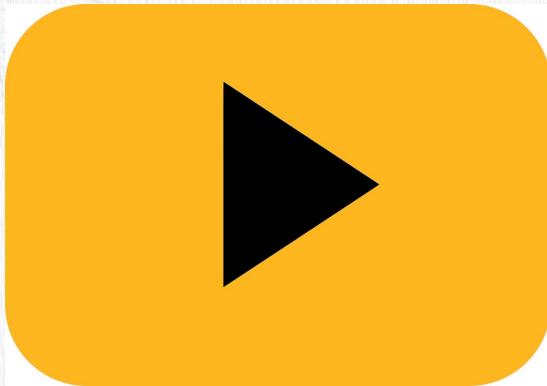
NEW WORLD
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Staying at Home Safely when you or a family member are positive.

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How to do home-isolation if you or a family member are COVID-positive?



Play Video



Watch these infographics
for details

Read this Guideline

Infection prevention and control measures on Identification of with suspected or confirmed COVID - 19 infection

- ❑ Give suspected patient a triple layer surgical mask and direct patient to separate area, an isolation room if available.
- ❑ Keep at least 1 meter distance between suspected patients and other patients.
- ❑ Instruct all patients to cover nose and mouth during coughing or sneezing with tissue or flexed elbow for others
- ❑ Perform hand hygiene after contact with respiratory secretions
- ❑ Inform to local health authorities

How to determine if the space is appropriate for home isolation?

Things to consider:

- Is there **someone < 50 and healthy** who can be your caregiver?
- Is there **space** for you to safely isolate?
- Is there a **separate bathroom**?
- Are there **other negative high-risk individuals** at home?(> 60, those with comorbidities?)

I have some mild symptoms... *What should I do?*



- A. Nothing, its likely a normal flu and I can just ride it out and keep meeting people



- A. Get myself tested for COVID-19 to be safe



- A. Wait for the results to take next steps and continue as usual



- A. Isolate myself immediately without waiting for test results to protect my family and community



I was exposed to someone who has COVID-19... *What should I do?*



A. Nothing, I can go about my life as usual and keep meeting people



A. Get myself tested for COVID-19 to be safe



A. Wait for the results to take next steps and continue as usual



A. **Isolate myself or use enhanced precautions immediately without waiting for test results to protect my family and community** 

Early Signs of COVID - 19

Video link for [Some early symptoms of COVID-19](#)

3 EARLY WARNING SIGNS



Difficulty in breathing



Oxygen saturation less than 95% (measured on fingertip pulse oximeter)



Persistent fever more than 100° F



Persistent pain/pressure in the chest or cough



Mental confusion or inability to wake up or drowsiness

Monitor health status of other family members...

MONITORING HEALTH STATUS OF OTHER FAMILY MEMBERS

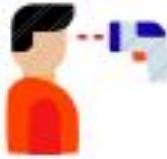
Do health checks thrice a day or every 8 hourly:



- In case of onset of any COVID symptoms, please get the Covid test done immediately.
- Special care to be taken for family members with Diabetes, Hypertension, COPD, Asthma, Heart / Kidney / Lung diseases / Liver disease and elderly / pregnant women since they are at high risk of contracting the disease.
- Ensure that all close contacts shall remain in home quarantine and not leave the house.

Self - Monitoring

4 SELF-MONITORING



Self-monitor your health and inform your physician / BMC ward war room if you develop any deterioration of symptoms.

Update your health status on the daily automated IVR call received from BMC

HOW TO SELF-MONITOR?

Do health checks thrice a day or every 8 hourly:



Temperature checks (a normal range is 97°F-99°F or 36.1°C-37.2°C)

Measure your oxygen saturation by placing your middle finger in the pulse oximeter (Normal range is more than 95%).

6 minute walk test: Measure your oxygen after mild exertion activity like a 6 minute walk in your room and measure if there is any drop in the oxygen level.



Continue monitoring blood pressure / blood sugar if required.

Keep a record of your temperature, oxygen saturation level and other symptoms in a register.

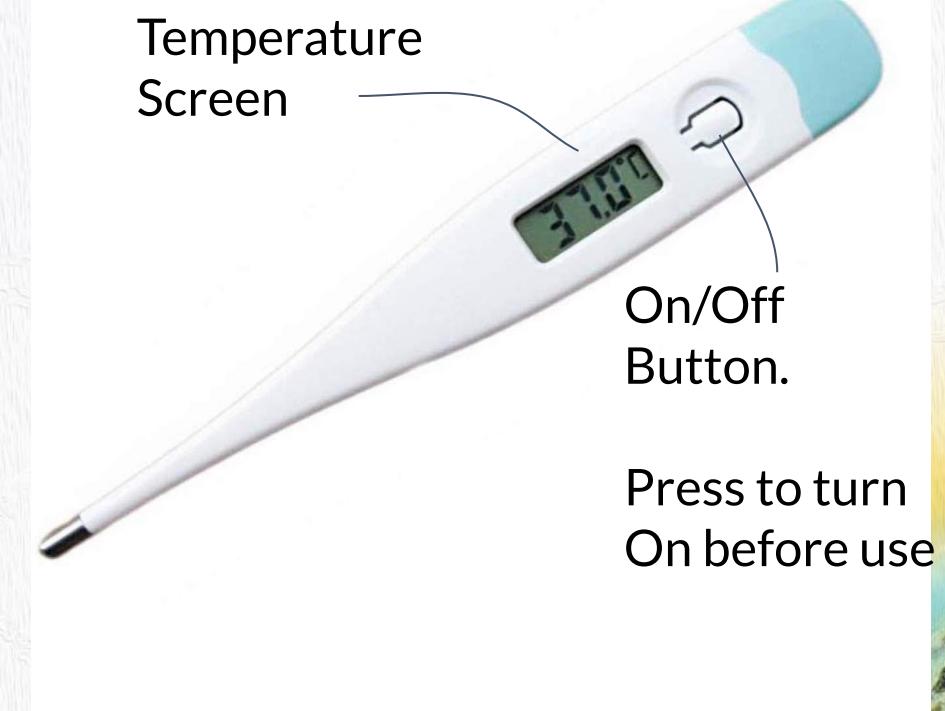
How To Read Your Temperature | Digital Thermometer

- Reading the temperature

- If the temperature is less than 35°C / 95°F, measure again.
- If the temperature is above 38°C / 100.4°F or higher, there is fever

Note: Don't take the temperature right after eating or drinking something.

Wait for at least 15 minutes.



How To Use | Digital Thermometer



- Wash your hands with soap and water before handling the thermometer



- Wash the thermometer with soap and running water for 1-2 minutes and dry it.



- Switch on thermometer
- Place the tip of the thermometer under tongue. Close mouth.
- Make sure the mouth stays closed the entire time

- Wait for the beep
- Remove thermometer from mouth



- Read the thermometer screen for temperature.

Self Monitoring - Using a Pulse Oximeter

Pulse Oximeter helps measure oxygen level in your blood. This can help give an early warning if you need to go to a hospital.

If you are feeling very unwell, you check your oxygen levels using a Pulse Oximeter

Keep the pulse oximeter on your finger for at least a minute. SpO2 is measure of oxygen level in your blood.

- SpO2 should be 95% or above
- If SpO2 below 95%, then seek immediate medical assistance.

The number below %SpO2 is your oxygen level.



How To Use | Pulse Oximeter

1. Press the clip and put your finger in the oximeter



3. Wait for 1 minute and take note of the SpO2%



2. Press the on/off button. Stay still and relaxed.

The number below %SpO₂ is your oxygen level.

On/Off button

Place your finger here like putting into a clip



Disinfecting with Dettol

Disinfecting is important to help protect your loved ones and for you to recover from COVID-19 quickly. Dettol is a disinfectant liquid.

Add 2 caps of Dettol to 1 bucket of water to use for

1. Cleaning Surfaces
2. Mopping floor
3. Taking bath



Self Monitoring - Using PPEs

Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. In the event of care giver entering the room, both care giver and patient may consider using N 95 mask

8 hrs



Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite.



Don't share personal items with other people.



Self Monitoring - Using PPEs

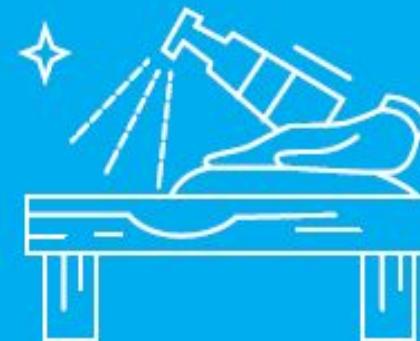
Follow respiratory
etiquettes all the time.



Frequent hand washing with
soap and water for at least 40
seconds or clean with
alcohol-based sanitizer.



Ensure cleaning of surfaces in the
room that are touched often
(tabletops, doorknobs, handles,
etc.) with 1% hypochlorite solution



Proning:How to position yourself?

POSITIONING OF PILLOW

- One pillow below the neck
- One or two pillows below the chest through upper thighs
- Two pillows below the shins



Source: <https://www.who.int/news-room/feature-stories/detail/how-do-vaccines-work>

Proning: How does it help?

IMPORTANCE OF PRONE LYING

- Prone positioning improves ventilation, keeps alveolar units open and breathing easy.
- Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94 (less than 94).
- Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.
- Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications.
- Timely proning and maintaining good ventilation could save many lives.

Source: <https://www.who.int/news-room/feature-stories/detail/how-do-vaccines-work>

Wellbeing Management

Diet, Nutrition and Exercise

9 REST, DIET, NUTRITION, AND EXERCISE



Take adequate rest 7-8 hrs a day.



Drink lots of fluids to maintain adequate hydration. Water intake: 8-10 cups.



Steam inhalation and warm water gargles.



Do meditation or yoga to de-stress yourself.



Diet - Eat a healthy high protein diet, with three meals per day, containing adequate vegetables and fruits.

Protein rich food: Pulses if vegetarian / Egg if non-vegetarian.



Alcohol intake / smoking if the patient has any such habits.

What to Eat, if You Have Mild Symptoms?

Eat healthy food including milk, fruits and vegetables, legumes and pulses



Have warm and comforting foods such as rasam, vegetable soup etc. If you have sore throat, drink warm water with lemon, honey, ginger and turmeric



Oral rehydration solution can be taken along with water in case of vomiting and diarrhea



Have a lot of fluids such as fruit juice, tender coconut water, buttermilk, etc, to increase the intake of fluids.



Physical Activity

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Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

BE ACTIVE & STAY HEALTHY AT HOME!



World Health Organization **#BeActive** **#HealthyAtHome**

Tips to stay active at home during #COVID19 outbreak

- 1 Walk up and down the stairs
- 2 Do some stretching exercises
- 3 Dance to music for a few minutes
- 4 Seek more ideas & resources online

World Health Organization **#BeActive** **#HealthyAtHome**

Be active at home during #COVID19 outbreak

- 1 Regularly check your sitting posture while working from home
- 2 Break up your sitting & stand up while working, on the phone, or watching TV

WORKING FROM HOME IS CHALLENGING - I NEED TO STAND UP AND MOVE EVERY 30 MINS...



World Health Organization **#BeActive** **#HealthyAtHome**

If you are at home during #COVID19 outbreak

30 mins daily 1 hour daily



WHO recommends that all healthy adults do 30 minutes/day of physical activity, and children should be physically active for 1 hour/day

World Health Organization **#BeActive** **#HealthyAtHome**

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

BE ACTIVE & STAY HEALTHY AT HOME!



World Health Organization **#BeActive** **#HealthyAtHome**

Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



World Health Organization **#BeActive** **#HealthyAtHome**

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Taking Care of Your Emotional Health:

Things to consider:

- **Emotional well-being of the patient *and* the family** is as important as physical wellbeing.
- **Stress and anxiety** can make symptoms worse.
- **Talk to friends and family** about how you feel and stay connected over the phone!

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Mental Health & Psychosocial Considerations

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1. **Take care** of yourself at this time
2. Feeling **under pressure** is quite **normal** in the current situation.
3. Turn to your colleagues, your manager or other trusted persons for **social support**
4. Be **empathetic** to all those who are affected.
5. Do not attach the disease to any **ethnicity or nationality**
6. Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or the “diseased”, **avoid labels**.
7. **Protect** yourself and be **supportive** to others.
8. Know how to provide support to, for people who are affected with COVID-19 and know how to **link** them with **available resources**
9. Use **understandable ways** to share messages to individuals diagnosed with intellectual, cognitive and psychosocial disabilities.

POST TEST

1. If your family member is positive
 - a. Rush them to the hospital
 - b. Start them on antibiotics
 - c. Isolate them
 - d. Consult a physician
2. Pulse oximeters do not need to be disinfected
 - a. True
 - b. False
3. When using a digital thermometer, the top is cleaned with
 - a. Rubbing alcohol
 - b. Soap
 - c. Water
 - d. Not required

Module - 4: Self Testing



Key Points

- COVID-19 self-tests (also referred to as home tests) are one of many risk-reduction measures, along with vaccination, masking, and physical distancing, that protect you and others by reducing the chances of spreading SARS-CoV-2, the virus that causes COVID-19.
- Self-tests can be taken at home or anywhere, are easy to use, and produce rapid results.
- You can use self-tests, regardless of vaccination status, or whether or not you have symptoms.
- If you test positive, you should isolate and inform your healthcare provider, as well as any close contacts.
- Consider using a self-test before joining indoor gatherings with others who are not in your household.
- A **positive** self-test result means that the test detected the virus, and you are **very likely** to have an infection and should stay home or isolate for 10 days, wear a mask if you could have contact with others, and avoid indoor gatherings to reduce the risk of spreading disease to someone else.
- A **negative** self-test result means that the test did not detect the virus and you may not have an infection, **but it does not rule out infection**. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected.

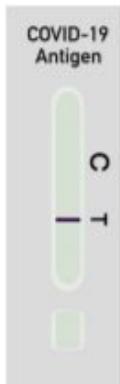
Say YES to the TEST!

- 01 Easy, 15 min Rapid Antigen Test that you can do yourself.
- 02 Test yourself if you were at high exposure events - large gatherings, crowded places, recently been with someone whom you know is positive, or if you are having flu-like symptoms.
- 03 Repeat frequently if you are constantly being exposed - test weekly if you're working on the field/vax camps/other events.
- 04 Remember that the virus has an incubation period.
 - a. If you were exposed then you might be negative today but positive tomorrow. Timing of testing and continuing to isolate is important.
 - b. The best time to test is a few days(3-5 days) after exposure or as soon as symptoms start to show.
 - c. Testing more than 5-7 days after symptom onset increases chances of false-negative.
- 05 #AskAdmin for a test kit OR get it from a pharmacy near you!

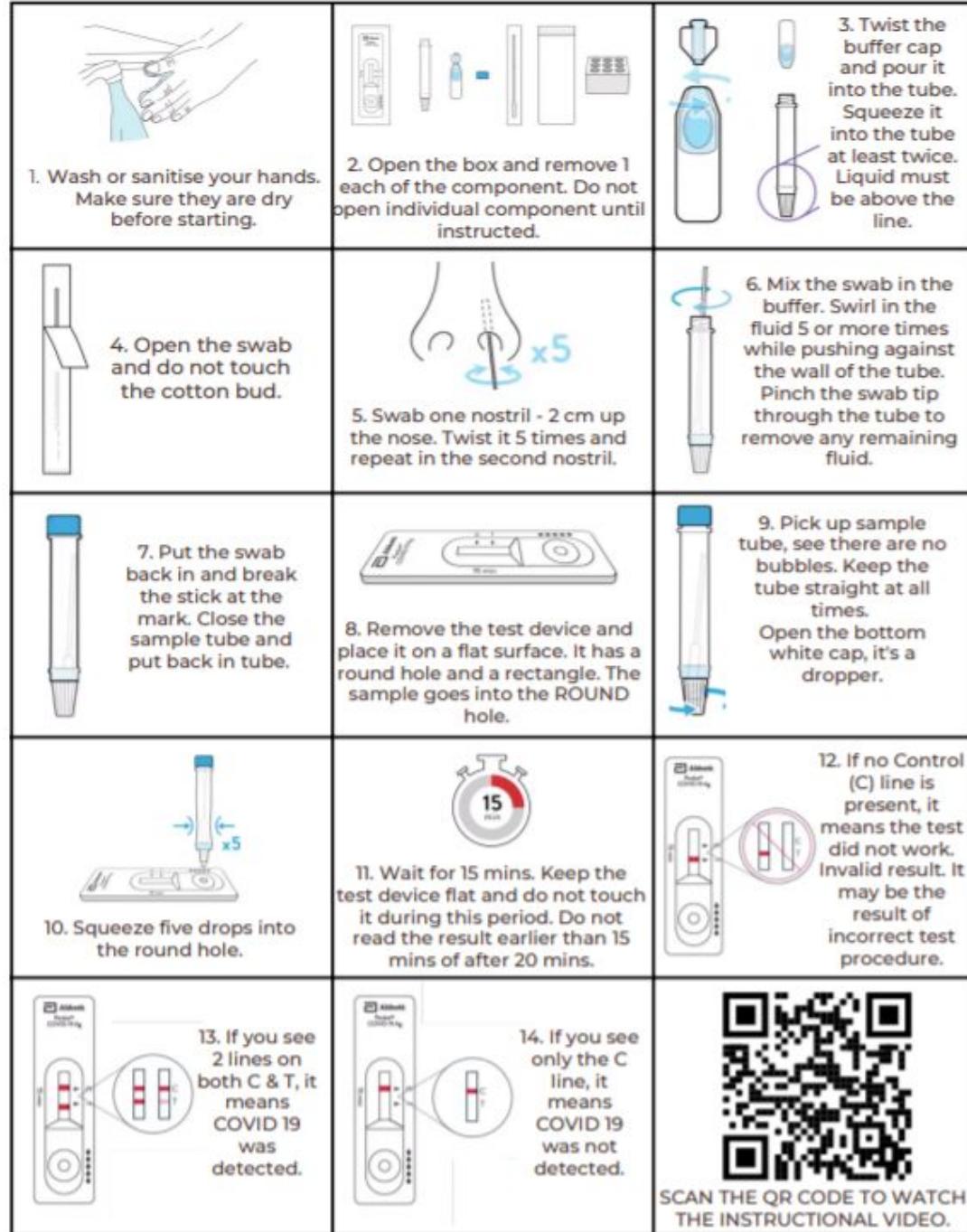
Pro Tip : Go for the WHO pre-qualified tests like [Abbot Pan Bio COVID Antigen self-test](#).

#CatalystCares : 080-35018034 between 10AM to 8PM

Remember : All in-person meetings will require self-testing prior to the meetings.



Link to video :
<https://www.youtube.com/watch?v=5wMgGuTMnTo>



Relevant references

WHO- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

IMA- On Covid- <https://ima-india.org/ima/pages.php?id=37&tempid=1641542369>

On Vaccine-<https://www.ima-india.org/ima/important-news.php?id=261>

ICMR- <https://www.icmr.gov.in/>

Govt of India sites e,g CoWIN, COVID etc

CoWIN- <https://www.cowin.gov.in/>

Ministry of Health & Family Welfare - https://www.mohfw.gov.in/covid_vaccination/vaccination/index.html

CAC- <https://covidactioncollab.org/covid/?covid-live>

John Hopkins University - <https://coronavirus.jhu.edu/region/india>

Mental health helpline -

<https://covid.aiims.edu/wp-content/uploads/2020/04/COVID-Mental-Health-Helpline-AIIMS-Employees-Flyer-Eng.pdf>

Government Helpline Nos.- <https://www.mohfw.gov.in/pdf/coronavirushelplinenumber.pdf>

Catalysts Care - **080-35018034** (10 a.m to 8 p.m.- IST)

Thank you



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www.covidactioncollab.in



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