Primary Health Care during COVID19
COVID-19 is an infectious disease caused by the recently found virus known as SARS-CoV-2 (or coronavirus).

Coronaviruses are root cause of earlier SARS and MERS epidemics in the year 2003 and 2012.

From then they are considered as “emerging pathogens”.

The current Pandemic Novel Coronavirus - Novel indicates new pathogen of previously known type.

The pandemic originated as an outbreak in Wuhan, China on December 2019 by zoonotic transmission.
This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales.

These small droplets land on surfaces, which means any person that touches these surfaces and then their eyes, nose or mouth can become infected.
High Touch Surfaces

- Biometrics
- Staircase rails
- Packages
- Equipments
- Door knobs
- Bathrooms
- Hand wash stations
- Pens
- Mobiles
- Registers
- Transfer of cloth pieces from one section to another
PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE

- 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
- Keep 1 meter of interpersonal distance
- 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
SYMPTOMS OF COVID-19

- **TIREDNESS**
  - The body feels completely tired, without energy

- **HIGH FEVER**
  - The body temperature can exceed 37.3 Celsius degrees

- **DRY COUGH**
  - Constant coughing without expelling any mucus

- **DIFFICULTY BREATHING**
  - Breathing actually feels more difficult
Who are at Higher Risk

- Older persons above the age 60 years
- Pre-existing medical conditions - High blood pressure,
  Heart disease
  Lung disease
  Cancer
  Diabetes
  HIV/other immunocompromised conditions

People with the above conditions are at higher risk due to compromised immunity
Measures to be Taken

- Capacity Building the factory nurse on the protocols of COVID19
- Screen body temperature of all the employees prior to entering into the factory
- Use no contact infrared thermometer to screen body temperature
- Maintain Social distance
- Closely screen and monitor employees with chronic conditions
- Employees with expressed illness (cold, cough, fever) should be encouraged to stay at home and not to turn up to work
- Avoiding close contact with sick persons
- Avoiding touching eyes, nose, and mouth with unwashed hands
- Avoiding personal sharing items with co-workers (i.e., dishes, cups, utensils, single-use towels)
- Providing tissues, no-touch disposal trash cans and hand sanitizer for use by employees
- Performing routine environmental cleaning of shared workplace equipment
WHAT TO DO IF YOU HAVE SYMPTOMS

**STEP 01**
On appearance of any symptoms, employee should be quarantined

**STEP 02**
Call the designated phone number for your region / Call Swasti Helpline (https://www.mohfw.gov.in/)

**STEP 03**
You will be given a home test over the phone

**STEP 04**
Patiently wait for the results of the test

**STEP 05**
Follow the instructions provided by the doctor
LIFESTYLE MODIFICATION

How to modify our Lifestyle?

- Balanced diet
- No smoking
- No alcohol
- No drugs
- Include physical activities
- Regular and adequate sleep
- Eat healthy
- Drink minimum 3 liters of water per day at regular intervals
- Stay physically active
- Practise Sleep Hygiene
- Reduce of stop consumption of alcohol and smoking
- Manage stress
- Be aware of family medical history
- Regularly screen yourself for any hereditary conditions
Implications

- Reduce risk of non-communicable diseases such as diabetes, hypertension, obesity, insomnia, anxiety disorders.
- Reduced risk of cancers
- Regular screenings will help in early detection and treatment of hereditary conditions.
MENSTRUAL HEALTH
FREQUENCY OF CHANGE

- Sanitary napkins - 3 to 4 hours
- Tampons - every 2 hours
- Cloth pads - 2 to 6 hours
- Menstrual cup - Twice a day

How to wash the cloth pads

1. Pre rinse / soap in cold water
2. Hand / machine wash
3. Stretch in 4 directions
4. Air drying is recommended

1. You'll find a printed paper on the back of the pad
2. Roll the used pad
3. Stick the paper on the rolled pad
4. Dustbin

1. Fill the cup
2. Insert the cup
3. Empty the cup
4. Wash the cup
5. Store the cup
6. Change the cup
- Regularly wash vagina with water
- Do not use any vaginal washes unless prescribed by the doctor
- Sun dry the intimate wears

Implications:
- Prevents from UTI (Urinary Tract Infection)
- Prevents from other vaginal infections.
SEXUAL HEALTH

Communicate with partners

Limit partners

Use protection
Implication

- Reduce risk of STI (Sexually Transmitted Infections) eg: Hepatitis B, Herpes, HIV etc
- Reduced risk of STS (Sexually Transmitted Diseases) eg: AIDS
- Reduced unwanted pregnancies
- Reduced unwanted abortions
- Brush twice a day morning and night
- Do not brush for more than 2 minutes
- Use circular motion and vertical motions while brushing the teeth
- Do not brush your teeth in horizontal motion
- Do not use brushes with soft bristle brush unless advised by a dentist
- Use medium bristle brushes
- Ensure to clean your tongue during brushing
- Incase on any dental pain/ulcers/swelling do not apply any pain balms in the mouth do not prick the swelling
- Do warm salt water gargling for temporary relief and consult a dentist.
● In case of bad breath practise gargling with mouthwash

● Dilute the mouthwash in a cup of water and swish the product 30sec to 1 minute and spit out

● If the bad breath persists even after using mouthwash for more than 2 weeks consults a dentist

● Reduce the intake of sticky candy and sugars

● Wash your mouth with normal water everytime after intake of any sugars

● Reduces or stop smoking

● Use nicotine chewing gums and reduce the number of cigarettes gradually
Implications

- Prevents dental caries
- Prevents various heart diseases such as infective endocarditis and sepsis
- Prevents Oral cancers
- Prevents cancerous ulcers
### Table 1

#### Self-Examination Steps for Oral Cancer Screening

1. If possible, have gauze, a tongue depressor, and a flashlight available
2. Wash your hands
3. Stand in front of a mirror
4. Examine your lips for white or red spots, bumps, and lumps (small bumps typically are present on the lower lip; these are minor salivary glands)
5. Examine your gums for white or red spots, bumps, and lumps
6. Tilt your head back and look at and feel the roof of your mouth
7. Pull your cheeks out and examine their insides
8. Pull your tongue out (using gauze, take hold of the front of the tongue) and pull to each side, examining entire tongue (e.g., top, bottom, sides)
9. Examine the back of your throat

### Table 2

#### Signs and Symptoms of Oral Cancer

<table>
<thead>
<tr>
<th>Condition</th>
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<tbody>
<tr>
<td>Mouth sore that does not heal</td>
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<tr>
<td>Mouth sore that bleeds spontaneously</td>
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<tr>
<td>Velvety white, red, or speckled (red and white) patch in the mouth that is persistent</td>
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<tr>
<td>Hard, raised lesion (lump), crusts, eroded areas on the lips, gums, or other areas inside the mouth</td>
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<tr>
<td>Unexplained bleeding in the mouth</td>
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<tr>
<td>Persistent pain in the mouth</td>
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<tr>
<td>Difficulty chewing, swallowing, speaking, or moving the tongue</td>
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DIABETES

**Definition:** Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. (WHO)

- **Type 1 diabetes:** pancreas can’t produce insulin (usually starts young) — you die without insulin injections
- **Type 2 diabetes:** body less sensitive to insulin (often from obesity) — can often be controlled with diet and medication

**Symptoms:** Thirst, Urinating more frequently, Tiredness, Weight loss

**But in type 2 diabetes there will often be no symptoms for years!**

**Complications:** Damage to large blood vessels: heart (heart disease), brain (stroke, dementia), legs (peripheral vascular disease)

- Damage to small blood vessels: eyes (blindness), kidneys (renal failure), feet (pain, ulcers, amputation)
- Damage to nerves: Foot pain, numbness, ulcers, amputation **Eyes:** *ask* about deteriorating vision. (Ideally, ophthalmoscopy for everyone with diabetes.)
People at Risk of Diabetes

- Pregnant women
- Overweight people
- Recurrent infections (especially skin and urine)
- Foot ulcers or numbness
- People with TB
- Medications: steroids, HIV medications, antipsychotics
- People with high blood pressure
- People with a family history of type 2 diabetes

STEPS TOWARDS MANAGEMENT

- **Take regular medication without fail**
- **Eat low and medium glycemic Foods** - Chickpeas (chaana), mung beans, lentils (daal) Green vegetables, aubergine (not too much oil!), gourd, tomatoes, sweet potato, cauliflower, onion, mushroom , Whole-wheat (brown) breads, brown rice
- **Avoid High Glycemic Food** - Rice White breads Anything that tastes sweet (except things with artificial sweetener and no sugar, such as Diet Coke)
- **LIMIT : Oil** and fats (especially animal fats , Salt (because it raises blood pressure)
- **Physical Activity:** Exercise for minimum 30 minutes a day — get short of breath (any exercise is better than no exercise)
- **Do not sit for long periods of sitting**
- **STOP SMOKING!**
- **Regular checkups - Blood glucose, Eye, Kidney , Blood pressure , feet .**
Hypertension