

# Primary Health Care during COVID19

- ❑ COVID19 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 .



# HOW COVID19 SPREAD?

## PEOPLE

This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales

## SURFACES

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



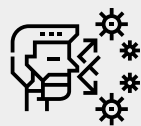
Wash your hands with an alcohol-based sanitizer or with soap and water



Keep 1 meter of interpersonal distance



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



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



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



Follow the directions of your national or local health authorities

# SYMPTOMS OF COVID-19



## TIREDNESS

The body feels completely tired, without energy

## HIGH FEVER

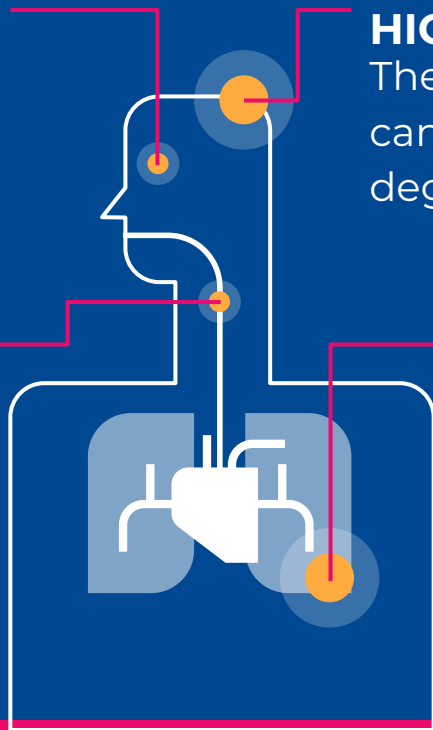
The body temperature can exceed 37.3 Celsius degrees

## 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 03

You will be given a home test over the phone

## STEP 05

Follow the instructions provided by the doctor

## STEP 02

Call the designated phone number for your region / Call Swasti Helpline

(<https://www.mohfw.gov.in/>)

## STEP 04

Patiently wait for the results of the test



# LIFESTYLE MODIFICATION

## How to modify our Lifestyle?



Balanced diet



No smoking



No alcohol



No drugs



Include physical activities



Regular and adequate sleep

# HEALTHY BALANCED DIET

## Fruit & Vegetables

They contain vitamins and minerals, and plant chemicals called phytochemicals.

## Breads, Rice & Potatoes

They are rich in vitamins and minerals, and the wholegrain varieties contain plenty of fibre.

## Meat, Fish, Eggs & Beans

They provide nutrients that are vital for health and maintenance of your body.

## Foods & Drinks

Such as herbs, vitamins, minerals.

## Milk & Dairy Foods

They can keep bones strong and prevent high blood pressure.

- Eat healthy
- Drink minimum 3 liters of water per day at regular intervals
- Stay physically active

30 MINUTES  
A DAY IS  
EASY

$$\begin{array}{ccccccc} 10 & + & 10 & + & 10 & = & 30 \\ \text{MINUTES} & & \text{MINUTES} & & \text{MINUTES} & & \text{MINUTES} \end{array}$$

Brisk walking to and from the coffee shop

Of stretching

Brisk walking to the car which was parked a little further away

Physical activity for the day





**7<sup>to</sup>9  
HOURS**

the normal and healthy amount  
of sleep for most adults between  
18 and 64 years of age.

1.  **MAINTAIN A CONSISTENT DAILY SCHEDULE**
2.  **REDUCE CAFFEINE INTAKE**
3.  **TURN OFF THE COMPUTER OR TELEVISION**
4.  **DON'T GO TO BED ON A FULL STOMACH**
5.  **DON'T GO TO BED ON AN EMPTY STOMACH**
6.  **ENGAGE IN REGULAR EXERCISE**
7.  **LIMIT BEVERAGE CONSUMPTION BEFORE BED**
8.  **KEEP YOUR BEDROOM DARK & QUIET**
9.  **INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
10.  **GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**

- **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**



**NO ALCOHOL**

# Implications

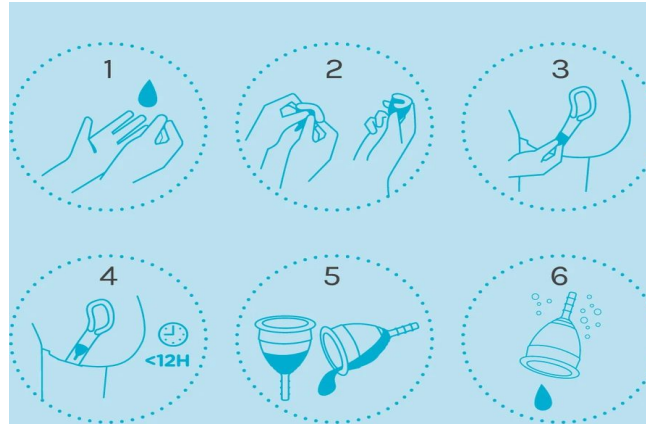
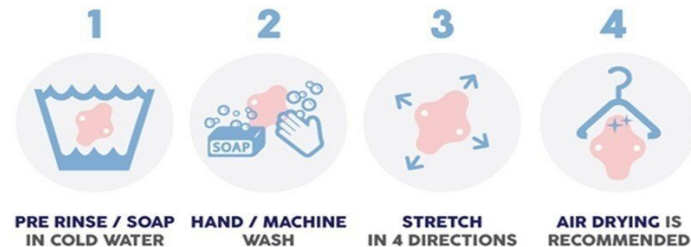
- Reduce risk of non- communicable diseases such as diabetes, hypertension, obesity, insomnia, anxiety disorders.
- Reduced risk of cancers
- Regular screenings will help in early detection and treatment of hereditary conditions.

# MENSTRUAL HEALTH





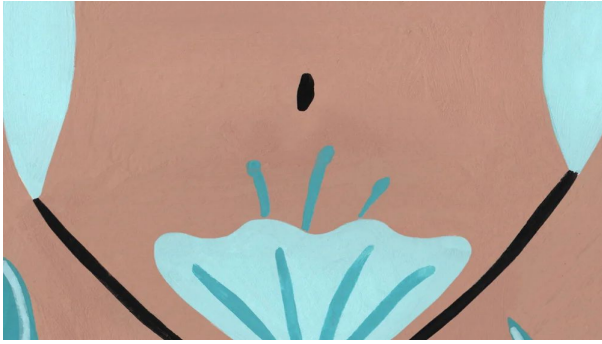
## How to wash the cloth pads



## FREQUENCY OF CHANGE

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





- Regularly wash vagina with water
- Do not use any vaginal washes unless prescribed by the doctor
- Sun dry the intimate wears

## Implications:

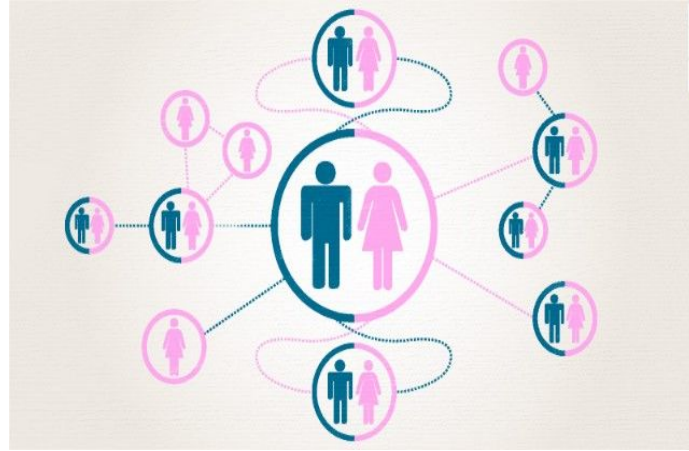
- Prevents from UTI (Urinary Tract Infection)
- Prevents from other vaginal infections.



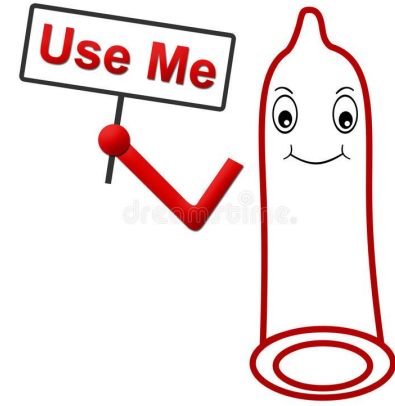
# SEXUAL HEALTH



**Communicate with  
partners**



**Limit partners**



**Use protection**

# Implication

- Reduce risk of STI (Sexually Transmitted Infections) eg- Hepatitis B, Herpes, HIV etc
- Reduced risk of STDs (Sexually Transmitted Diseases ) eg- AIDS
- Reduced unwanted pregnancies
- Reduced unwanted abortions

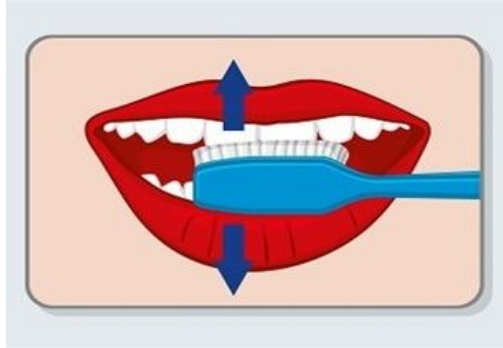




# ORAL HYGIENE



- 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.



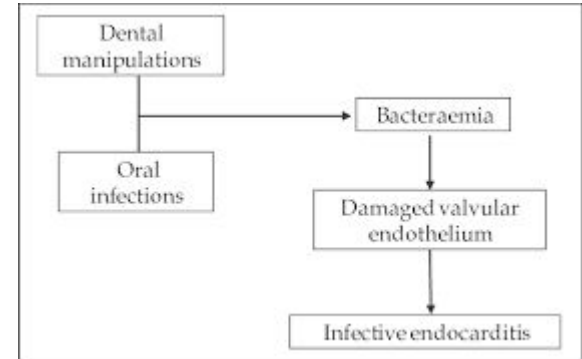
- In case of bad breath practise gargling with mouthwash
- Dilute the mouthwash in a cup of water and swish the product 30sec to 1 minute and spit out
- If the bad breath persists even after using mouthwash for more than 2 weeks consults a dentist
- Reduce the intake of sticky candy and sugars
- Wash 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**

Mouth sore that does not heal

Mouth sore that bleeds spontaneously

Velvety white, red, or speckled (red and white) patch in the mouth that is persistent

Hard, raised lesion (lump), crusts, eroded areas on the lips, gums, or other areas inside the mouth

Unexplained bleeding in the mouth

Persistent pain in the mouth

Difficulty chewing, swallowing, speaking, or moving the tongue



# 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