

**LET'S FIGHT TOGETHER TO BEAT THE COVID-19
EMERGENCY.**

LET US NOT PANIC!!

INFORMATION BOOKLET ON

NOVEL CORONA VIRUS INFECTION

or

COVID-19

or

2019-nCoV INFECTION

Developed to empower the citizens of India with right knowledge and right actions for the good health of their families, friends and dear ones!!



Developed in Public Interest by:

Department of Community Medicine and School of Public Health

Post Graduate Institute of Medical Education and Research, Chandigarh, India

WHAT IS NOVEL CORONA VIRUS INFECTION??

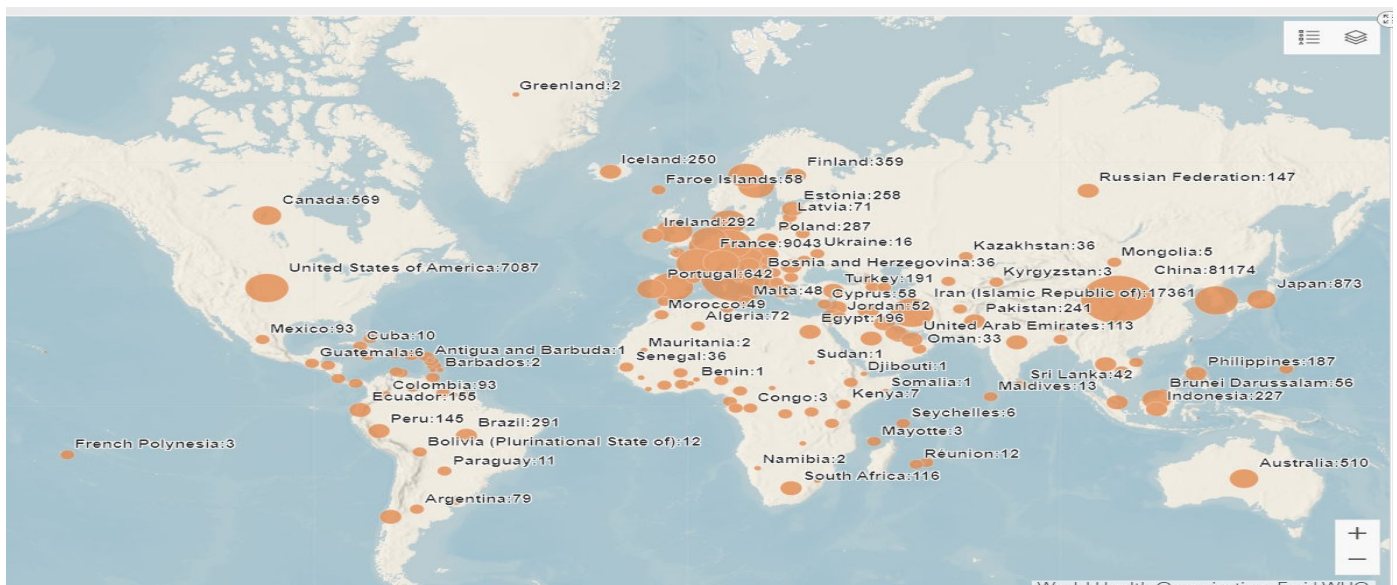
- Novel Corona Virus Infection, also called as COVID-19, or 2019-nCoV infection, is a kind of flu caused by a microorganism (virus) named coronavirus.
- The flu involves our respiratory system (the nose, the lungs) and troubles our throat as well.
- The infection/ flu in humans shows symptoms like cough, fever, shortness of breath

A virus is a microorganism which is not visible with naked eye and can be seen with microscope only. Such microorganisms are generally called as germs.

Human body is able to kill these, but the disease occurs when these are too many in number to be handled by the body's natural immune system.

WHY IS IT AN IMPORTANT ISSUE THESE DAYS??

- The infection was reported for the first time in China during the month of December, 2019.
- Suddenly many people fell sick having symptoms of flu including fever, shortness of breath, etc.
- One after one, people started falling sick like that and tests revealed that it is a new type of virus (a microorganism) which is causing the flu.
- The virus spreads from one person to many others easily just like common cold.
- That time many individuals had been travelling back to other or their own countries and unintentionally carried the virus from China to those countries.
- That is how the people in other countries got the same infection!!
- Till 20th march 2020, i.e. four months after first case in China, the virus has infected more than 2,87,000 people in more than 180 countries. There are 196 in the whole world!!
- India is one of the affected countries with nearly 317 sick people in hospitals in almost all the states.



WHY HAS THIS BECOME A GLOBAL THREAT??

- Because it was a new infection, no one in the world was fully aware about how rapidly it spreads.
- No medicine is available for its treatment, because it takes many months to develop a new drug!
- The virus involves lungs and damages them badly (causing pneumonia), that is the time we start to have shortness of breath.
- So far, the treatment of this infection involves is based on the symptoms, with which around 93,000 patients have recovered till now. Those who died were having weaker immune systems because they were already suffering from heart, kidney, or lung diseases.
- In all the countries, the virus has spread from one person to other and reports suggest that one single positive case had met more than 2000 people and they all got infected.
- That is how it has become a global emergency.

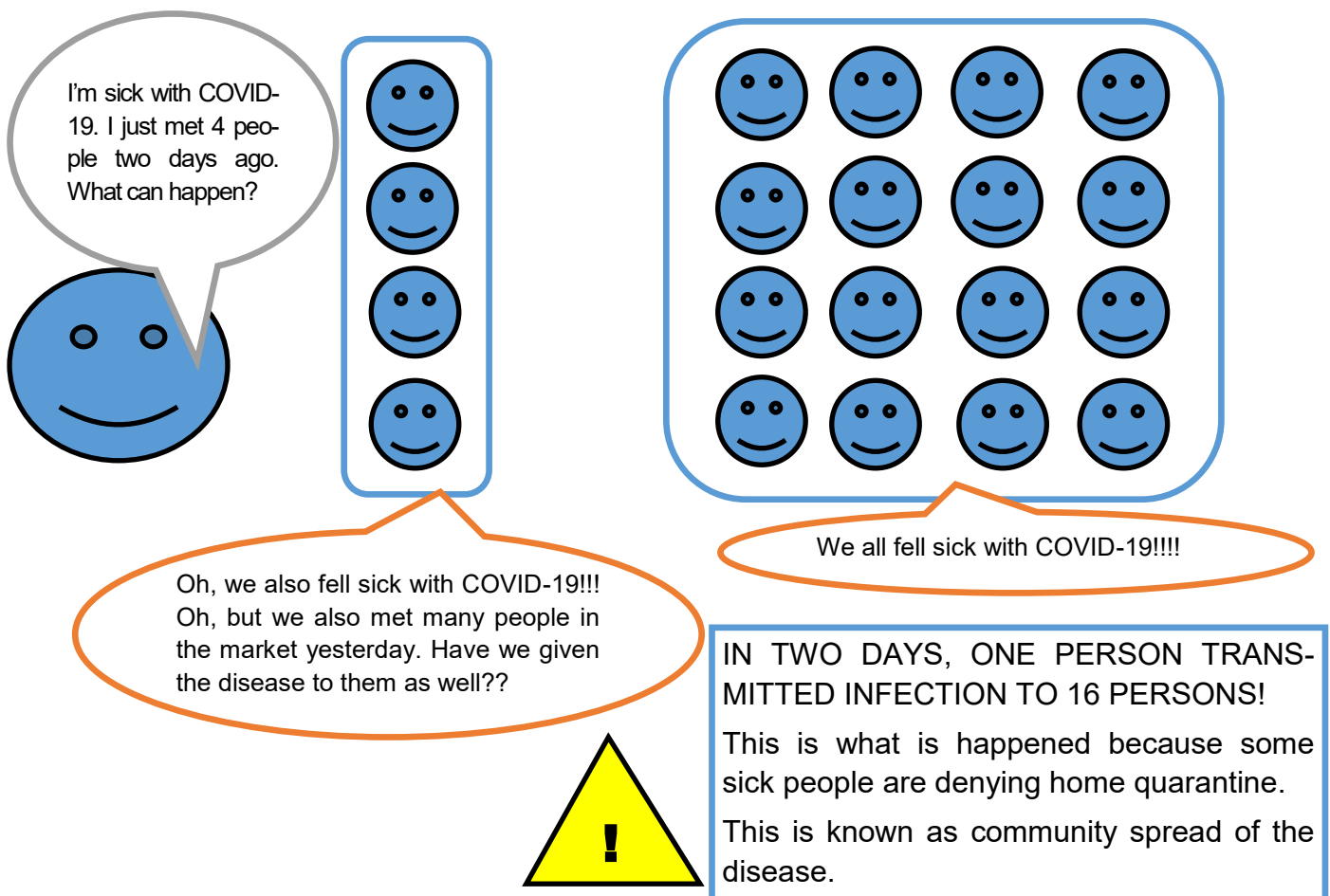
- Once the person is infected with this virus, he or she may not fall sick the very first day, it usually takes around 3-4 days to feel sick and around two weeks to get disease-free. So, if they travel back to their home country, their illness may or may not be caught at the airport, because they may or may not be feeling sick or have symptoms.
- If they don't understand this important information, and start meeting people after coming back, they are transmitting the virus to them as well.
- That is why, it is a universal precaution that even if a person is not detected to have sickness at airport, she or he should stay inside home and not meet anyone for 14 days after travelling from a country having corona virus infection cases. During 14 days, if the symptoms appear, the person can report to the hospital. If the symptoms don't appear, the person contributed in containing the infection by staying at home!! This process of staying at home and not meeting outsiders for 14 days to prevent spread of infection is called as HOME QUARANTINE.

The police is deployed by the governments to help take care of the people and help them to follow instructions on home quarantine.



WHY IS INDIA WORRING?

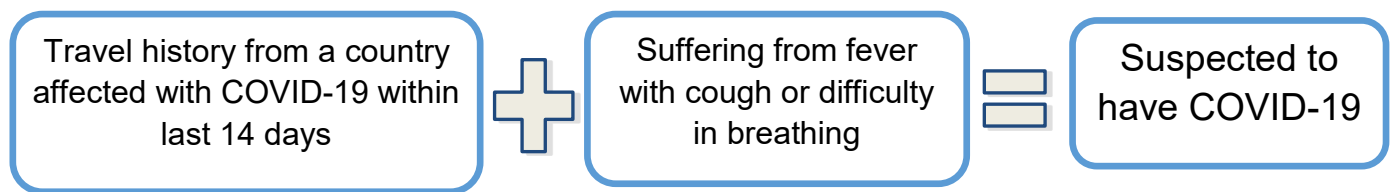
- In India, the infection is not very severe, i.e. the person will be free from disease in two or three weeks, but even a 'not-so-sick' person can transmit the virus to who so ever he or she meets for more than 15 minutes.
- That is how one sick person, who travelled from a country with cases of infection, and is not reporting his or her travel history to the hospitals or the authorities, is risking others' lives!!
- In India, reports are there that people at many places have not been following the instruction of home stay.
- Many people have been travelling against the government appeal and when they came back or got no symptoms during screening at the airports, they met hundreds of people rather than staying home in quarantine and put their lives at risk. Also, they did not report to the local authorities or hospitals about their travel history.
- This type of behavior has led to spread of infection in 22 states of India, including Maharashtra, Punjab, Uttar Pradesh, Chandigarh, Himachal Pradesh, Haryana, Delhi, Gujarat, Kerala, Telangana, Karnataka, Ladakh, Jammu and Kashmir, West Bengal, Madhya Pradesh, Tamil Nadu, Andhra Pradesh, Uttrakhand, Odisha, Puducherry, Chhattisgarh.



WHAT ARE THE SYMPTOMS OF CORONA VIRUS INFECTION OR FLU?

- Majority are mild symptoms: fever, fatigue, and dry cough.
- Some even experience body ache, nasal congestion, runny nose, sore throat or diarrhea.
- The severe symptoms include difficulty in breathing and sometimes pneumonia as well.

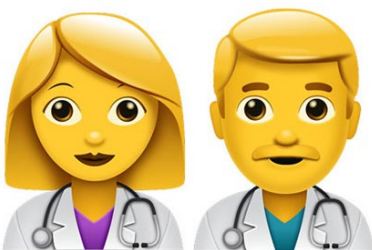
People with fever, cough and breathing issues are now being advised to go for a check-up in any near-by health facility



WHO ALL ARE TESTED FOR THE CORONA VIRUS INFECTION??

- Not all the individuals with a travel history are needed to be tested by taking their samples.
- THOSE HAVING A TRAVEL HISTORY WITHIN 14 AND SHOWING SYMPTOMS REQUIRE THEIR NASAL AND THROAT SAMPLES TESTED.
- A person without having travelled from a country can get the disease via infection transmission by meeting a confirmed case having travel history within 14 days. If such person has any symptoms of sickness, he or she will be tested for the presence of corona virus infection in body.

Those without symptoms, are needed to practice home stay (home quarantine) of 14 days without meeting people from outside or roaming here and there in the city, town or village.



Don't worry, we will be **testing you as and when required.**

We will just be taking a sample of secretion from your nose and your throat with a cotton bud.

There will be no harm to your nose and throat, the procedure is absolutely simple and you will not feel any pain or discomfort.

HOW ARE WE MANAGING THIS OUTBREAK??

HOSPITAL BASED CARE

- The sick people are being treated in the hospitals. They are given the necessary medicines and kept under observation till they become disease free. On an average, it takes usually two weeks.
- About 80% of people recover from the disease. So, we don't need to panic and trust the care given at the hospital.

HOME BASED CARE

- Practice Home Quarantine (staying at home for 14 days away from anyone, if a person has travel history within 14 days and was not found to have disease during screening at the airports).
- During this period, if the person feels sick, he or she can immediately report to the nearby hospital and the required treatment will start.

YOU WILL BE HOSPITALIZED ONLY IF YOU ARE TESTED POSITIVE FOR COVID-19

Social distancing means to avoid going in the crowded places or social gatherings like parties, weddings, markets, etc.

It is to be followed by people who don't have a travel history.

Everyone who has come in contact with a confirmed case of COVID-19 is at the risk of developing Corona Virus Infection!!!!

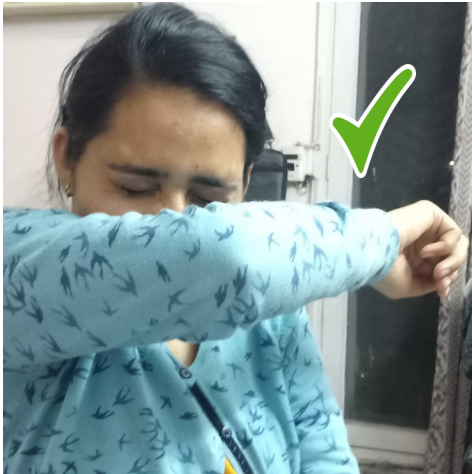
Older patients who have underlying issues of BP, diabetes, cardiovascular issues are more likely to develop serious illness from COVID-19.

Also, children, pregnant ladies and people with weak immune system are at high risk of developing serious illness.



Oh, you met me after traveling from abroad against instructions, I am also at risk to develop COVID -19!!!!

HOW TO PREVENT ONESELF FROM RISK OF INFECTION??



Cover your mouth and nose with upper arm, while sneezing and coughing



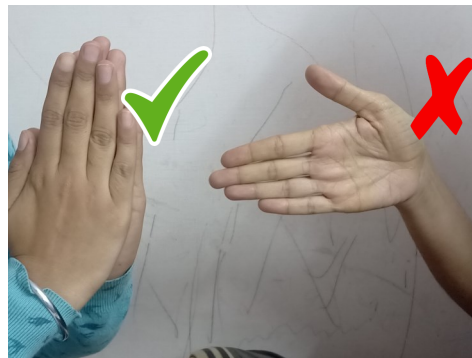
Maintaining ONE meter distance from each other. This to ensure that droplets don't reach your mouth, nose or eyes.



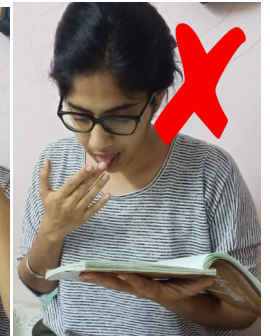
Don't keep your hands on any unprotect-ed surfaces. The virus from environment tends to settle on these for 1-2 days



Wash your hands frequently with soap and water



Don't make unnecessary bare hand contact with anyone, or wash hands after, if you had to



Don't touch eyes, nose or mouth unnecessarily without washing your hands

Corona Virus can spread by shaking hands!!
Avoid Bare Hand Contact
 LET US ADOPT
"SALAAM-NAMASTE-SAT SRI AKAAL"
 TO GREET EACH OTHER

DEPARTMENT OF COMMUNITY MEDICINE AND SCHOOL OF PUBLIC HEALTH
 POST GRADUATE INSTITUTE OF MEDICAL EDUCATION AND RESEARCH, CHANDIGARH

संक्रमण रोकने के तरीके हैं सस्ते, हमने शुरू कर दिया है सलाम-नमस्ते....

Department of Community Medicine and School of Public Health, PGIMER, CHD

"SALAAM NAMASTE" CAMPAIGN
 Changing the Greeting Tradition: From Handshake to Hands-free Greetings
 An Initiative of
 Department of Community Medicine and School of Public Health
 PGIMER, Chandigarh
Towards Prevention of Infection Transmission
 Launched on 5th February, 2019

LET US COLLABORATE TO PROMOTE HEALTHY WAYS OF GREETING EACH OTHER

"Little Caution, Big Solution"

Adopt healthy greeting habits!! We launched "Salaam Namaste" Campaign in February, 2019 to promote contact-free greeting styles



WHEN TO USE A MASK

General Public should NOT wear mask, but take precautions!

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



World Health Organization



Remember! Proper disposal of masks is very important.

Don't just throw used masks here and there, the used masks should be first washed thoroughly (or dipped in household bleach for 20 minutes and rinsed) before discarding (either thrown in a dedicated dustbin or preferably burnt).



Picture source: Internet

To wear a mask, hold it from the strings and cross these over the ears!

Don't keep using the same mask for days! You should replace the disposable mask after using it continuously for 5-6 hours.

It is better to avoid wearing mask if not required as mentioned above!!

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HOW TO BOOST IMMUNITY TO REDUCE CHANCES OF FALLING ILL???

Foods rich in vitamin C (amla, lemon, orange, etc.) are good for immunity. Good food is available at your homes only!! Don't worry about buying fancy immunity boosters!!!



CITRUS FRUITS



VEGETABLES



TURMERIC



PINEAPPLE



GINGER

TOP 10 IMMUNE BOOSTING FOODS



PUMPKIN SEEDS



GARLIC



BERRIES



YOGHURT



WHEATGRASS



Source: <https://myhomecare.ie>

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HOW CAN GENERAL PUBLIC CONTRIBUTE IN CONTROLLING THE
COVID-19 EMERGENCY?

Follow Home Quarantine

Practice Social Distancing

Use Masks Wisely!!

Follow Preventive Measures

Do not Panic Buy!!

**Do not rely on panicking rumors and any
kind of fake news on Facebook, WhatsApp
and other social media!**

Follow the news updates on TV or Radio

**INFORM LOCAL AUTHORITIES WHEN YOU KNOW
ANYONE WHO IS SUSPECTED COVID-19 CASE.**

IT IS FOR THEIR BENEFIT ONLY!

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For updates regarding COVID-19 situation, instructions and advisories by Government of India, you can go through following websites:

Post Graduate Institute of Medical Education and Research (www.pgimer.edu.in)

Ministry of Health and Family Welfare, Government of India (www.mohfw.gov.in)

National Centre for Disease Control (www.ncdc.gov.in)

Don't Panic!

Got any symptoms of COVID-19? Consult a doctor nearby!



For more information, contact:

Dr. Rajbir Kaur, 9646149749

Dr. Naveen Prashar, 7018045621

Dr. JS Thakur, 9463602173 (Coordinator, Outbreak Response Team, COVID-19)

Department of Community Medicine and School of Public Health, Post Graduate Institute of Medical Education and Research, Chandigarh

Compiled by: Dr. Rajbir Kaur, Dr. JS Thakur, Dr. Amarjeet Singh
Acknowledgements: Dr. Vivek Sagar, Dr. Kapil Goel, Dr. Vineeth Rajagopal, Dr. Ronika Paika

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