Digital Empowerment Foundation's crowdsourced COVID-19 RESOURCE KIT is a resource pool for all verified and important information on covid-19. It aims to raise awareness about the virus and can be used by anyone to guide students, community members and trainers on what is the disease, its impact on physical and mental health. It also offers guidelines on how to take care of yourself and others during this testing times. Most importantly, the resources kit lists down do’s/don'ts and fact checks misinformation.

* Video resources are also included.
TABLE OF CONTENTS

1. About COVID-19
   - What is COVID-19?
   - How does it spread?

2. Health
   - Symptoms
   - Are you at risk?
   - Prevention
   - About Mental Health
   - How to take care of your mental health?
   - List of Mental Health Counsellors

3. Fact or Fake

4. Do’s & Don’ts
ABOUT COVID-19
WHAT IS COVID-19?

Corona Virus (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.
The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that one practice respiratory etiquettes (for example, by coughing into your flexed elbow).
Studies suggest that Corona Viruses may persist on surfaces for a few hours or up to several days. This may vary under different conditions. (E.G. Type of surface, temperature or humidity of the environment)
Global COVID-19 Pandemic

This short animated video from Stanford Medicine illustrates how the novel coronavirus — the virus that causes the respiratory disease COVID-19 — is transmitted among people and how transmission can be prevented.

youtube.com/watch?v=rAj38E7vrS8
HEALTH
SYMPTOMS OF COVID-19

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe symptoms resulting in death.

Common symptoms include:
- fever
- tiredness
- dry cough.

Other symptoms include:
- shortness of breath
- aches and pains
- sore throat
- and very few people will report diarrhoea, nausea or a runny nose. People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral.
Anyone with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing)),

AND

A history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 disease during the 14 days prior to symptom onset;

OR

Anyone with any acute respiratory illness AND having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

OR

Anyone with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing)) AND requiring hospitalization;

OR

A case for whom testing for COVID-19 is inconclusive.
Laboratory Confirmed case: A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.
WHO IS MOST LIKELY TO GET AFFECTED?

You may be susceptible to COVID-19 if you have a noncommunicable disease or pre-existing condition such as:

- High blood pressure
- Diabetes
- Heart disease
- Heart attack or stroke
- Chronic respiratory disease
- Cancer

The disease can spread to anyone irrespective of age. It is advisable to take all precautions especially with younger children and babies. Older persons with pre-existing medical conditions like high blood pressure, diabetes, cancer, are likely to be more susceptible to fall ill.
PREVENTION

It is important to follow guidelines regarding prevention of coronavirus.

1. Wash your hands regularly with soap and water for at least 20 seconds.
2. Thoroughly clean your hands with an alcohol-based hand rub.
3. Maintain a distance of 1-2 meters especially from a person who is coughing or sneezing.
4. Avoid touching your eyes, nose and mouth.
5. Follow good respiratory hygiene by covering your mouth and nose while coughing or sneezing with a bent elbow or use a tissue.
6. Immediately dispose of the tissue in a closed dustbin.
7. Monitor your body temperature.
These techniques ensure that soap cleanses every part of your hands.

Washing your hands: The purple paint demonstration

How's your handwashing technique? A Spartanburg Regional infection preventionist slathers on purple paint to show how it’s done.

www.youtube.com/watch?v=nEzJ_QKjT14
Self-Quarantine = Responsible citizen

It is essential to adhere to the quarantine/lockdown situation to limit the spread of the virus and eventually bring the health crisis under control.

21 days is essential to break the chain of infection of Corona pandemic

If the situation is not brought under control in these 21 days, the country could go back 21 years

Our current actions will determine the impact of this disaster

This is the time for patience and discipline
WHY YOU MUST ACT NOW?

COVID-19 affects the elderly (above 60 years) and people with medical conditions (like heart disease, lung disease, diabetes) the most.

You may not be at risk, but others in your community are. You may spread the virus without even knowing you have it since symptoms take time to appear.

Avoid crowds
like religious places. Only go to markets if you’ve run out of food.

Avoid public transport
If you can’t, try not to touch any surfaces when you travel, avoid touching your face, and wash your hands once you reach your destination.

Stay at home
to prevent catching and spreading of the virus.

Speak to your employer about your work, pay and travel options to make it possible for you to stay at home.

We are all responsible for stopping the virus from spreading.

Avoid meeting people and connect with your loved ones over the phone instead. We are all in this together - staying at home stops the virus from spreading and keeps you and your community safe.

Central Helpline Number for Corona-virus: +91-11-23978046

Information sources from WHO and Ministry of Health and Family Welfare | Issued in Public interest by Dalberg
Please Take All the Government Advisories Seriously

Stay Home
Maintain Hygiene
Use Sanitizers
Masks
Quarantine
Home quarantined person should stay in a well-ventilated single room with a toilet

Relatives should maintain a distance of at least 1 meter between the two

Stay away from elderly people, pregnant women, children

Restrict movement within the house

Frequent hand washing, avoid sharing household items, wear surgical mask

Disinfect frequently touched surfaces

FOR FURTHER INFORMATION
Call +91 11 23978046 or Email ncov2019@gov.in
SOCIAL DISTANCING
only way to effectively deal with COVID-19

- Maintain physical distance with others & stay within confines of your home
- Social distancing is necessary for each citizen & for each family
- Carelessness of a few can put you, your family, the entire country in grave jeopardy
- We can save ourselves from Coronavirus only if we do not cross Lakshman Rekha of our homes
PROTECTING the ELDERLY from COVID-19

Older people & persons with chronic diseases are at higher risk of COVID-19

The evidence of COVID-19 shows fatality rate increases with age & above 60 age group is most vulnerable

Measures like social distancing & quarantines are the most effective means to protect them

Provide them necessary information & emotional support during this outbreak
Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.

Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:
- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet

Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.

Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.
What are the common symptoms of COVID-19 disease?

Coronavirus (COVID19) Symptoms and Treatment

The video includes an update on the most common new coronavirus (COVID-19) symptoms out of a Chinese report and treatment guidelines from the World Health Organisation (WHO).

youtube.com/watch?v=HCFPpJvACx8
COVID-19 is an infectious disease caused by a new coronavirus introduced to humans for the first time.

How to protect yourself against COVID-19

www.youtube.com/watch?v=1APwq1df6Mw
What tests are to be done and where to get them done?

You are not required to get tested for COVID-19 if you do not have any symptoms (Cough, fever or difficulty in breathing).

If you have any of the above symptoms and have travelled to any of the COVID-19 affected countries or you are a contact of a laboratory confirmed positive case then immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India’s 24x7 helpline i.e. 011-23978046 and Toll Free No: 1075.

The helpline desk will note down your contact details and contact you with the testing protocols of COVID-19. If you qualify as a case for testing as per the protocol, you will be tested at a government approved lab only.

What to do if you feel the need to get tested?
In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise.
Mental health: Who is most at risk?

People who may respond more strongly to the stress of a crisis include Older people and people with chronic diseases who are at higher risk for COVID-19. Children and teens. People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders. People who have mental health conditions including problems with substance abuse.
HOW TO TAKE CARE OF YOUR MENTAL HEALTH?

- Be active!
- Eat healthy
- Enjoy walks with your family and friends
- Get 8 hours of sleep every day
- Look for professional help if you need it
- Talk about your feelings with someone you trust

www.paho.org | #Letstalk
Be active at home during #COVID19 outbreak

Looking after yourself, your family and friends is important through these stressful times. WHO encourages everyone at home to do simple & fun physical activities to stay healthy & active.

#BeActive  #HealthyAtHome
Be active at home during COVID-19 outbreak

If you are at home because of coronavirus, it's still important to stay active every day as much as you can. WHO recommends that all healthy adults do 30 minutes/day of physical activity, and children should be physically active for 1 hour/day.

#BeActive  #HealthyAtHome
Tips for reducing stress during the COVID-19 pandemic

The COVID-19 (Coronavirus) pandemic has the potential to increase stress and anxiety, both because of the fear of catching the virus and because of uncertainty about how it will affect us. Feelings of fear, anxiety, sadness and doubt are normal during a pandemic. Fortunately, there are tools and resources that can help you manage your mental health and well-being.

www.youtube.com/watch?v=kL0MmIM1l6A
# List of Mental Health Counsellors

<table>
<thead>
<tr>
<th>SL No</th>
<th>Name</th>
<th>State</th>
<th>Language</th>
<th>Contact Number</th>
<th>Preferred Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vikas Kumar</td>
<td>Jharkhand</td>
<td>Hindi</td>
<td>9931435024</td>
<td>11.00am - 02.00pm</td>
</tr>
<tr>
<td>2</td>
<td>Abhijeet Singh</td>
<td>Jharkhand/Bihar</td>
<td>Hindi, English</td>
<td>9835773008</td>
<td>08.30am - 05.30pm</td>
</tr>
<tr>
<td>3</td>
<td>Shahid Eqbal</td>
<td>Jharkhand/Bihar</td>
<td>Hindi, English</td>
<td>8294239864</td>
<td>09.00am - 07.00pm</td>
</tr>
<tr>
<td>4</td>
<td>Justin Raj PC</td>
<td>Jharkhand/Kerala</td>
<td>Hindi, English, Malayalam</td>
<td>7012122510</td>
<td>10.00am - 05.00pm</td>
</tr>
<tr>
<td>5</td>
<td>Swati Kumari</td>
<td>Bihar</td>
<td>Hindi, English, Magahi</td>
<td>7633921634</td>
<td>10.30am - 05.00pm</td>
</tr>
<tr>
<td>6</td>
<td>Raja Upadhyay</td>
<td>UP/Bihar</td>
<td>Hindi, English, Bhojpuri</td>
<td>7739391173</td>
<td>02.00pm - 09.00pm</td>
</tr>
<tr>
<td>7</td>
<td>Nimala Kumari Ahirwar</td>
<td>UP</td>
<td>Hindi, English</td>
<td>7004457527</td>
<td>10.00am - 04.00pm</td>
</tr>
<tr>
<td>8</td>
<td>Kiran Pandit</td>
<td>Andhra Pradesh</td>
<td>Telugu</td>
<td>8106369992</td>
<td>11.00am - 09.00pm</td>
</tr>
<tr>
<td>9</td>
<td>Gayatri</td>
<td>Telengana</td>
<td>Kannada/Telugu, Hindi, English, Marathi</td>
<td>9739996335</td>
<td>02.00pm - 08.00pm</td>
</tr>
<tr>
<td>10</td>
<td>Anita Rego</td>
<td></td>
<td>English, Hindi, Kannada, Konkani, Telugu</td>
<td>9849882788</td>
<td>10.00am - 05.00pm</td>
</tr>
<tr>
<td>11</td>
<td>Indira Rani</td>
<td></td>
<td>Telugu, English</td>
<td>9849672378</td>
<td>11.00am - 03.00pm</td>
</tr>
<tr>
<td>12</td>
<td>Kanaka Latha Abbagani</td>
<td></td>
<td>Hindi, English, Telugu, Kannada</td>
<td>9848035962</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Supraja TA</td>
<td>Karnataka</td>
<td>Tamil, Kannada, English</td>
<td>9742208980</td>
<td>03.00pm - 08.00pm</td>
</tr>
<tr>
<td>14</td>
<td>Patricia Viego</td>
<td></td>
<td>English, Hindi, Konkani, Kannada, Malayalam, Tamil</td>
<td>8861770385</td>
<td>04.00pm - 10.00pm</td>
</tr>
<tr>
<td>15</td>
<td>Rajaram</td>
<td></td>
<td>Tamil, Kannada, English</td>
<td>9945565337</td>
<td>04.00pm - 07.00pm</td>
</tr>
<tr>
<td>16</td>
<td>Ophelia</td>
<td></td>
<td>English, Kannada, Konkani</td>
<td>9844545925</td>
<td>10.00am - 05.00pm</td>
</tr>
<tr>
<td>17</td>
<td>Rameela Shekhar</td>
<td></td>
<td>English, Tulu, Kannada</td>
<td>9880463719</td>
<td>10.00am - 01.00pm</td>
</tr>
<tr>
<td>18</td>
<td>Soumya Srikumar</td>
<td></td>
<td>Tamil, Kannada, English</td>
<td>8197210011</td>
<td>01.00pm - 04.00pm</td>
</tr>
<tr>
<td>19</td>
<td>Prakash Rajaram</td>
<td></td>
<td>English, Kannada</td>
<td>9845128801</td>
<td>04.00pm - 07.00pm</td>
</tr>
<tr>
<td>20</td>
<td>Sudhir Babu</td>
<td></td>
<td>English, Telugu, Kannada</td>
<td>9164302089</td>
<td>09.00am - 12.00pm</td>
</tr>
<tr>
<td>21</td>
<td>Sphoorthi G Prabhu</td>
<td></td>
<td>Kannada, English, Hindi, Konkani</td>
<td>9481752435</td>
<td>05.00pm - 08.00pm</td>
</tr>
<tr>
<td>22</td>
<td>Shalini Sharma</td>
<td></td>
<td>Kannada, Tulu, Hindi, English</td>
<td>9448000507</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Aravind Raj</td>
<td>Tamil Nadu/Karnataka</td>
<td>Tamil, Kannada, English</td>
<td>9901652974</td>
<td>09.00am - 09.00pm</td>
</tr>
<tr>
<td>24</td>
<td>Kalpana Sarathy</td>
<td>Tamil Nadu</td>
<td>Tamil, English, Hindi</td>
<td>8811093508</td>
<td>04.00pm - 06.00pm</td>
</tr>
<tr>
<td>25</td>
<td>Malathi Swaminathan</td>
<td></td>
<td>Tamil, Hindi, English, Kannada, Marathi</td>
<td>9962058252</td>
<td>01.00pm - 02.00pm</td>
</tr>
<tr>
<td>26</td>
<td>Sampaulesh</td>
<td>Pondicherry</td>
<td>Tamil, English, Hindi</td>
<td>9489229540</td>
<td>10.00am - 07.00pm</td>
</tr>
<tr>
<td>27</td>
<td>Jobin Tom</td>
<td>Kerala</td>
<td>Malayalam, English</td>
<td>9742169395</td>
<td>09.00am - 09.00pm</td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Place of Birth/Origin</td>
<td>Languages</td>
<td>Contact No.</td>
<td>Availability</td>
</tr>
<tr>
<td>-----</td>
<td>-----------------</td>
<td>-----------------------</td>
<td>----------------------------</td>
<td>--------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>28</td>
<td>Kurian Jose</td>
<td></td>
<td>Malayalam, English, Hindi, Telugu</td>
<td>8547371926</td>
<td>08.00am – 10.00pm</td>
</tr>
<tr>
<td>29</td>
<td>Ragesh G</td>
<td></td>
<td>Malayalam, English, Kannada</td>
<td>9964494585</td>
<td>09.00am – 04.00pm</td>
</tr>
<tr>
<td>30</td>
<td>Shobana H</td>
<td>Kerala/Assam</td>
<td>Tamil, Malayalam, Kannada, Hindi, English</td>
<td>9435183606</td>
<td>10.00am – 01.00pm</td>
</tr>
<tr>
<td>31</td>
<td>Candice Menezes</td>
<td>Maharashtra</td>
<td>English, Hindi</td>
<td>9820233011</td>
<td>04.00 pm – 08.00 pm</td>
</tr>
<tr>
<td>32</td>
<td>Srilatha</td>
<td>Maharashtra</td>
<td>English, Hindi, Kannada, Telugu, Tamil</td>
<td>9987082510</td>
<td>02.00 pm – 06.00 pm</td>
</tr>
<tr>
<td>33</td>
<td>Griselda Nobbay</td>
<td>Goa</td>
<td>Konkani, English, Hindi, Kannada</td>
<td>9923802842</td>
<td>05.00 pm – 07.00 pm</td>
</tr>
<tr>
<td>34</td>
<td>Renjith R Pillai</td>
<td>Chandigarh/Kerala</td>
<td>Hindi, Malayalam, English</td>
<td>7087003435</td>
<td>09.00am – 05.00pm</td>
</tr>
<tr>
<td>35</td>
<td>Bhupendra Singh</td>
<td>Haryana</td>
<td>Hindi, English</td>
<td>7988661566</td>
<td>04.00 pm – 08.00 pm</td>
</tr>
<tr>
<td>36</td>
<td>Smitakhi Mahanta</td>
<td>Assam</td>
<td>Assamese, Hindi, English</td>
<td>9101534054</td>
<td>02.00 pm – 05.00 pm</td>
</tr>
<tr>
<td>37</td>
<td>Sabana Nasrin Islam</td>
<td>Assam</td>
<td>Assamese, Hindi, English</td>
<td>9401667977</td>
<td>03.00 pm – 05.00 pm</td>
</tr>
<tr>
<td>38</td>
<td>Rituporna Dhar</td>
<td>Assam</td>
<td>Assamese, Hindi, English, Bengali</td>
<td>8723934314</td>
<td>02.00 pm – 04.00 pm</td>
</tr>
<tr>
<td>39</td>
<td>Pomi Mahanta</td>
<td></td>
<td>English, Hindi, Assamese</td>
<td>9508773132</td>
<td>02.00 pm – 06.00 pm</td>
</tr>
<tr>
<td>40</td>
<td>Ankita Dutta</td>
<td></td>
<td>English, Hindi, Assamese</td>
<td>9508920119</td>
<td>02.00 pm – 06.00 pm</td>
</tr>
<tr>
<td>41</td>
<td>Mayurakshi Goswami</td>
<td>Assam</td>
<td>Hindi, English, Assamese</td>
<td>8638730687</td>
<td>03.00 pm – 06.00 pm</td>
</tr>
<tr>
<td>42</td>
<td>Debasree Bora</td>
<td></td>
<td>Hindi, English, Assamese</td>
<td>9986378982</td>
<td>03.00 pm – 06.00 pm</td>
</tr>
<tr>
<td>43</td>
<td>Lavinia Lyngdoh</td>
<td>Meghalaya</td>
<td>English, Khasi</td>
<td>8837336155</td>
<td>01.00 pm – 02.00 pm</td>
</tr>
<tr>
<td>44</td>
<td>Mary Tariang</td>
<td></td>
<td>English, Khasi, Pnar</td>
<td>9663182198</td>
<td>07.00 pm – 09.00 pm</td>
</tr>
<tr>
<td>45</td>
<td>Marinella Humtsoe</td>
<td></td>
<td>English, Hindi, Assamese, Nagamese</td>
<td>9531069685</td>
<td>02.00 pm – 05.00 pm</td>
</tr>
<tr>
<td>46</td>
<td>Techi Mekap</td>
<td>Arunachal Pradesh</td>
<td>English, Hindi, Assamese, Nyshi</td>
<td>7261833764</td>
<td>11.00am – 08.00pm</td>
</tr>
</tbody>
</table>
Fact or Fake?
MYTH BUSTERS COVID-19

- **MYTH**: COVID-19 spread through consumption of chicken, eggs and meat
  - **FACT**: There is no conclusive evidence that cooked food transmits the disease

- **MYTH**: COVID-19 spread through pets
  - **FACT**: The transmission of disease has not been seen through pets

- **MYTH**: Dead body of a person infected with Coronavirus transmit the infection
  - **FACT**: No transmission of Coronavirus infection from the dead body of the person

- **MYTH**: Vaccines are available for treatment of COVID-19 infection
  - **FACT**: As of now, there is no vaccine available for the treatment of Covid-19 infection

While Covid-19 has already spread some panic and chaos in the society, digital access to information has led to the spread of fake news and misinformation.

Busting myths becomes very important during this time since it can lead to more harm than ever.

Dated: 23 March 2020
UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

Can an ultraviolet disinfection lamp kill the new coronavirus?

#2019nCoV
Should I be tested for coronavirus if I have any symptoms? Or just to be on the safe side?

No.

Testing for coronavirus will only be done as recommended by the doctors if someone falls under the definition of ‘suspected case’.

Can the novel coronavirus be passed on through food?

No.

There is no such evidence as of now.
No. Hand dryers are not effective in killing the 2019-nCoV.
To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.
Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19.

Can eating chicken or eggs cause coronavirus?

No.

There is no such evidence as of now.
Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

#2019nCoV
Will warm weather stop the outbreak of COVID-19?

As per the experts in the field, heat and warm weather is likely to decrease the spread of COVID-19.

Can eating garlic prevent infection with the coronavirus?

There is no science-based evidence that proves its ability to protect against the coronavirus.
To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

#Coronavirus
Do I have coronavirus if I am coughing or sneezing?

You may have coronavirus, only if you have symptoms (fever, cough, shortness of breath) + any out of these:

- Travel history to a coronavirus-affected area (like China, Iran, Italy etc)
- Close contact with such a person.
- Working in healthcare facility where coronavirus patients are present

Can a person with coronavirus recover completely and be no more infectious?

Yes.

In fact, about 80% of people have recovered from the disease without needing special treatment.
There is no reason to believe that cold weather can kill the new coronavirus or other diseases.
The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.
The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.
Can coronavirus be treated?

Yes.

-Symptom-based medical care is given and has proven really effective.

-There is no specific treatment or vaccine available for novel coronavirus as yet.

Should the coronavirus outbreak concern you about your pets or other animals?

There is no evidence that a dog, cat or any pet can transmit COVID-19.
Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
Taking a hot bath does not prevent the new coronavirus disease

#Coronavirus  #COVID19
1. Statement: With the summers coming up, the Coronavirus will be killed

**FACT:** The COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. The best way to protect yourself against COVID-19 is by frequently washing your hands with soap and water, covering your coughs and sneezes and avoiding crowded places.

2. Statement: Having a bath with hot water will kill the virus

**FACT:** The Coronavirus cannot be spread through the bite of a mosquito. It is spread thorough droplets spread when an infected person sneezes or coughs.

5. Statement: You can get COVID-19 through mosquito bites

**FACT:** The Coronavirus cannot be transmitted in ALL AREAS, including areas with hot and humid weather. The best way to protect yourself against COVID-19 is by frequently washing your hands with soap and water, covering your coughs and sneezes and avoiding crowded places.

6. Statement: Spraying alcohol or disinfectant over your body can prevent infection

**FACT:** Spraying alcohol or disinfectant over your body cannot prevent infection.
**FACT:** The virus lives inside the body where the temperature is maintained at 37°C and is not affected by a hot water bath that you have.

**3. Statement:** Eating raw garlic, sesame seeds will protect you against the virus

**FACT:** Garlic is a healthy food that has other benefits but does not protect you against the Coronavirus.

**4. Statement:** Getting the pneumonia vaccine will protect you against the virus

**FACT:** While vaccines for Pneumonia will certainly protect you against pneumonia, it has not protective effect

**FACT:** Spraying with alcohol or sanitizer on clothes and body, or consuming alcohol will not prevent you from getting infection. Infection spreads when the virus enters the body through nose or mouth. Cleaning and wiping hands with alcohol is to prevent the germ from entering your system through infected hands when you touch your mouth or you eat food with infected hands.

**7. Statement:** Regularly rinsing the nose with saline will prevent the infection

**FACT:** Rinsing nose with saline has in few cases helped in containing common cold, but has no evidence to suggest it is effective against the Novel Coronavirus infection
The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

FACT:
Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.

World Health Organization  
#Coronavirus  #COVID19
To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

FACT: The new coronavirus CANNOT be transmitted through mosquito bites.

World Health Organization #Coronavirus #COVID19
Frequent or excessive alcohol consumption can increase your risk of health problems.

FACT:
Drinking alcohol does not protect you against covid-19 and can be dangerous.
No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

#Coronavirus
FACT CHECK: COVID-19 is NOT airborne

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or speaks. These droplets are too heavy to hang in the air. They quickly fall on floors or surfaces.

You can be infected by breathing in the virus if you are within 1 metre of a person who has COVID-19, or by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands.

To protect yourself, keep at least 1 metre distance from others and disinfect surfaces that are touched frequently. Regularly clean your hands thoroughly and avoid touching your eyes, mouth, and nose.

March 28 2020

#Coronavirus  #COVID19

This message spreading on social media is incorrect. Help stop misinformation. Verify the facts before sharing.
8 interesting facts everyone should know about the new Coronavirus disease (COVID-19).

www.youtube.com/watch?v=dfwdrpBuufg
Do’s & Don’ts
Protect yourselves:

- Wash your hands regularly with plenty of soap and water.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Don’t touch your eyes, mouth or nose with unclean hands.
- Keep your distance of at least 1 meter from anyone coughing or sneezing.

1. Identify one adult in the family for going out to shop for necessities.

2. Chance of exposure doubles if more than one from a family go outside. Keep a separate pair of footwear OUTSIDE your house for use.

3. Use the same shopping bag, wallet, keys etc when heading outside. Avoid mixing them with other similar items at home.
Protect your loved ones:

- Don’t sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.

- Don’t travel or visit crowded places if you’re sick.

- Wear a mask if you’re sick and also if you are taking care of someone with the symptoms.

1. Keep your home clean and regularly disinfect most-used doorknobs, handles, keys, digital devices— including and keyboard and phones.
2. Be sensitive and appreciate the healthcare professionals, delivery persons, shopkeepers etc.
3. Follow government advisors and take as many precautions as you can.
1. Maintain distance of 1 meter from people and avoid close physical contact when you are communicating.

2. Use a three-layered mask to cover your face. Make sure it is properly worn.

3. Avoid touching your face (eyes, nose, mouth) at all times. Frequently wash your hands with soap and water for 40 secs frequently, or use 70% alcohol based hand-rub.

4. Wash your hands with soap and water for 40 secs or use a 70% alcohol based hand-rub.

5. Avoid touching high touch points like door bells, door knobs, support rails and handles, hand rails etc.

1. Carefully remove your face mask and gloves using the correct method, avoid touching front of your mask at all time, untie lace from behind and do not let the mask hang low around your neck.

2. Dispose off used mask and gloves by throwing them in a covered dustbin. (See: MASK MANAGEMENT).

3. If you have carried your bag/register, wipe them down with the disinfectant solution.

4. Wash your hands with soap and water for 40 secs or 70% alcohol based hand-sanitizer before you touch anything else.

5. If you get any symptoms like cold, dry cough, fever, contact the nearest Government Facility or District Surveillance Officer immediately.
BIBLIOGRAPHY

1. https://www.mohfw.gov.in/
2. https://www.who.int/
4. https://www.mygov.in/covid-19/
6. https://www.who.int/health-topics/coronavirus#tab=tab_1
10. https://www.youtube.com/watch?v=a5qhtYR5uJk