



Digital Emergency Relief Program
DIGITAL EMPOWERMENT foundation



CROWDSOURCED COVID-19 RESOURCE KIT



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.**



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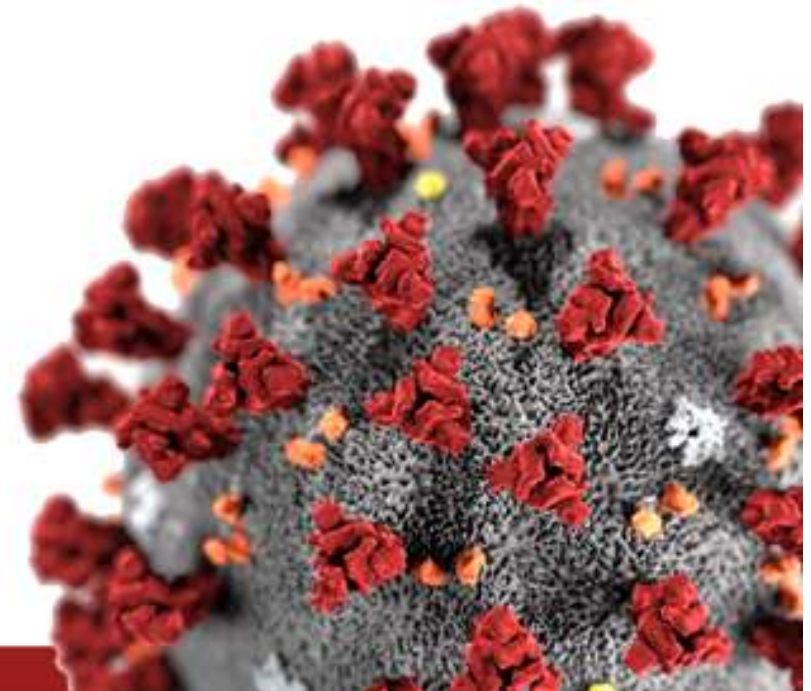
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ABOUT COVID-19

WHAT IS COVID-19?

Corona Virus (COVID-19) is an infectious disease caused by a newly discovered coron virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.



HOW DOES COVID-19 SPREAD?

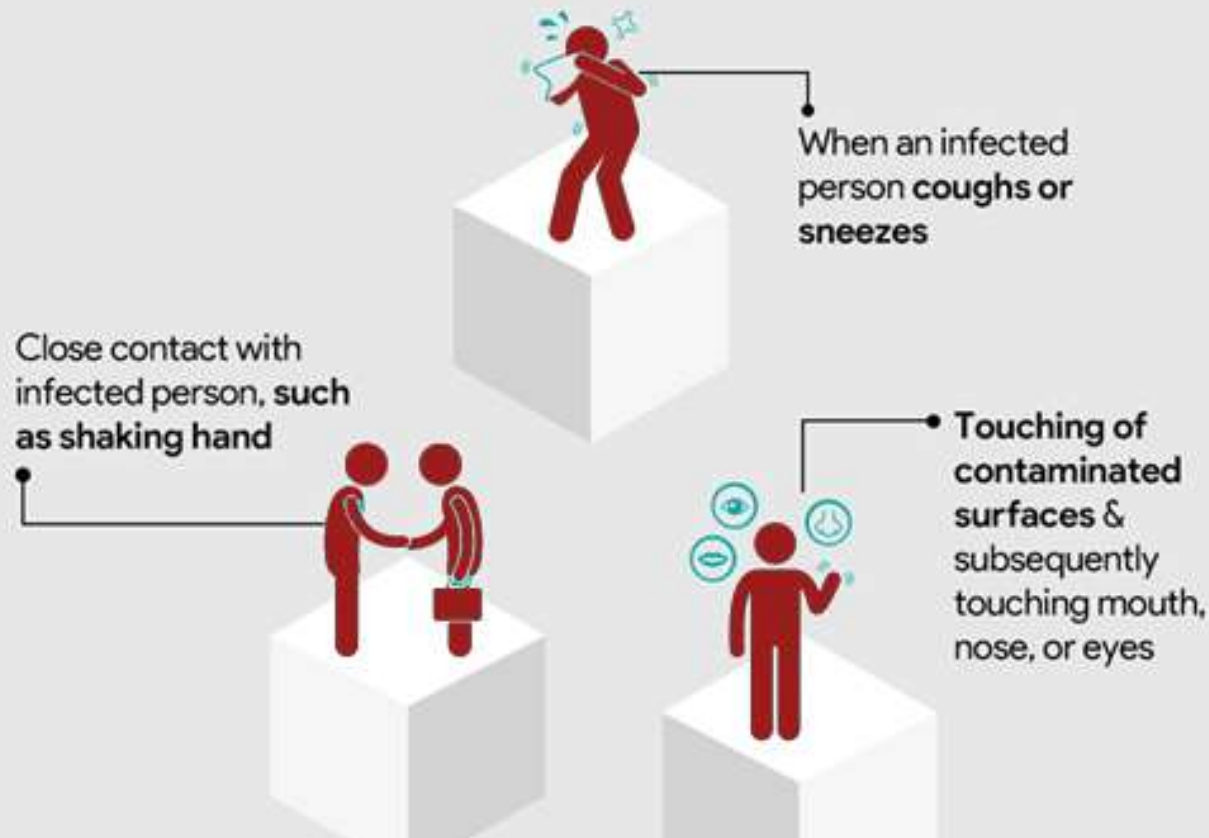


MINISTRY OF
HEALTH AND
FAMILY WELFARE
GOVERNMENT OF INDIA



Help us to
Help you

my
GOV
मेरी सरकार

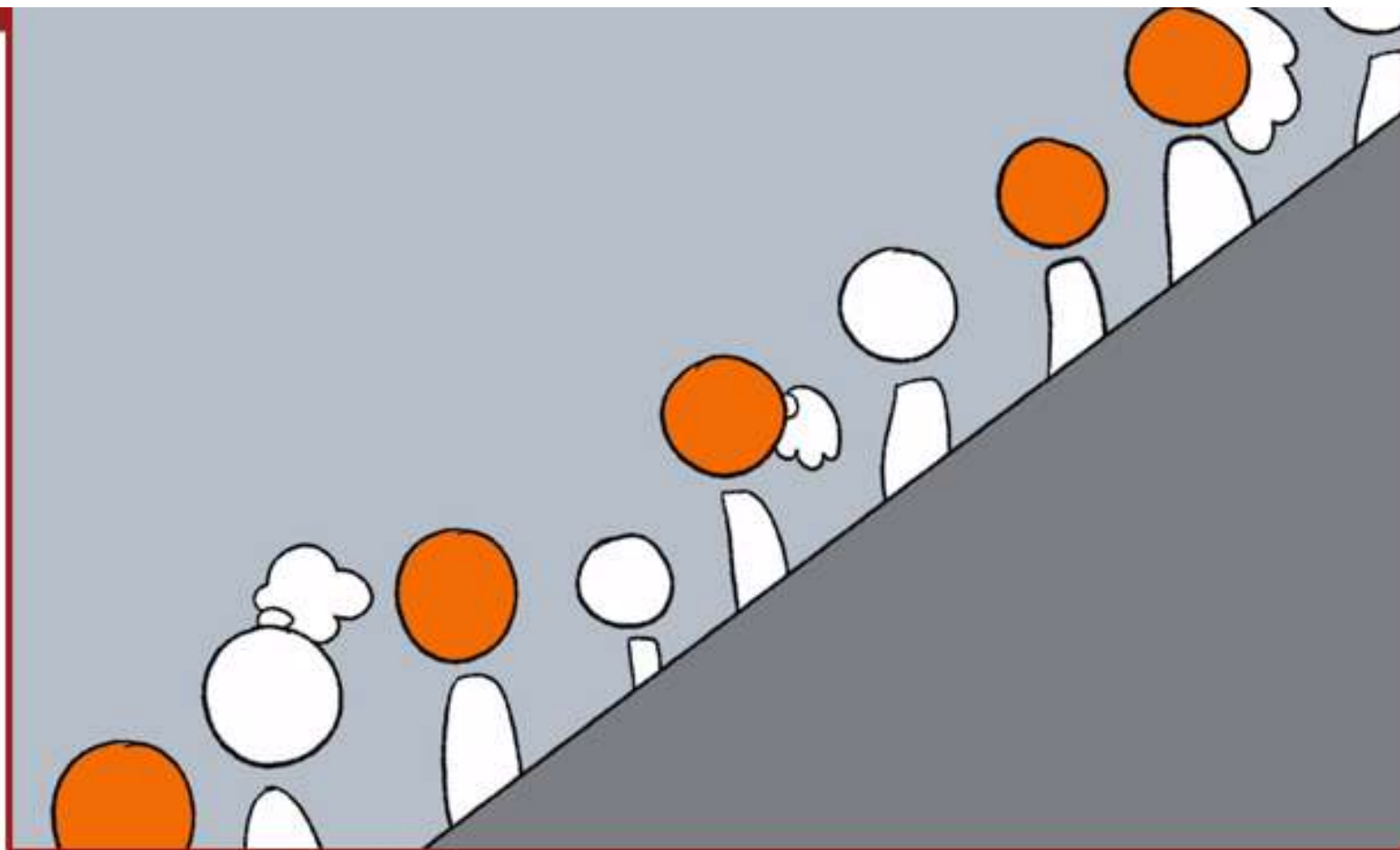


The **COVID-19** virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that one practice respiratory etiquettes (for example, by coughing into your flexed elbow).

HOW LONG DOES THE CORONA VIRUS SURVIVE ON SURFACES OR OBJECTS?



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:

ever
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.

FEVER



COUGH



SHORTNESS
OF BREATH



1

Anyone with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing),

AND



2

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

3

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

4

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

OR

5

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.

**ARE YOU
AT
RISK?**

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.

CORONA VIRUS

THERE'S ONLY **ONE** THING
YOU NEED TO UNDERSTAND
ABOUT CORONAVIRUS
SPREADS



THE VIRUS SPREADS WHEN SICK
PERSON'S DROPLETS GET INTO YOUR
EYES OR MOUTH.



SO WHEN YOU SEE SOMEONE
COUGHING OR SNEEZING



YOU CAN MAINTAIN A DISTANCE OF
2M-0.5M TO BE SAFE FROM THE
LARGE DROPLETS

OR

GIVE THEM A MASK IN WHICH THEY CAN
SNEEZE AND COUGH AND PROTECT OTHER
WHO ARE NEARBY



BUT SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS:



THEIR HANDS.



DOOR KNOBS.



PENS, MOUSE, DIGITAL DEVICES.



TISSUE,
CUPS,
STAIRS RAILING

WHILE THE VIRUSES LAST FOR JUST 48 HOURS BUT YOU CAN FALL SICK IF
YOU GET IN CONTACT, SO IT IS A GOOD IDEA TO WASH THEM OFF WITH SOAP.

5 GOOD PRECAUTIONS

1. WASH YOUR HANDS THOROUGHLY WITH
SOAP AND WATER FOR AT LEAST 20 SECONDS



2. AVOID COMING IN CONTACT WITH A
SICK PERSON OR SHARE ANY ITEMS
LIKE CUPS, PLATES, FOOD, TOWELS, ETC

3. USE A DISPOSABLE TISSUE OR MASK IF YOU
ARE COUGHING OR SNEEZING AND DISCARD
THEM IMMEDIATELY IN A DUSTBIN. DON'T
WEAR A MASK FOR MORE THAN A DAY.



4. AVOID TOUCHING YOUR EYES, EARS OR NOSE.
5. SEE A DOCTOR IF YOU ARE SICK.

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

STAYHOME

MAINTAINHYGINE

MASKS

QUARANTINE

USESANITIZERS

Please Take All the Government Advisories Seriously

USESANITIZERS

STAYHOME

MASKS

QUARANTINE

MAINTAINHYGINE

CORONAVIRUS

HOME QUARANTINE TIPS



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

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?

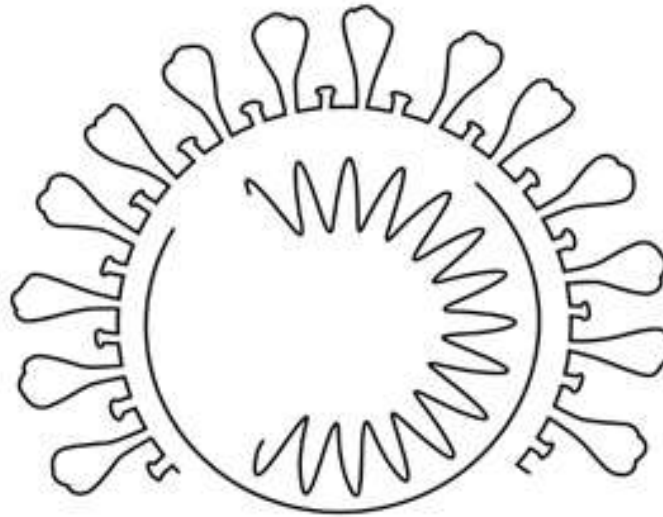


Coronavirus (COVID19) Symptoms and Treatment

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



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?

Mental Health



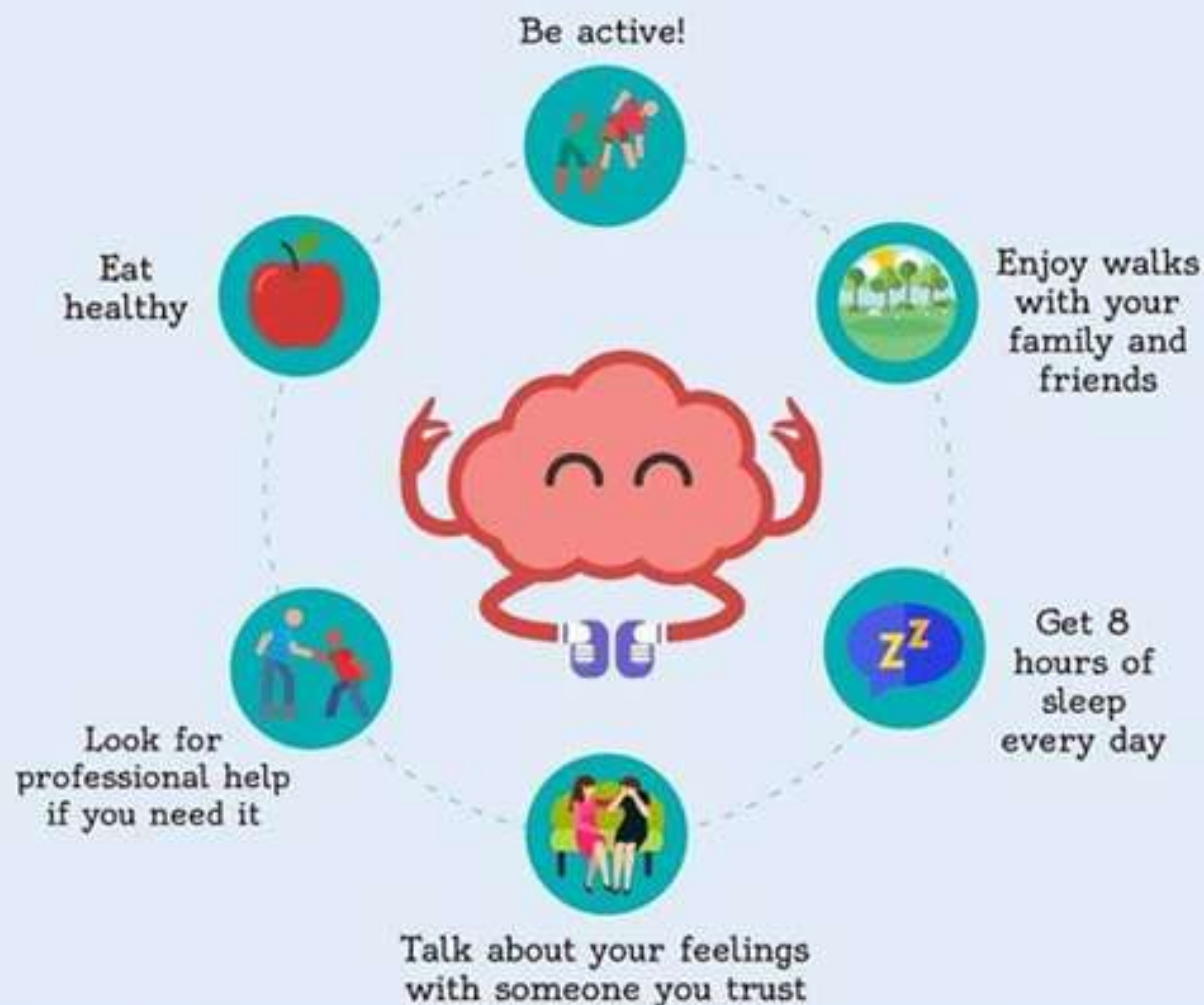
In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol 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 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.



Be active at home during #COVID19 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



here are 4

TIPS

to deal with
the stress

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=kL0MmIMII6A

LIST OF MENTAL HEALTH COUNSELLORS

LIST OF VOLUNTEERS FROM APSWP

SL NO	NAME	STATE	LANGUAGE	CONTACT NUMBER	PREFERED TIMING
1	Vikas Kumar	Jharkhand	Hindi	9931435024	11.00am – 02.00pm
2	Abhijeet Singh		Hindi	9835733008	08.30am - 05.30pm
3	Shahid Eqbal	Jharkhand/Bihar	Hindi, English	8294239864	09.00am – 07.00pm
4	Justin Raj PC	Jharkhand/Kerala	Hindi, English, Malayalam	7012122510	10.00am – 05.00pm
5	Swati Kumari	Bihar	Hindi, English, Magahi	7633921634	10.30am – 05.00pm
6	Raja Upadhyay	UP/Bihar	Hindi, English, Bhojpuri	7739391173	02.00pm – 09.00pm
7	Nirmala Kumari Ahirwar	UP	Hindi, English	7004457527	10.00am – 04.00pm
8	Kiran Panditi	Andhra Pradesh	Telugu	8106369992	11.00am – 09.00pm
9	Gayatri	Telengana	Kannada/Telugu, Hindi, English, Marathi	9739996335	02.00pm – 08.00pm
10	Anita Rego		English, Hindi, Kannada, Konkani, Telugu	9849882788	10.00am – 05.00pm
11	Indira Rani		Telugu, English	9849672378	11.00am – 03.00pm
12	Kanaka Latha Abbagani		Hindi, English, Telugu, Kannada	9848035962	
13	Supraja TA	Karnataka	Tamil, Kannada, English	9742208980	03.00pm – 08.00pm
14	Patricia Viego		English, Hindi, Konkani, Kannada, Malayalam, Tamil	8861770385	04.00pm – 10.00pm
15	Rajaram		Tamil, Kannada, English	9945556337	04.00pm – 07.00pm
16	Ophelia		English, Kannada, Konkani	9844545925	10.00am – 05.00pm
17	Rameela Shekhar		English, Tulu, Kannada	9980463719	10.00am – 01.00pm
18	Soumya Srikumar		Tamil, Kannada, English	8197210011	01.00pm – 04.00pm
19	Prakash Rajaram		English, Kannada	9845128801	04.00pm – 07.00pm
20	Sudhir Babu		English, Telugu, Kannada	9164302089	09.00am – 12.00pm
21	Sphoorthi G Prabhu		Kannada, English, Hindi, Konkani	9481752435	05.00pm – 08.00pm
22	Shalini Sharma		Kannada, Tulu, Hindi, English	9448000507	
23	Aravind Raj	Tamil Nadu/Karnataka	Tamil, Kannada, English	9901652974	09.00am – 09.00pm
24	Kalpna Sarathy	Tamil Nadu	Tamil, English, Hindi	8811093508	04.00pm – 06.00pm
25	Malathi Swaminathan		Tamil, Hindi, English, Kannada, Marathi	9962058252	01.00pm – 02.00pm
26	Sampaul	Pondicherry	Tamil, English, Hindi	9489229540	10.00am – 07.00pm
27	Jobin Tom	Kerala	Malayalam, English	9742169395	09.00am – 09.00pm

28	Kurian Jose		Malayalam, English, Hindi, Telugu	8547371926	08.00am – 10.00pm
29	Ragesh G		Malayalam, English, Kannada	9964494585	09.00am – 04.00pm
30	Shobana H	Kerala/Assam	Tamil, Malayalam, Kannada, Hindi, English	9435183606	10.00am – 01.00pm
31	Candice Menezes	Maharashtra	English, Hindi	9820233011	04.00pm – 08.00pm
32	Srilatha	Maharashtra	English, Hindi, Kannada, Telugu, Tamil	9987082510	02.00pm – 06.00pm
33	Griselda Nobbay	Goa	Konkani, English, Hindi, Kannada	9923802842	05.00pm – 07.00pm
34	Renjith R Pillai	Chandigarh/Kerala	Hindi, Malayalam, English	7087003435	09.00am – 05.00pm
35	Bhupendra Singh	Haryana	Hindi, English	7988661566	04.00pm – 08.00pm
36	Smitakhi Mahanta	Assam	Assamese, Hindi, English	9101534054	02.00pm – 05.00pm
37	Sabana Nasrin Islam		Assamese, Hindi, English	9401667977	03.00pm – 05.00pm
38	Rituporna Dhar		Assamese, Hindi, English, Bengali	8723934314	02.00pm – 04.00pm
39	Pomi Mahanta		English, Hindi, Assamese	9508773132	02.00pm – 06.00pm
40	Ankita Dutta		English, Hindi, Assamese	9508920119	02.00pm – 06.00pm
41	Mayurakkhi Goswami		Hindi, English, Assamese	8638730687	03.00pm – 06.00pm
42	Debashree Bora		Hindi, English, Assamese	9986378982	03.00pm – 06.00pm
43	Lavinia Lyngdoh	Meghalaya	English, Khasi	8837336155	01.00pm – 02.00pm
44	Mary Tariang		English, Khasi, Pnar	9663182198	07.00pm – 09.00pm
45	Marinella Humtsoe		English, Hindi, Assamese, Nagamese	9531069685	02.00pm – 05.00pm
46	Techi Mekap	Arunachal Pradesh	English, Hindi, Assamese, Nyshi	7261833764	11.00am – 08.00pm

Fact or Fake?



Help us to
help you



MYTH BUSTERS COVID-19



COVID-19 spread through
consumption of chicken, eggs
and meat



There is no conclusive
evidence that cooked food
transmits the disease

COVID-19 spread through
pets



The transmission of disease
has not been seen through
pets

Dead body of a person
infected with Corona Virus
transmit the infection



No transmission of Corona
Virus infection from the dead
body of the person

Vaccines are available for
treatment of COVID-19
infection



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?



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.



#2019nCoV

Are hand dryers effective in killing the new coronavirus?



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.

How effective are thermal scanners in detecting people infected with the new coronavirus?



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.

dawaai.^{PK}

Healthcare at your doorstep

Can eating garlic prevent infection with the coronavirus?

There is no science-based evidence that proves its ability to protect against the coronavirus.



dawaai.^{PK}

Healthcare at your doorstep

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

Are there any specific medicines to prevent or treat the new 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.

dawaai.^{PK}

Healthcare at your doorstep

dawaai.^{PK}

Healthcare at your doorstep

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.

FACT:
Cold weather and snow
CANNOT kill the new
coronavirus



#Coronavirus

#COVID19

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.

dawaai.^{PK}

Healthcare at your doorstep.

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.



dawaai.^{PK}

Healthcare at your doorstep.

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



FACTS AND MYTHS

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

against the Novel Coronavirus.

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

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

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

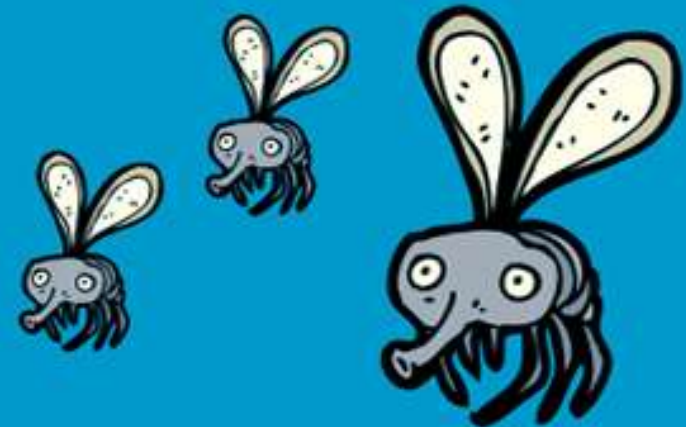
#Coronavirus #COVID19

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.

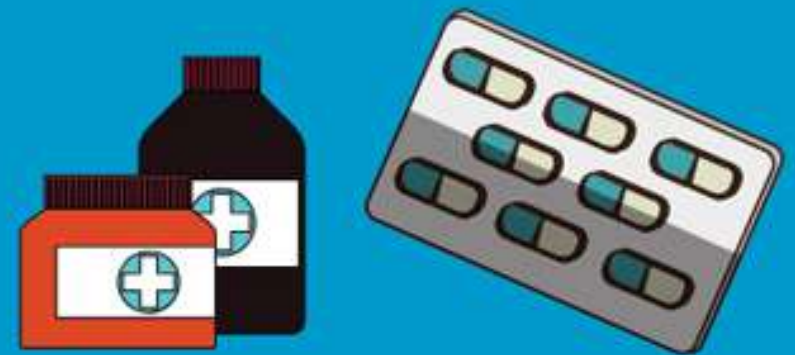
The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



#Coronavirus

Are antibiotics effective in preventing and treating the new 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.

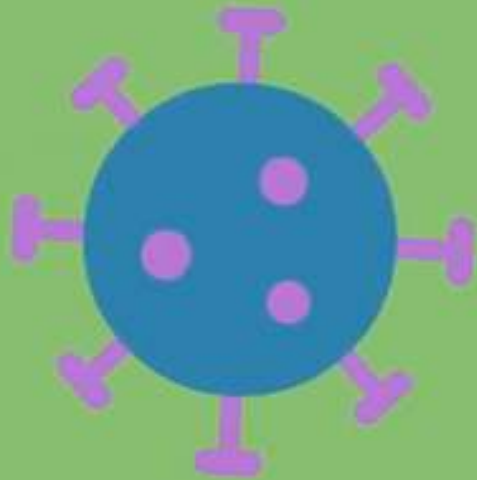


This message spreading on social media is incorrect. Help stop misinformation. Verify the facts before sharing.



March 28 2020

#Coronavirus #COVID19



8 facts about the new Coronavirus disease **COVID-19**

according to



World Health
Organization

© 2020

**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.



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Healthcare at your doorstep

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.

- 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.**

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.



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Healthcare at your doorstep

1

1. Maintain distance of 1 meter from people and avoid close physical contact when you are communicating



2

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



3

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

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



5

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.





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