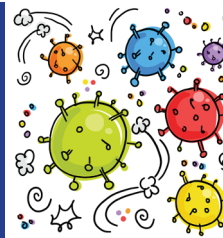


TACKLING COVID-19 in CCI's till December 2020



1 AWARENESS

- What is COVID-19

CORONA VIRUS: Respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

COVID-19: Infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

- **HOW TO IDENTIFY:**

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

- **Risk Factors- How it spreads**



- I. **PERSON TO PERSON:** People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
- II. **SURFACE/OBJECTS TO PERSONS:** These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.
- III. **BREATHING IN DROPLETS:** People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

2 FAQ

- **Prevent COVID-19:** The most effective ways to protect yourself and others against COVID-19 are as in the Preventive Steps listed here
- **ANTIBIOTICS:** Are antibiotics effective in preventing or treating the COVID-19?
 - i. No.
- **CURE:** Are there any medicines or therapies that can prevent or cure COVID-19
 - i. **As of date** - there is no evidence that current medicine can prevent or cure the disease.
- **VACCINE:** Is there a vaccine drug or treatment for COVID-19
 - i. **AS OF DATE** - Not yet.
- **ANY LINK TO SARS:** Is COVID-19 the same as SARS?
 - i. No.
- **WEARING MASK:** Should I wear mask to protect myself
 - i. YES - If you have symptoms like cold, cough, fever (INFLUENZA LIKE ILLNESS- ILI)
 - ii. Yes, Safety First! Wear the mask always (even if not sick) when you have to go to public places / gatherings – use your own home made masks to reduce the pressure on shortages faced by health professionals/patients ill.

PREVENTIVE STEPS

- **PREVENTION 1:**

- Stay Home unless absolutely essential to go out
- Temperature check once a day AM for all children/other residents in CCI
- Self-isolate and immediately call doctor if symptoms of Influenza Like Illness (ILI) noticed
- Discourage visitors unless essential and only after wearing a
 - Mask,
 - Hand Wash with soap water/alcohol based liquid and
 - Temperature check (not greater than 100.4 F)

- **PREVENTION 2:**

- Social distance at least 1 meter away when going out in public places / gatherings

- **PREVENTION 3:**

- Wear a Mask while going out in public.
- Ask others also to wear a Mask or do not interact with them from any distance

- **PREVENTION 4:**

- Regularly and thoroughly clean your hands and wash them with soap and water or an alcohol based hand rub
- Regularly and thoroughly clean commonly used items like Mobile, Laptop, switches, doors/knobs, cleaning devices
- Use cleaning devices/solutions like 1% sodium hypochlorite solution
 - Sodium hypochlorite – liquid bleach (3.5% chlorine) – 1 part bleach to 2.5 parts water
 - Sodium hypochlorite – liquid (5% chlorine) – 1 part bleach to 4 parts water
- Avoid touching eyes, nose and mouth
- Put Handwash Posters in the bathrooms and above sinks where children wash their hands as well as other locations like main entrance, etc.

- **PREVENTION 5:**

- Newly admitted children (O-A-S) to a CCI/SAA in quarantine separately for 14 days
- These children should be checked twice a day for temperature if in quarantine in CCI/SAA
- Children to be later moved with other children- Clearance procedure from doctor

- **PREVENTION 6:**

- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). Dial COVID-19 support help line 1075 (Toll Free) or 011-23978046 or email to: ncov2019@gov.in or ncov2019@gmail.com to check on this periodically.

4

Disinfection guidelines

COVID-19: Guidelines on disinfection of common public places including offices. Please refer to this link: <https://www.mohfw.gov.in/pdf/Guidelinesondisinfectionofcommonpublicplacesincludingoffices.pdf>

Guidance document on appropriate management of suspect/confirmed cases of COVID-19

<https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>

5

Child Protection Homes:

- i. Supreme Court directions on IN RE CONTAGION OF COVID 19 VIRUS IN CHILDREN PROTECTION HOMES (English & Kannada) – Details available in Govt website.

6

Ayush Immunity:

- i. Ayurveda's immunity boosting measures for self care during COVID 19 crisis

Source: <http://ayush.gov.in/event/ayurveda-immunity-boosting-measures-self-care-during-covid-19-crisis>

Refer [Appendix B](#) overleaf.

Appendix A

Non-contact infrared thermometers (NCITs)

Non-contact infrared thermometers (NCITs) can be used to measure temperature rapidly and non-invasively, potentially causing less distress to children than conventional methods. Like infrared tympanic thermometers, NCITs can provide temperature readings within seconds. Most NCITs measure temperature over the central forehead area, but temperature over other body surfaces may also be measured if the child's forehead is perspiring or if the child is moving. NCITs can also measure children's temperature while they are sleeping. Since the use of NCITs does not involve any body surface contact, the risk of cross-infection is negligible and neither disinfection nor disposable probe covers are needed.

Source: <http://ayush.gov.in/event/ayurveda-immunity-boosting-measures-self-care-during-covid-19-crisis>

Ayurveda's immunity boosting measures for self care during COVID 19 crisis

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

RECOMMENDED MEASURES

I General Measures

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

II Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsp) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

IV For children above 4 years : Simple Ayurvedic Procedures during dry cough / sore throat

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Lime water with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

III For adults : Simple Ayurvedic Procedures during dry cough / sore throat






1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.
3. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
4. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
5. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

These measures are recommended by eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections.

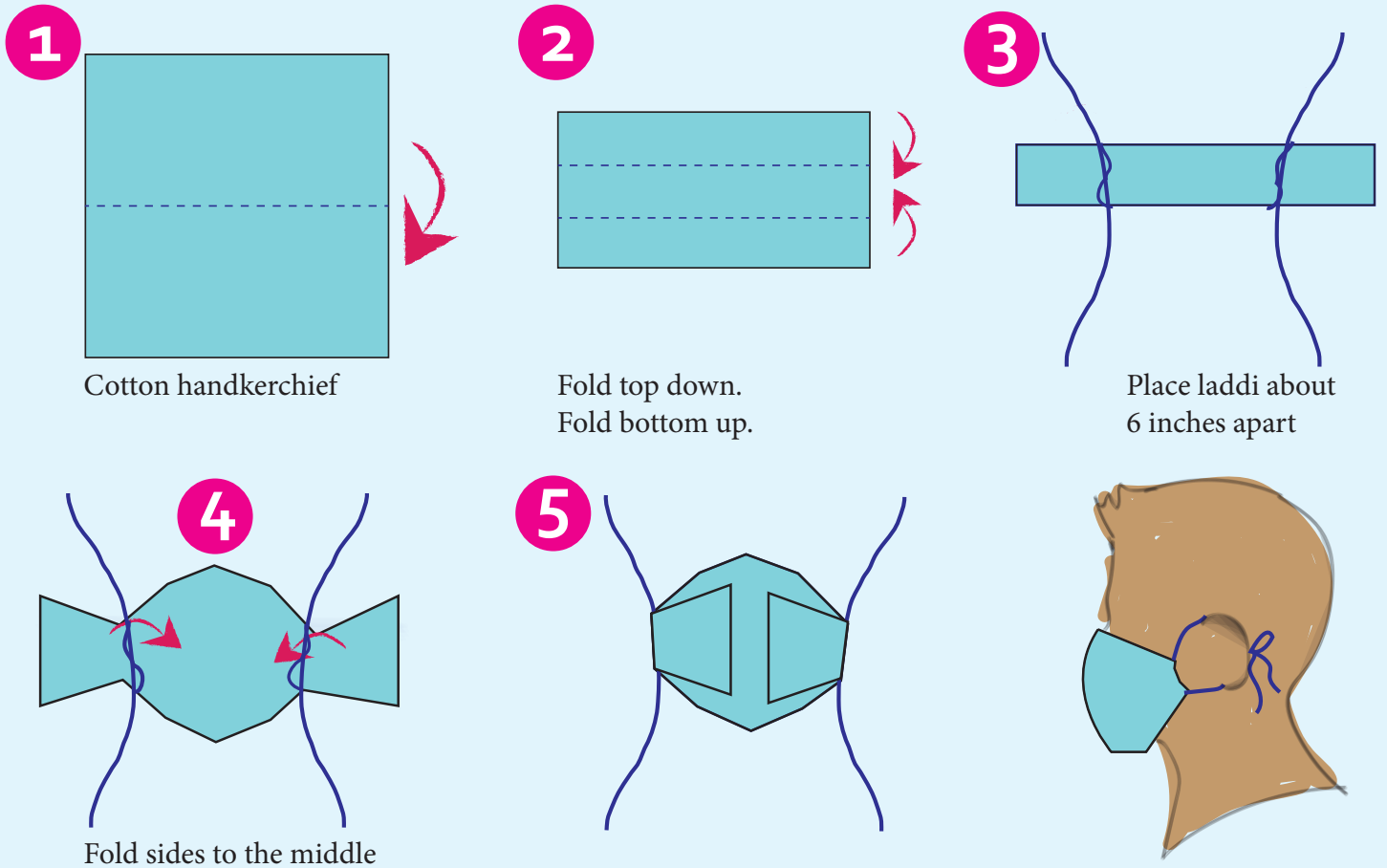
Disclaimer: The above advisory does not claim to be treatment for COVID 19.

Adapted from the Ministry of AYUSH

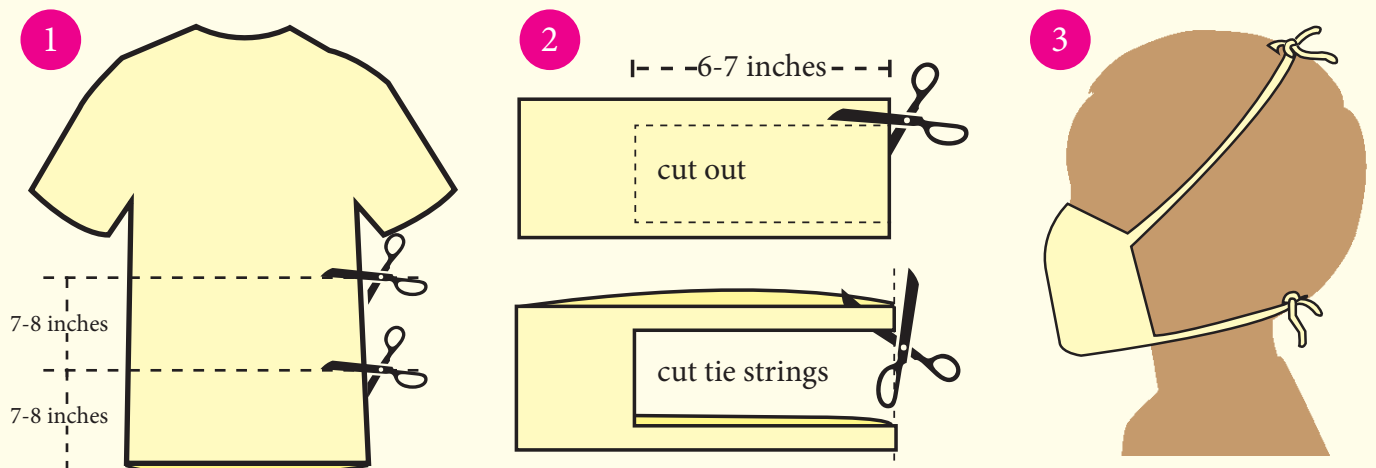
BIRDS EYE VIEW

WHAT?	WHO?	WHEN?	ACTION
<p>TEMPERATURE CHECK</p> 	<p>CHILDREN (SYMPTOMATIC - ILI)</p> <p>SOCIAL WORKERS</p> <p>SUPPORT STAFF</p> <p>HEALTH WORKERS</p> <p>VISITORS</p>	<p>AM INCOMING</p>	<p>Screening Questions Test and Ask if the person has ANY of the following symptoms (INFLUENZA LIKE ILLNESS- ILI) :</p> <ol style="list-style-type: none"> TEMPERATURE/FEVER of 100.4 F or above YES / NO COUGH YES / NO SHORTNESS of BREATH <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;"> YES NO </p> <p style="text-align: center;">↓</p> <p style="text-align: center;">DENY ENTRY ISOLATE CALL DOCTOR</p> </div>
<p>WEARING MASKS</p> 	<p>CHILDREN (SYMPTOMATIC - ILI)</p> <p>SOCIAL WORKERS</p> <p>SUPPORT STAFF</p> <p>HEALTH WORKERS</p> <p>VISITORS</p>	<p>ALWAYS</p>	<p>ENSURE MASKS SANITIZED / CLEANED AS ADVISED</p>
<p>HAND WASH</p> 	<p>CHILDREN</p> <p>SOCIAL WORKERS</p> <p>SUPPORT STAFF</p> <p>HEALTH WORKERS</p> <p>VISITORS</p>	<p>Children/Other Residents: BEFORE/AFTER EATING MEETINGS GROUP ACTIVITIES</p> <p>VISITORS: INCOMING OUTGOING</p>	<p>ENSURE SANITIZED / CLEANED AS ADVISED</p>
<p>DAILY MEDICAL CHECK UP BY SW/ VISITING DOCTOR</p> 	<p>CHILDREN</p> <p>SOCIAL WORKERS</p> <p>SUPPORT STAFF</p> <p>HEALTH WORKERS</p> <p>VISITORS</p>	<p>Children/Other Residents: SYMPTOMATIC (Influenza Like Illness - ILI)</p> <p>VISITORS: INCOMING OUTGOING</p>	<ol style="list-style-type: none"> CLUSTER SEPARATION WITHIN CCI IN DESIGNATED LOCATION DENY ENTRY / REF TO HOSPITAL DOCTOR FOR MEDICAL SUPPORT/TESTS
<p>AWARENESS TRAINING</p> 	<p>CHILDREN</p> <p>SOCIAL WORKERS</p> <p>SUPPORT STAFF</p> <p>HEALTH WORKERS</p> <p>VISITORS</p>	<p>Children/Other Residents: GROUP ACTIVITIES</p> <p>VISITORS: INCOMING OUTGOING</p>	<p>TRG MODULE PPT FOR REFERENCE</p>

Make a sew less mask with a Handkerchief



with a T-Shirt





HANDWASHING 101

Make sure to take **at least 20 seconds!**



GET THOSE HANDS **WET!**



USE ENOUGH **SOAP** TO TOTALLY COVER THEM.



RUB **PALM TO PALM!** LIKE A SUPERVILLAIN!



RUB **BACK OF HAND** AND **BETWEEN FINGERS.** SWITCH & REPEAT!



NOW **INTERLACE FINGERS** PALM TO PALM. **WIGGLE ABOUT!**



MAKE **TWO FISTS** AND **INTERLOCK FINGERS.**



GRIP AND TWIST! MAKE A **FIST** AROUND YOUR OPPOSITE HAND'S **THUMB** AND **WIGGLE IN A CIRCLE.** SWITCH & REPEAT.



PRETEND TO **PET A LITTLE FRIEND** IN ONE PALM IN A **CIRCLE,** BACKWARDS AND FORWARDS, WITH THE **FINGERS** OF YOUR OTHER HAND. SWITCH & REPEAT.



TIME TO **RINSE!**



USE **PAPER TOWEL** TO **DRY THOSE HANDS.**



TURN OFF THE **FAUCET** WITH THE **SAME PAPER TOWEL.**



YOU HAVE THE **CLEANEST HANDS** IN ALL THE **LAND!**