



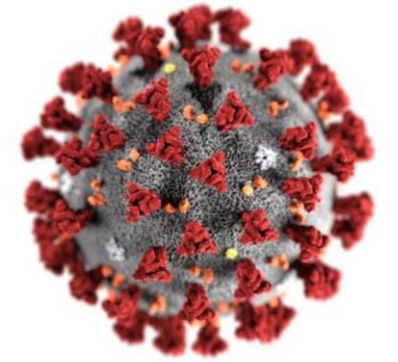
We and COVID-19

Health Centre

IIT Indore



What is a 'novel' coronavirus ?



- A novel coronavirus (CoV) is a new strain of coronavirus.
- The disease caused by the novel coronavirus was first identified in Wuhan, China, and has been named coronavirus disease 2019 (**COVID-19**) - 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'
- The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.



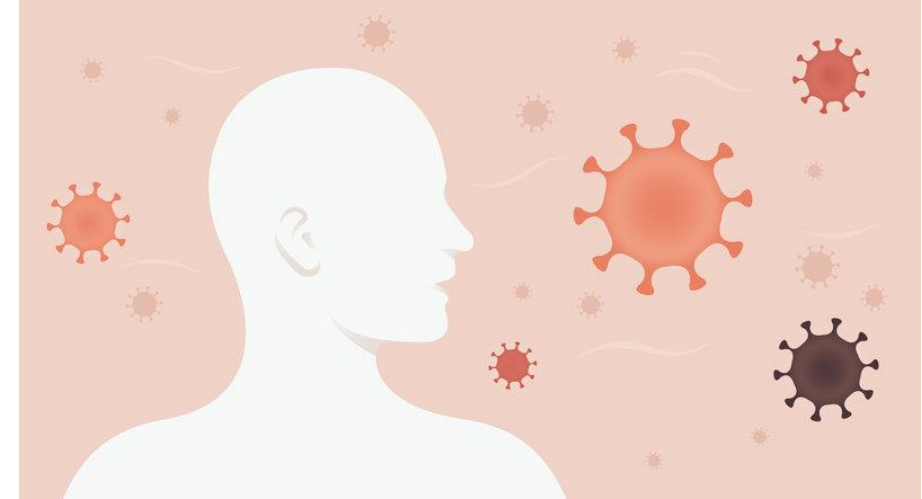
How does COVID-19 Spread ?

COVID-19 is thought to spread mainly through close contact from person-to-person.

Some people without symptoms may be able to spread the virus.

Person-to-person spread

- ❖ Between people who are in close contact with one another (within about 6 feet).
- ❖ Through droplets produced when an infected person coughs, sneezes, or talks.
These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- ❖ COVID-19 may spread by people who are not showing symptoms.





How does COVID-19 Spread ?

From touching surfaces or objects:

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.



From animals to people:

At this time, the risk of COVID-19 spreading from animals to people is considered to be low.



From people to animals:

It appears that the virus that causes COVID-19 can spread from people to animals in some situations.



How can You protect yourself and others from COVID-19?



Wash your hands frequently using soap and water or an alcohol-based hand rub



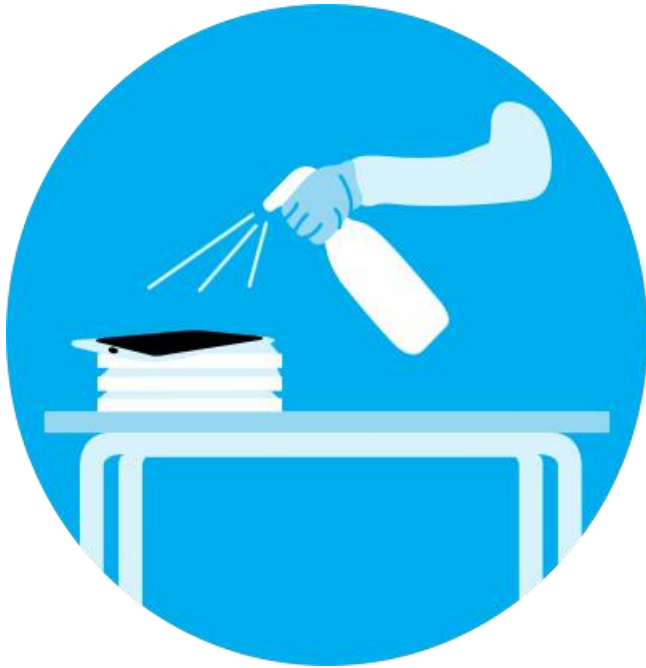
Cover mouth and nose with flexed elbow or tissue while coughing or sneezing. Dispose of used tissue immediately



Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately



How can You protect yourself and others from COVID-19?



Regularly clean and disinfect frequently touched surfaces like phones, doorknobs, light switches and countertops



Seek medical care early if you or your child has a fever, cough or difficulty breathing.

Face Covering Do's and Don'ts



DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers

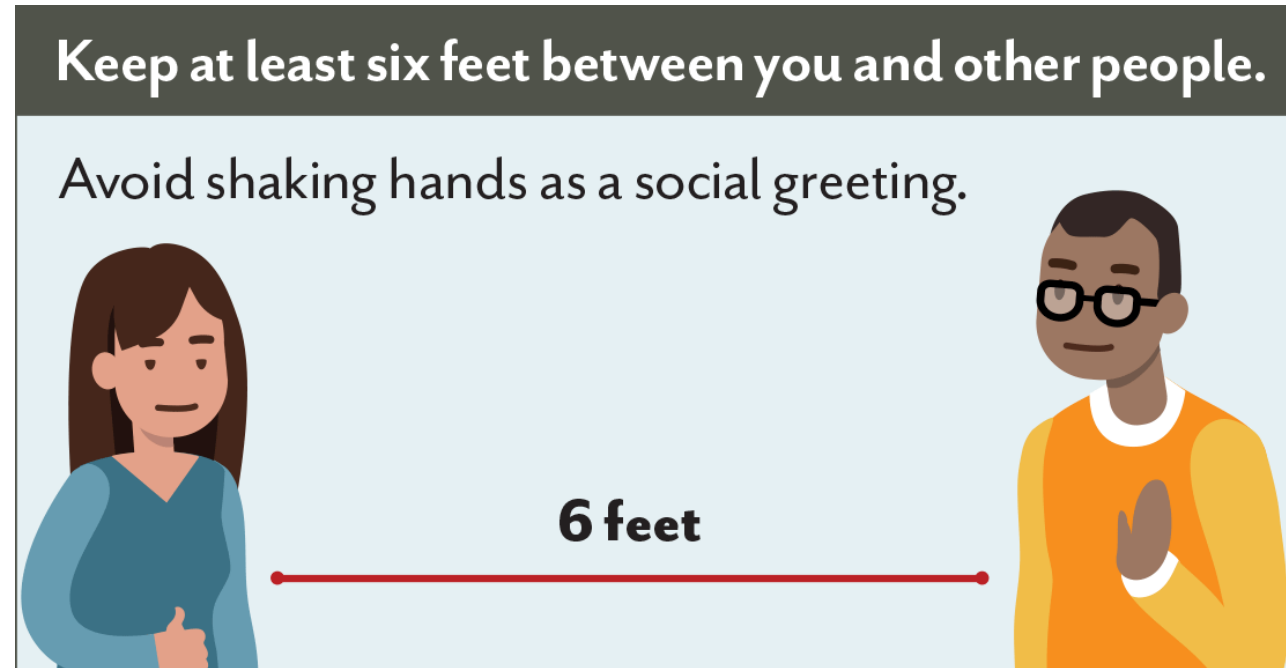


Social Distancing?

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home.

To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms' length) from other individual
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings





What to Do If You Are Sick

Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.



Monitor your symptoms

Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.

Trouble breathing is a more serious symptom that means you should get medical attention.

Follow care instructions from your healthcare provider and local health department.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19.

If someone is showing any of the below signs,
Contact Health Centre
07312438787/ 07312438700 – EXT- 987
or nearest health facility



Trouble in breathing
Inability to wake or stay awake

Persistent pain or pressure in the chest
Bluish lips or face

****This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.***



Symptoms

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms

- Fever.
- Dry cough.
- Tiredness.

Less common symptoms

- Aches and pains.
- Sore throat.
- Diarrhoea.
- Conjunctivitis.
- Headache.
- Loss of taste or smell.
- A rash on skin, or discolouration of fingers or toes.

Serious symptoms

- Difficulty breathing or shortness of breath.
- Chest pain or pressure.
- Loss of speech or movement.

Seek immediate medical attention if you have serious symptoms.
Always call before visiting your doctor at health Centre/ nearest health facility.



How are quarantine and isolation different?

Quarantine

Quarantine is used to keep someone who might have been *exposed* to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Isolation

Isolation is used to separate people infected with the virus (those who are *sick* with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).



Safe use of alcohol-based hand sanitizers

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.



- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- **Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.**
- **Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be dangerous.**

Remember that washing your hands with soap and water is more effective and removes dead germs and dirt as well



People at Higher Risk for Severe illness

Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- ❖ People 65 years and older
- ❖ People who live in a nursing home or long-term care facility
- ❖ People with chronic lung disease or moderate to severe asthma
- ❖ People who have serious heart conditions
- ❖ People who are immunocompromised
- ❖ People with severe obesity (body mass index [BMI] of 40 or higher)
- ❖ People with diabetes
- ❖ People with chronic kidney disease undergoing dialysis
- ❖ People with liver disease

HIGH RISK



People with Disabilities

- Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19.
- However, some people with disabilities might be at a higher risk of infection or severe illness because of their underlying medical conditions and their limitations e.g.
 - People who have limited mobility or who cannot avoid coming into close contact with others who may be infected, such as direct support providers and family members
 - People who have trouble understanding information or practicing preventive measures, such as hand washing and social distancing
 - People who may not be able to communicate symptoms of illness



If You Are Pregnant, Breastfeeding, or Caring for Young Children

We do know that pregnant people are at greater risk of getting sick from other respiratory viruses than people who

- **Sometimes, this causes adverse outcomes for the mother or baby.**
- **If you are pregnant, be mindful about reducing your risk of getting sick.**
- **You can also teach your children everyday steps (such as proper handwashing) to stay healthy**





If You Are Pregnant, Breastfeeding, or Caring for Young Children

- ❖ Stay at home or stay at least 6 feet away from people who do not live in your home.
- ❖ Wash your hands often (Before breastfeeding or expressing milk)
- ❖ Mother-to-child transmission of COVID-19 during pregnancy is unlikely. However, after birth, a newborn can be infected after being in close contact with an infected person, including the baby's mother or other caregivers.
- ❖ A small number of babies have tested positive for the virus shortly after birth, according to limited published reports. However, it is unknown if these babies got the virus before, during, or after birth.
- ❖ A small number of other problems, such as preterm birth, have been reported in babies born to mothers who tested positive for COVID-19 late in their pregnancy. However, we do not know if these problems were related to the virus.



Public Spitting - Strictly Prohibited

- Spitting in public places is strictly prohibited
- Ensure that everyone follows coughing and sneezing etiquettes





Wear Mask

Always wear mask when you step out of your home / room, preferably a homemade mask (unless advised otherwise by health professionals)

Always carry minimum 2-3 masks with you

How to wear a mask?



Before putting on a mask clean your hands with soap and water **or alcohol based sanitizer**



Cover mouth and nose with mask. Make sure there are no gaps between face and mask



Avoid touching mask while using it. If you do; clean your hands with soap and water or alcohol based sanitizer



Replace the mask with a new one as soon as it is damp.



To remove the mask; remove it from behind and do not touch the front of the mask. Wash your hands before putting new mask

If you are using disposable masks: discard it in a covered bin specially designated and labelled for masks in each department or section



Individually and collectively, as a team of IIT Community, we have to ensure that we are



These may appear simple words but these carry a **HUGE RESPONSIBILITY** and an **ENORMOUS CHALLENGE**. Implementing these surely means a change in our way-of life. Changes in how we walk, talk and even breathe. How we keep ourselves safe and also ensure the safety of other human beings will decide how soon we win this battle.



References

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<https://www.who.int/docs/default-source/coronaviruse/advice-for-workplace-clean-19-03-2020.pdf>

<https://www.mohfw.gov.in/pdf/Poster4GHFGA.pdf>

Thank
You!!

The image features the words "Thank You!!" in a stylized, bubbly font. The text is arranged in two lines: "Thank" on top and "You!!" below it. The letters are primarily yellow and orange, with some white letters (the 'h' in "Thank" and the 'o' in "You") that have a drop shadow. The background is a vibrant teal color, decorated with several starburst or sunburst patterns in a lighter shade of teal. The overall style is cheerful and celebratory.