



St. Edmund's College, Shillong

MSW 1st SEMESTER

E-PAMPHLETS
ON



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ABBREVIATIONS

- PHEIC : Public Health Emergency of International Concern.

- PHC : Primary Health Centre.

- CHC : Community Health Centres.

- GPS : Global Positioning System.

BRIEF INTRODUCTION ABOUT COVID-19

The outbreak of coronavirus diseases (COVID-19) has been declared a Public Health Emergency of International Concern (PHEIC) and the virus has now spread to many countries and territories. While a lot is still unknown about the virus that causes COVID-19, we do know that it is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). While COVID-19 continues to spread, it is important that communities take action to prevent further transmission, reduce the impacts of the outbreak and support control measures.

• What are the symptoms of COVID-19?

Symptoms can include fever, dry cough and shortness of breath, tiredness, less common symptoms, aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin or discoloration of fingers or toes.

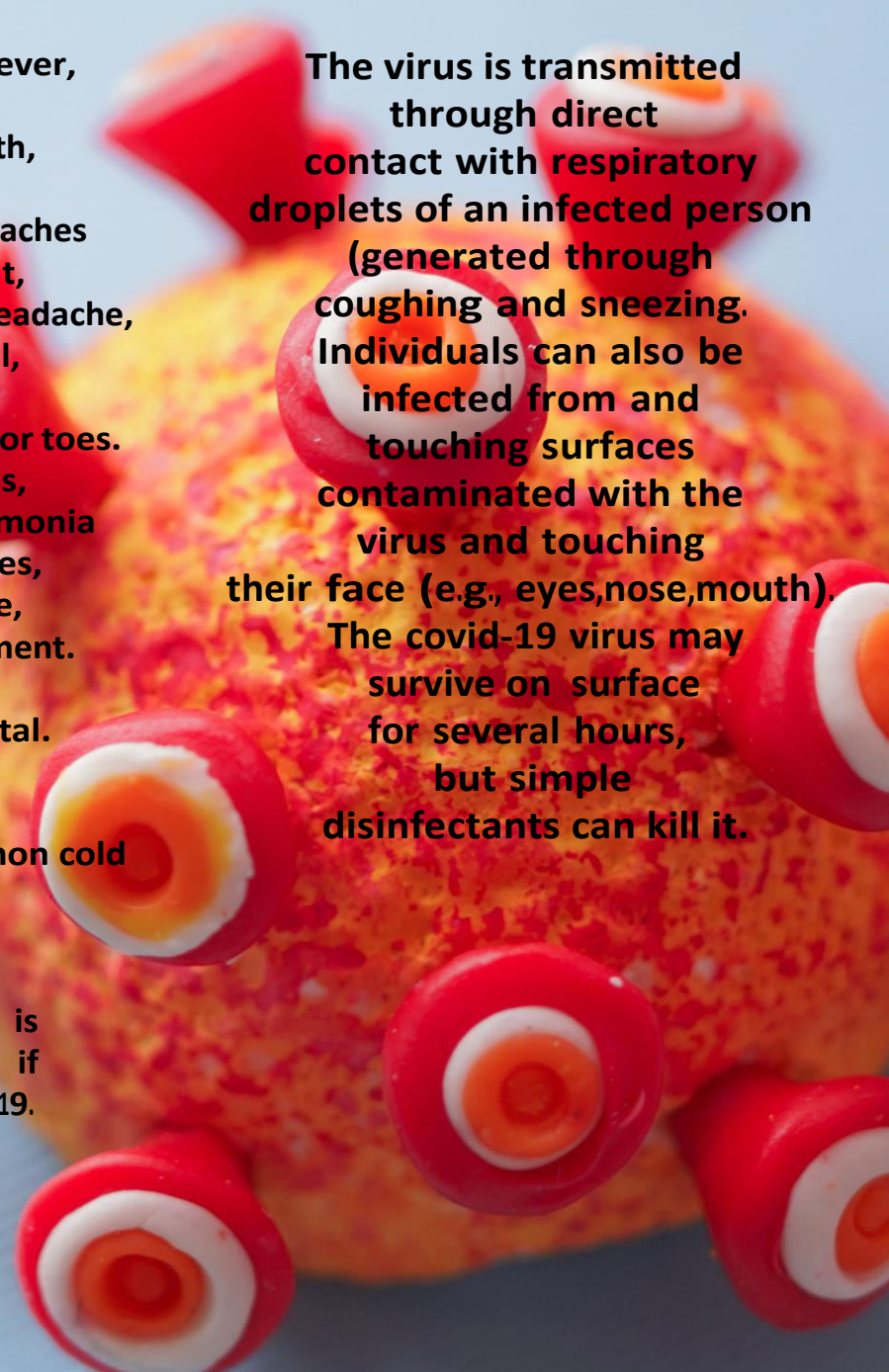
In more severe cases, infection can cause pneumonia or breathing difficulties, chest pain or pressure, loss of speech or movement. More rarely, the disease can be fatal.

The symptoms are similar to the flu (influenza) or the common cold which are a lot more common than COVID-19.

This is why testing is required to confirm if someone has COVID-19.

• How does COVID-19 spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surface for several hours, but simple disinfectants can kill it.



OBJECTIVES :

- To help lessen the spread of coronavirus.
- To be committed to the precautions and protect the health and vitality of our communities.
- To be aware and vigilant as the number of outbreak cases are increasing

Therefore,
to prevent
infection
from
spreading
the
following
Do' s
and
Dont ' s
must be
followed-

• Do's ✓✓

- ✓ Make sure to cover your mouth and nose while coughing and sneezing.



- ✓ Maintain physical distance of minimum 2 meters.



☑ Wash hands with soap and water frequently and thoroughly.



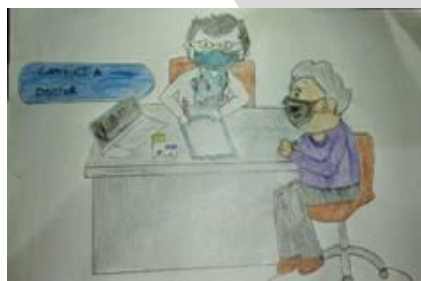
☑ Use tissues only once and dispose off in closed bins.



☑ Home exercising is important to keep the body strong and healthy.



☑ If any symptoms are seen, it is a must for a person to visit the medical centres



☑ Leave the middle seat free to keep distance.



☑ Maintain social distancing and remain at home as much as possible.



- **Don'ts** ✕

**Avoid crowded place
or mass gathering**



**Avoid physical contact
with outsiders.**

**Avoid unnecessary travelling
like sight-seeing,
family reunion etc.**

**Do not touch your
face again and
again**



**Avoid sharing personal
items with others.**

**Avoid going out except for
emergencies such as buying
food and medication.**

**Do not visit your
older relative or community
members as
they are the
highest risk groups.**

**Do not panic but don't
take this lightly either.**



- **About Aarogya Setu app**

Aarogya Setu is a full breakdown of how the app can trace COVID-19 positive people that meet in real life.

1. After app installation, users will need to permit Bluetooth and GPS access to the program.

2. With the Bluetooth functionality, this app will determine all nearby users of the Aarogya Setu software.

3. At the same time, GPS tagging at every 15 minutes will help the app determine where a user is visiting with precision.

4. These records are stored on your phone. However, if your self-assessment through this app shows a strong likelihood of COVID-19 infection, this data will be uploaded to a server for government inspection and use.

- Here is a step-by-step process to get started.

Step 1: Download this application.

Step 2: Run the app and allow location sharing and Bluetooth access.

Step 3: Users will receive an OTP on their registered phone number, which they must enter correctly to proceed.

Step 4: Select your gender.

Step 5: Enter personal details, such as name, age and profession.

Step 6: Enter all international travel details if you have stepped outside the country in the previous month.

Step 7: Start a 20-second assessment test to assess whether you show any markers of Covid-19.

Therefore, this app helps us to know the COVID-19 positive patients.

Myths about COVID-19

1. Only the person showing symptoms should wear a mask

Fact: No, everyone needs to wear a mask.

We need to wear a mask if we Have symptoms such as coughing or sneezing.

However, mask alone is not protective.

They should be used in contribution with frequent hand cleaning with soap and water, therefore if we wear a mask, then we must know how to use and dispose it properly.

2. Covid-19 can be transmitted from pets

Fact: There is no evidence that companion animals/pets such as dogs or cats are spreading disease to humans.



3. Antibiotics are effective in preventing and treating the corona virus

Fact: taking antibiotics will not prevent or treat covid19. Antibiotics do not work against viruses.



4. Consumption of alcohol can protect from covid-19 infection

Fact: drinking alcohol does not kill the virus.



5. Covid-19 affects older people and not younger

Fact: people of all ages can be infected by COVID-19



6. A person can be infected by eating eggs, chicken and meat

Fact: there is currently no evidence for COVID-19 transmission due to eating eggs, chicken and meat.

It is always important to follow good hygiene practices.



7. Eating garlic can help prevent infection with COVID-19

Fact: there is no evidence that eating garlic can protect from COVID-19



8. Parcels from China can spread the corona viruses

Fact: the virus cannot survive on letters or packages for extended periods. Although the virus can survive for a short period on some surface, it is unlikely to be spread from domestic or international mail, products or packaging.



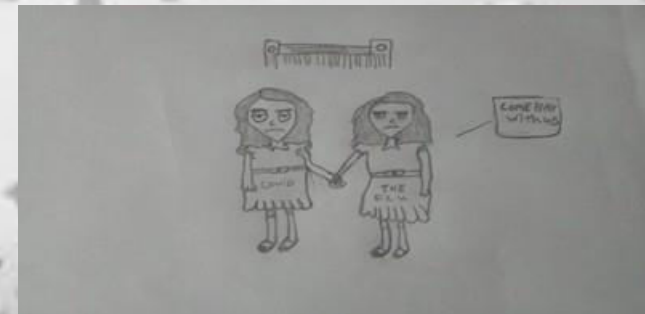
9. The outbreak began because people ate bat soup

Fact: there is no evidence that soup was involved.



10. COVID-19 is just like the flu

Fact: it is likely to be many times higher than that of the seasonal flu.



11. Everyone with COVID-19 dies

Fact: this is false because COVID-19 is fatal for a small percentage of people who develop the illness.



12. COVID-19 cannot survive in high temperature

Fact: COVID-19 can be transmitted in all areas with hot and humid climates



13. Corona virus is not the deadliest virus known to humans

Fact: it is the deadliest virus that people have faced.



14. Taking a hot bath can prevent COVID-19 infection

Fact: hot bath will not prevent from catching COVID-19. Our normal body temperature remains around 36.5 degree Celsius regardless of bath or shower temperature.



15. Covid-19 is a disease of influence

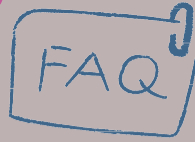
Fact: Anyone can be infected with COVID-19 irrespective of this social status.

Henceforth, with all these variety of myths sprung up around the novel Coronavirus and people become fearful and with fear came misinformation and rumours, we need to know the facts about COVID-19 how the virus is passed on and what we can do to stop it in order to protect oneself and the community.



FAQs

On COVID-19



1. What is COVID-19?

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

2. What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness and dry cough. Some patients may have aches and pains, moral congestion, running nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

3. How does COVID-19 spread?

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 person with COVID-19 cough or exhales.

4. Should we wear mask to protect ourselves?

No, if we are not ill or looking after someone who is ill with COVID-19 symptoms, then we are wasting a mask. Instead, we only wear a mask if we are ill or looking after someone who may have COVID-19.

5. Are there any effective ways to protect ourselves from COVID-19?

The most effective ways to protect ourselves from as well as to protect others against COVID-19 are to frequently clean our hands, wear mask and maintain a distance of at least 1 meter (3 feet) from one another.

6. Where can we register for COVID-19 vaccination?

We can login to the CO-WIN portal using the link www.cowin.gov.in and click on the 'register/sign in yourself' tab, to register for COVID-19 vaccination.

7. Is there a mobile app that needs to be installed to register for vaccination?

There is no authorized app for registering for vaccination in India except 'Aarogya setu'. We need to login to the CO-WIN portal. Alternatively, we can also register for vaccination through the 'Aarogya setu' app.

8. Which age group can register for vaccination on the CO-WIN portal?

All citizens age 18 years and above can register for vaccination.

9. Is it necessary to take 2nd dose of vaccination?

Yes, it is recommended that both doses of vaccine should be taken for realizing the full benefit of vaccination. Both doses must be of the same vaccine type.

10. Is vaccination free at all vaccination centres?

No, currently, vaccination is free at government hospitals and charged at INR 250 in private hospitals for citizens aged 45 years and above.

11. Why do we need a vaccination certificate?

Vaccination certificate is an evidence for the citizen to prove to any entities which may require proof of vaccination especially in case of travel. Vaccination not only protects individual from disease, but also reduces their risk of spreading the virus.

Therefore, there could be a requirement in future to produce certificate for certain kind of social interactions and international travel.

12. Where can we download vaccination certificate from?

We can download certificate from the CO-WIN portals (cowin.gov.in) or the Aarogya setu app or through by the Digi-locker following the simple steps. We may do so by using the mobile number used at the time of registration.

PRECAUTIONARY MEASURES AGAINST COVID-19

1. Avoid close contact with people who are sick. Maintain at least three feet distance between yourself and anyone who is coughing or sneezing.



2. Avoid touching your eyes, nose, and mouth.



3. Clean your phone at least once a day.



4. Cover your cough or sneeze with your bent elbow or a tissue, then dispose of the tissue safely.



5. Wash your hands often with soap and water, especially after going to the bathroom, eating, and after blowing your nose, coughing, or sneezing.



6. If soap and water are not readily available, use an alcohol-based hand sanitizer. Always wash hands with soap and water when hands are visibly dirty.

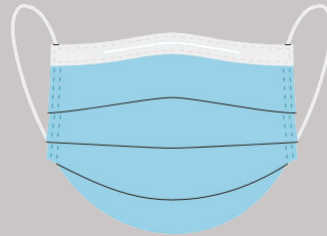


7. If you have fever, cough and difficulty in breathing, seek medical attention immediately.



8. Keep in mind the travel advisory set out by the Ministry of Health and Welfare.

9. Stay home when you are sick.



• **Clean and disinfect**

1. Clean high touch surfaces daily.
This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

2. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
Use a household disinfectant product.



• Monitor your Health daily



1. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

3. Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

2. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

• PREVENTIVE MEASURES

1. Wash your hands frequently and carefully.



2. Stop Shaking hands and hugging people for now.



3. Take physical social distancing seriously



5. Wash fresh Groceries.



7. Wear a mask at all times while going out.



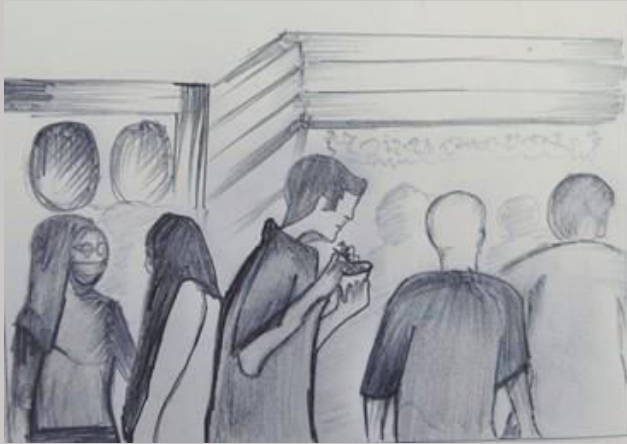
4. Do not gather in groups.



6. Do not share any personal items.



8. Avoid eating and drinking in public places.



10. Travel only if there is an emergency.



• Get Vaccinated



1. Authorized COVID-19 vaccines can help protect you from COVID-19.

2. You should get a COVID-19 vaccine when it is available to you.

09. Self- quarantine if infected.



• SELF-CARE TECHNIQUES IF CONTRACTED WITH THE VIRUS

1. Check that your temperature range should be 97°F to 99°F and your oxygen levels should be 95%.
2. Check for following signs and symptoms such as difficulty in breathing, fever at 100°F, persistent cough, loss of smell or taste, headache and loose motions.
3. Individuals should be tested immediately after being identified, and if negative, they should be tested again in 5-7 days after last exposure or if symptoms develop during quarantine.
4. Individuals should be tested immediately after being identified, and if negative, they should be tested again in 5-7 days after last exposure or if symptoms develop during quarantine.
5. Stay home from work, school and public places unless going for medical care.
6. Stay isolated until you have not had a fever for at least 72 hours and if other symptoms such as cough or shortness of breath have not improved.
7. Monitor your symptoms and stay in touch with your doctor if you feel worse. Call before you get medical care.



8. Stay isolated at home, away from family members and pets. Avoid shared space in your home as much as possible.

10. Avoid sharing dishes, drinking glasses, cups, eating utensils, towels or bedding with people in your home. Wash these items thoroughly after each use.



11. Clean and disinfect surfaces including sinks, refrigerator, toilets, shower, bath, etc., after being used.

12. Get plenty of rest, drink lots of fluids, keep warm, take a hot shower, eat healthy foods, wash your hands frequently with soap and water and use hand sanitizer.

9. Wear a facemask if you have to be around others to protect them from your cough and sneeze droplets.





**COVID-19 HELPLINE NUMBERS
TOLL FREE EMERGENCY NUMBERS**

Health- 108 (All medical emergencies)

**Police (Shillong)- 100
(All non-medical Emergencies)**

**State Emergency
operation centre -1070
(All kinds of emergencies
related to Covid-19)**

**CONTROL ROOM HELPLINE
NUMBER (COVID-19)
INTEGRATED DISEASE
SURVEILLANCE PROGRAMME**

**Helpline for persons under
Home Isolation and Quarantine :**

**STATE SURVEILLANCE UNIT-
9366090748**

EAST KHASI HILLS - 7085281316

**WEST KHASI HILLS &
SOUTH WEST
KHASI HILLS -9485395373**

**Report of Home Isolation
/Quarantine violation
in the respective districts :**

**WEST JIANTIA HILLS &
EAST JAINTIA HILLS-
6009693315/03655230605/
7628075990**

**WEST GARO HILLS &
SOUTH WEST GARO
HILLS - 9864939334**

RI-BHOI -8787520449

**Registration of medical
volunteers :**

**EAST GARO HILLS &
NORTH GARO HILLS -9485113132**

**SOUTH GARO
HILLS- 7085100406**

**Emergency no. of different
sub-centres :**

**East Khasi Hills
Phc Mawlaingut PHC -
+91 8837429904**

**West Khasi Hills
Riangdo PHC-
+91 9774449833.**

**West Khasi Hills
Shallang PhC -
+91 7972843609**

Help Line

**West Khasi Hills
Nonglang PHC-
+ 91 8837267413**

**West Khasi Hills
Mairang civil hospital
- 9436706852**

**South west khasi hills
Ranikor CHC
- 7436265337**

**Ri-Bhoi District
Nongpoh Civil Hospital
-9436110561**

**Jiantia Hills District
Khliehriat Civil Hospital
-9856019406**

**Garo Hills District
Williamnagar Civil
Hospital
-8414055904**

**Garo Hills District
Baghmara
-7085918868**

**Garo Hills District
Ampati -8837001912**

PSYCHIATRIST CONTACT NUMBERS

**East Khasi Hills
Dr. Paswett -7005504373**

**East Khasi Hills
Dr Raaj Konwar -9612117669**

**East Khasi hills
Dr Aeron -9485124785**

**Nongstoin Civil Hospital
-8787559808**

CONSULTANT EMERGENCY NUMBER.

Smt. I.Shadap -8974637257

**Smt Naphisabeth
- 9774915764**

**Smt Jane Rymbai
-9863472949**

**Smt Dorene Thabah
-8259950299**

**Smt Daina Roy Tongper
- 9612105355**

**Smt Vanessa Kharlukhi
- 8794969746**

**Smt Simchi Ch Marak
- 8787346956**

**Smt M.B.Marak
-9862422302**

**Smt Christy Najiar
- 8259950299**

**Smt Narbecca G. Momin
- 952109766**

**Shri Truman Basaiamoit
- 8794201588**

Help Line

HEALTH ADVISORY FROM THE
GOVERNMENT OF MEGHALAYA

As per the health advisory issued on the 27th May 2021 by the government of Meghalaya Health and Family department it has been reported that out of 340 deaths in the state so far, 60 were declared Brought Dead at the Hospitals.

A. The cause of deaths in the State is primarily due to the symptomatic cases that opted to stay home and delayed in seeking medical treatment.

1. The people in general and the patients in particular, need to be educated on the warning signs of the disease especially around the 8th day, to be counted after the first day of detecting the symptoms.

It is pertinent that everyone should be educated to clearly identify the note the first day of the onset of symptoms.

2. The warning signs around the 8th day can range from :-

- A. Sudden onset or increase of fatigue or weakness.
- B. Sudden worsening or recurrence of earlier symptoms.
- C. New symptoms not present earlier.

In such cases, it is advised that the patient should contact the consulting

Doctor or local Medical Officer immediately

as these could be due to the hyper

sensitivity or hyper inflammation

caused by the disease.

Immediate

step-up medical treatment is to be given without delay in such cases.

3. The patients and their care givers

need to be alert and mindful of the onset of the warning signs and seek prompt medical help.

With the administering of the required medications at the right time, the need for hospitalization and oxygen/ICU support will be drastically reduced.

Most importantly, it is expected to fairly cut down the fatality rates.

B. To ensure that the above is not overlooked and taken up as part of the COVID management Protocols, the following need to be disseminated immediately.

1. All the frontline workers on duty

at the field and those involved in house-to-house monitoring

are to be properly instructed on the matter. They are to educate the patients to check for warning

signs and the importance of seeking immediate Medical help

on development of the warning symptoms. It is to be noted that while majority of the cases might need only simple symptomatic

treatment during the initial viral phase of the first 7 days, the above-mentioned warning signs of

hyper-sensitivity can develop in some cases around the 8th day

of the onset of the virus.

This makes it a vulnerable period for the patient.

2. All the Private Practitioners should

be also advised to check for the warning signs within the time frame of COVID suspect patients and advice accordingly.

Kindly treat this as
TOP MOST PRIORITY.

References

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- <http://www.webmd.com/lung/news/20200228/preparing-for-coronavirus-dos-and-donts>.
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- https://m.timesofindia.com/life-style/health-fitness/health-news/covid-19-what-is-arogya-setu-app-and-how-does-it-work/amp_articleshow/75135623.cms#aoh=16214361286226&referrer=https%3A%2F%2Fwww.google.com&_tf=From%20%251%24s
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