LET’S UNDERSTAND COVID-19 and ways to keep ourselves safe.

Disclaimer:
The information in this presentation has been collated by South Asia Women Foundation India (SAWF IN) from the websites of Ministry of Health and Family Welfare (MoHFW), Government of India (GoI), Indian Council of Medical Research (ICMR) and Centres for Disease Control and Prevention (CDC), dated May 2021. The information is subjected to revision as per the guidance of MoHFW, GoI, ICMR and CDC.
COVID is the short form for Corona virus disease. It enters our body through the mouth and nose. This virus is invisible to the eye. It can attack our lungs and can become fatal very quickly.
Corona virus lives in our mucus and spit. When an infected person coughs or sneezes or talks without covering their mouth and nose, the coronavirus can be released in the air and can infect others.
When an infected person's mucus or spit falls on any kind of surface and another person touches the same surface, they too can get infected with coronavirus.
WHAT ARE THE SYMPTOMS OF COVID-19

- Difficulty Breathing and Chest Pain
- Cold and Cough
- Headache and Fever
- Vomiting and Diarrhoea
- Discolouration of Nails and Rashes

These symptoms are commonly seen in people with COVID-19. But sometimes the person may have COVID-19 infection but no symptoms.
When should you go for testing?

1. Difficulty Breathing and Chest Pain
2. Rashes and Discolouration of Nails

If you experience any of the COVID-19 symptoms, you should get tested.
When you come in contact with someone who shows COVID-19 symptoms, you should get tested.
WHAT SHOULD YOU DO IF YOU THINK YOU ARE INFECTED

1. Keep yourself isolated and continue to wear your mask at all times, even inside the house, until you get the test report.

2.

3.
IF YOU ARE COVID POSITIVE THEN

Periodically monitor your oxygen levels using an oximeter. If the level goes below 93 visit a hospital immediately.
If a person tests positive for COVID-19, the patient should stay isolated for 14 days in a well ventilated room at home or get admitted to the nearest COVID Care Centre/hospital.
If a person tests positive for COVID-19, the patient's food may be kept outside the room preferably in utensils that are washed and stored separately. Whenever you enter the patient's room be sure to keep your mask on.
Use a paper bag to keep dry cloth masks and a plastic one to store damp ones. Cloth masks should be washed with detergent before re-use. Surgical masks can be used only once. N95 masks should be dried separately for three days before re-use.
To halt the spread of COVID-19, follow a simple formula - SMS.
S: Sanitation, frequent washing of hands with soap for 20 seconds;
M: Masking ourselves;
S: Safe Distancing, maintaining a distance of minimum 6 feet between people.
Never go out without a mask. Either use a N95 mask without valve, or wear double masks by using a well fitted cotton mask over a surgical mask.
Vaccination is the MOST LONG TERM EFFECTIVE measure for protection from COVID. Get vaccinated after consulting your doctor/health care professional/ ASHA/ANM worker. Ensure you complete the recommended number of doses.
After taking the vaccine, you may feel unwell for a day or two, but the vaccine will help your body develop antibodies to fight COVID-19.