Behaviour Change Management APP NHM, *Meghalaya*
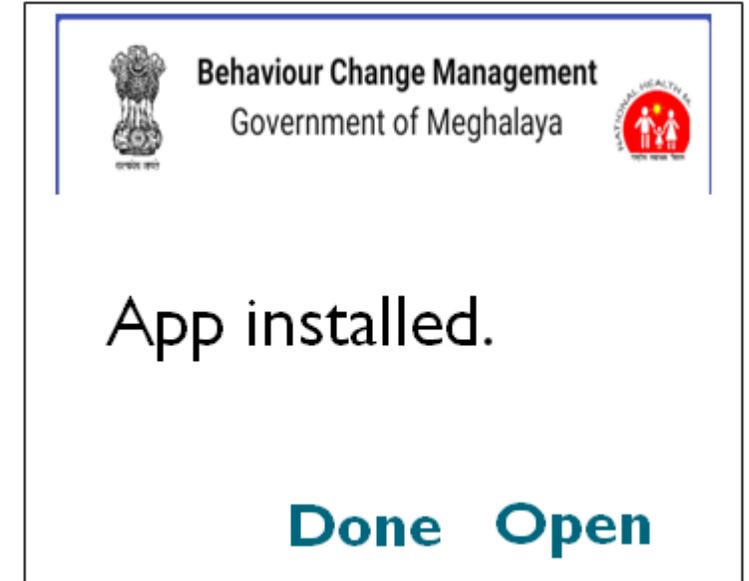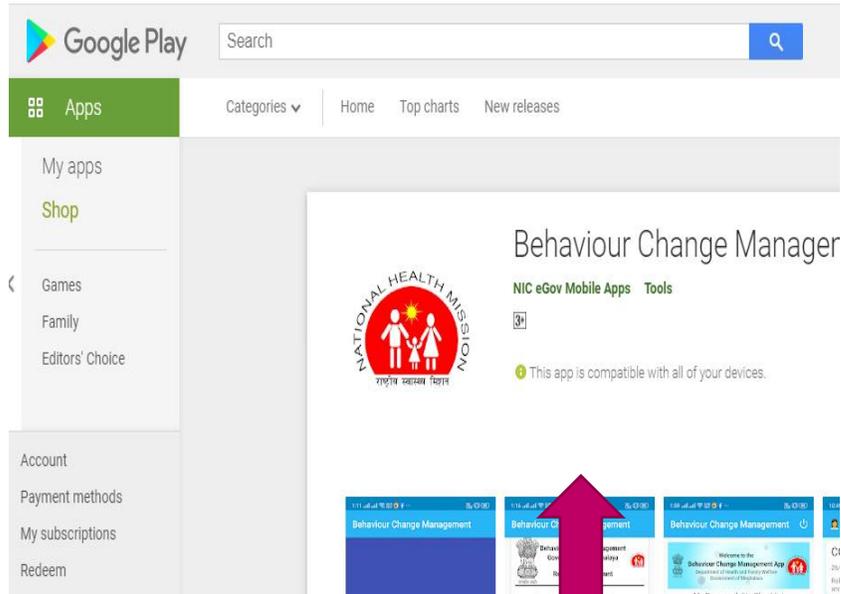
User Manual

App is available in Google Play Store
Search: "Behaviour Change Management"
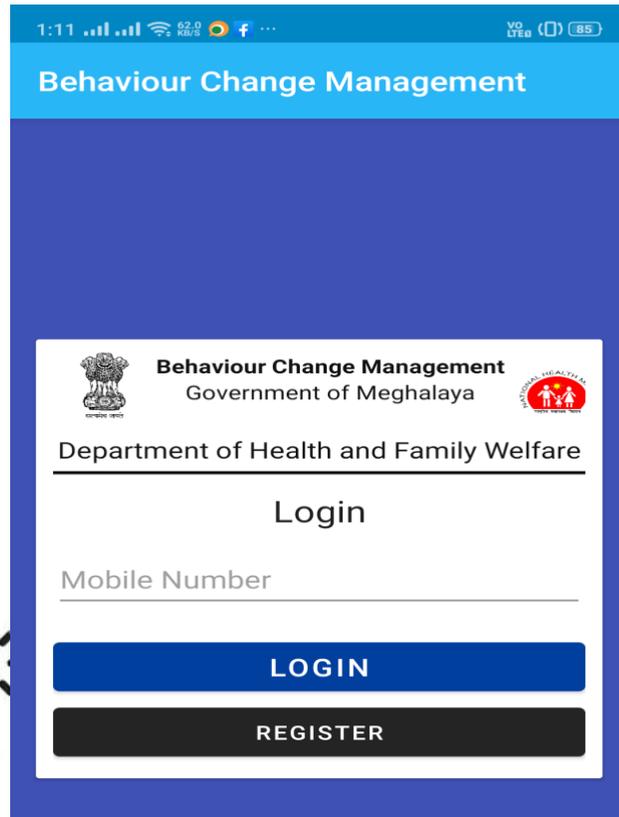
Installation Steps…

Download app using the link

Click on "install"

Click on "Open"

App Registration and Login

Click on login or If you don't have existing account, Then click on Register

Fill up details then click on Register

Once you have registered, click on login again

Select the language: English/Khasi or Garo

Continued…….

Once a the language is selected, several categories of modules/ contents are shown corresponding to that language. **Select any category e.g. "Health Workers"**
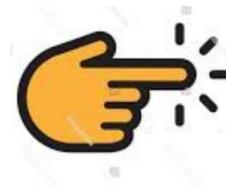
Continued.......

Select by putting you finger on the topic to view the training material in-app.

Click on this icon to download the training material so that you can view the same offline.

Continued…

This is a sample training material which is viewed in-app.

Continued…

As a key member of the primary health care team, we want you and your family to be safe. Following the advice in this document will help you in staying safe.

What is COVID-19?

COVID-19 is a disease caused by the "novel corona virus". **Common symptoms** are:

Fever
Dry cough
Breathing difficulty

Some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea

About 80% of confirmed cases recover from the disease without any serious complications. However, one out of every six people who gets COVID-19 can become seriously ill* and develop difficulty in breathing. In more severe cases, infection can cause severe pneumonia and other complications which can be treated only at higher level facilities (District Hospitals and above). In a few cases it may even cause death.

* Source: WHO

How does COVID-19 spread?

COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- **Direct close contact:** one can get the infection by being in close contact with COVID-19 patients (within one Metre of the infected person), especially if they do not cover their face when coughing or sneezing.

- **Indirect contact:** the droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.

The incubation period of COVID 19 (time between getting the infection and showing symptoms) is 1 to 14 days

Some people with the infection, but without any serious symptoms can also spread the disease.

Which group of people are at higher risk of getting infected?

People who have travelled to other countries in last 14 days and their family members.
People coming from other states if they have been working with people who travelled to other countries in last 14 days.
Family members and contacts of patients confirmed to have COV...
People older than 60 years of age and people with medical prob... blood pressure, heart problems, respiratory disease/asthma, ... diabetes are at higher risk for developing serious complications..

Click on this Plus (+) sign icon to provide feedback and self-monitoring checklist.

Continued…

Select this icon to provide feedback on the selected training material.
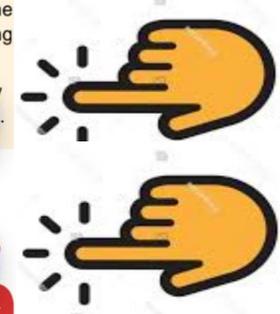
Select this icon to submit the self-monitoring checklist for the day.

My Responsibility Checklist

Fill up the response

Click on submit

Screen 1 — Checklist:
My Responsibility Checklist
Please complete the checklist for today

Where were you today?
◉ HOME ◯ WORK ◯ HOME and WORK

Maintaining Personal Hygiene
Q. Did I wash/ sanitize my hands regularly and before eating, after going to washroom, wearing masks, after coughing/ sneezing?
◯ Yes
◯ No

Maintaining Personal Hygiene
Q. Did I wash my hands even if there was no visible dirt, and for at least 20 seconds each time today?
◯ Yes
◯ No

Maintaining Personal Hygiene
Q. Did I avoid touching my eyes nose and mouth without washing my hands today?

Screen 2 — Checklist:
Maintaining Respiratory Etiquette
Q. Did I cover my mouth with a handkerchief or tissue paper or the inside of my elbow while coughing or sneezing today?
◉ Yes
◯ No

Maintaining Respiratory Etiquette
Q. Did I throw the masks/ tissues in a proper manner using a closed bin today?
◉ Yes
◯ No

Other related questions
Q. Did I keep a record or note of the places I have visited and the people whom I have met today?
◉ Yes
◯ No

SUBMIT

Transforming Comprehensive Healthcare in India

Feeback by Health Worker

Fill up the response

Feedback

Enter Your Feedback

Full Name*

Pynbiang Hadem

Designation*

Place of Posting*

Training Attended*

COVID-19

Q. Where was the training held?
- ⦿ Community hall
- ○ VHND session
- ○ Individual home
- ○ Others

Q.2. Did the villagers know about the virus?
- ○ Yes

Feedback

practices (hand washing, social distancing, respiratory etiquette, wearing a mask)?
- ○ Yes
- ○ No

Q.6. Do they know whom to contact in case they develop COVID 19 symptoms or do they have the district helpline numbers?
- ○ Yes
- ○ No

Q.7. Did they understand about the need for Behavior change?
- ○ Yes
- ○ No

Any Remarks

SUBMIT FEEDBACK

Click on submit

Feedback by Citizen

Fill up the response

Click on submit

Feedback

Training Attended*

COVID-19

Q.1. Whether the training materials are relevant ?
- ◯ Yes
- ◯ No

Q.2. Have you understood the content provided in the material ?
- ◯ Yes
- ◯ No

Q.3. Whether more training material is required apart from the material provided on this subject ?
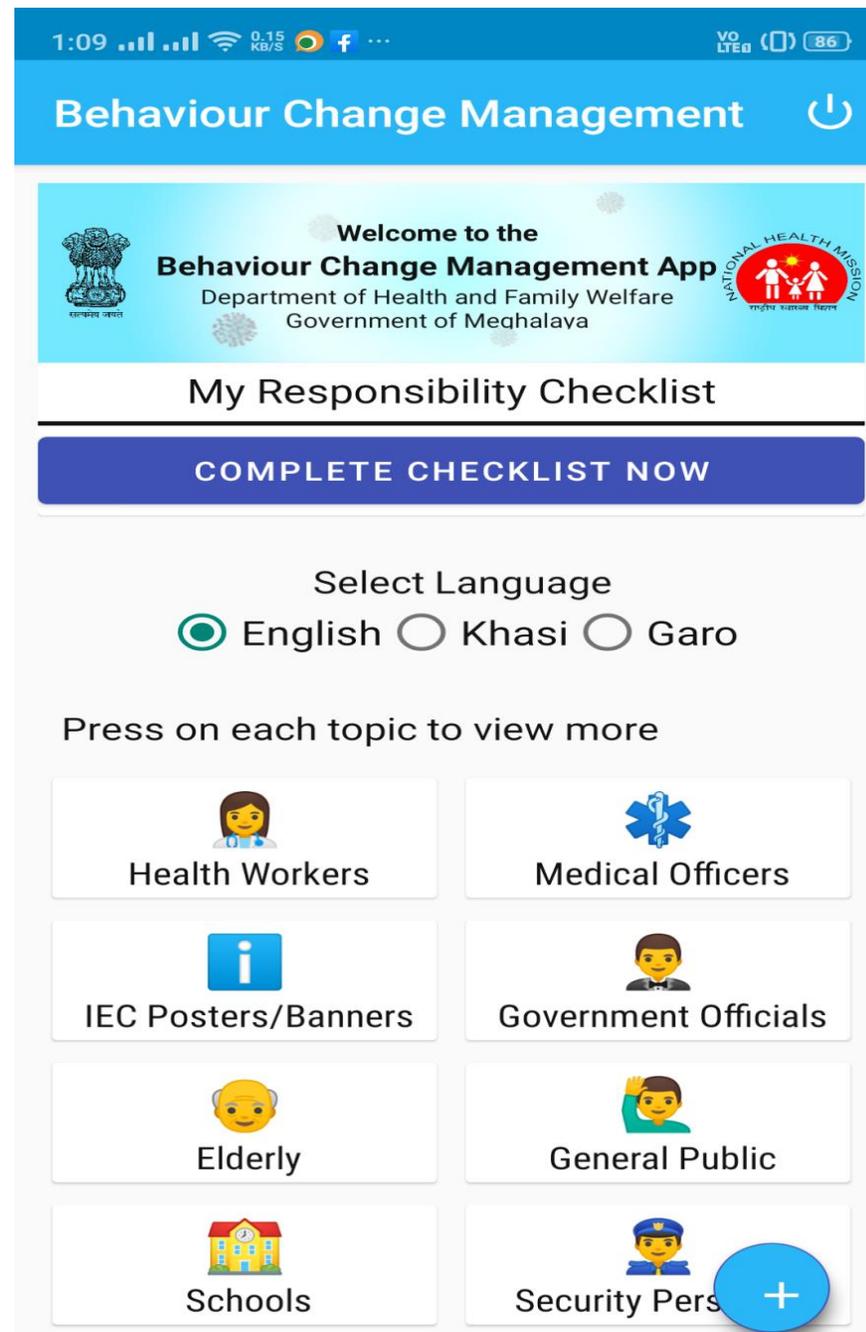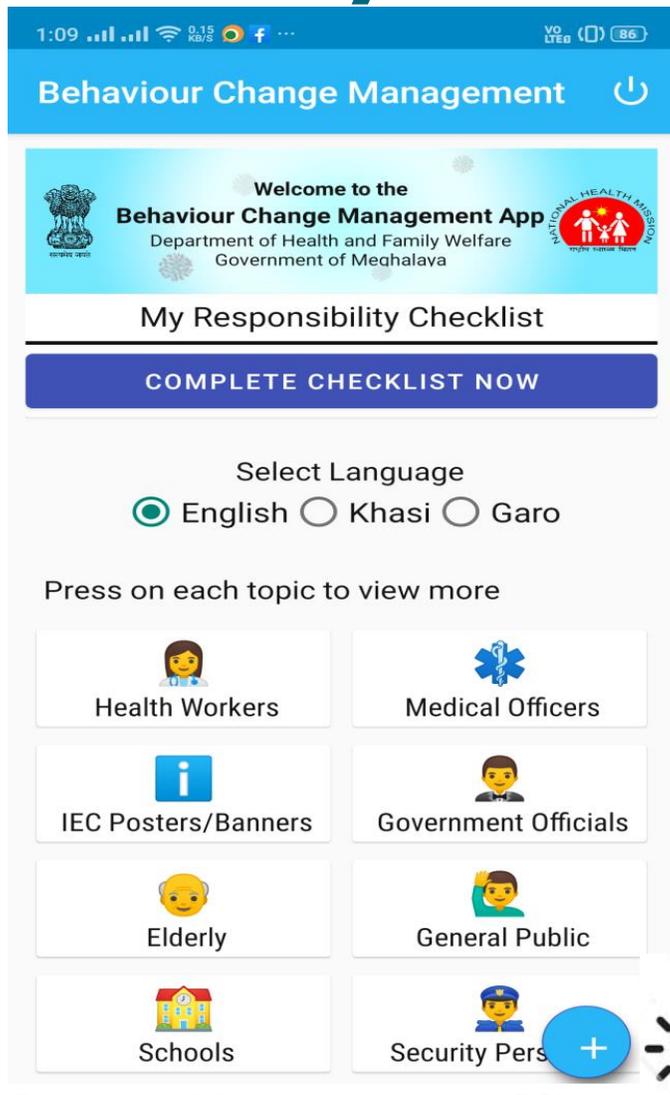- ◯ Yes
- ◯ No

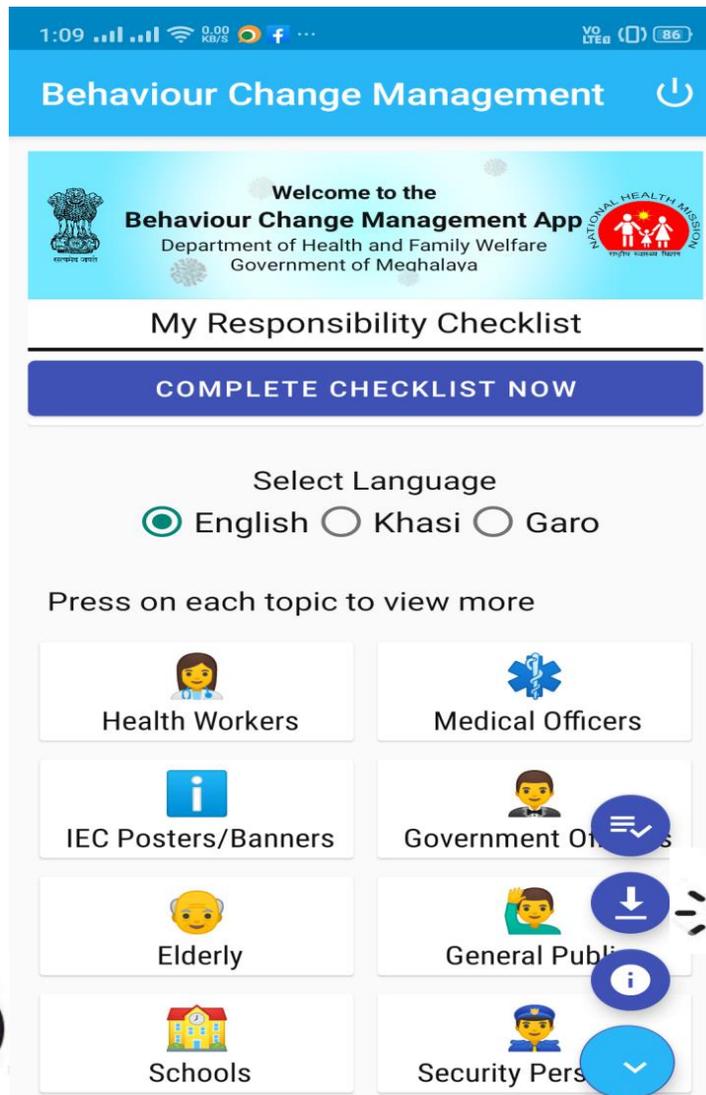**SUBMIT FEEDBACK**

My Responsibility Checklist

You may re-take the "**My Responsibility Checklist**" again for the day if required.
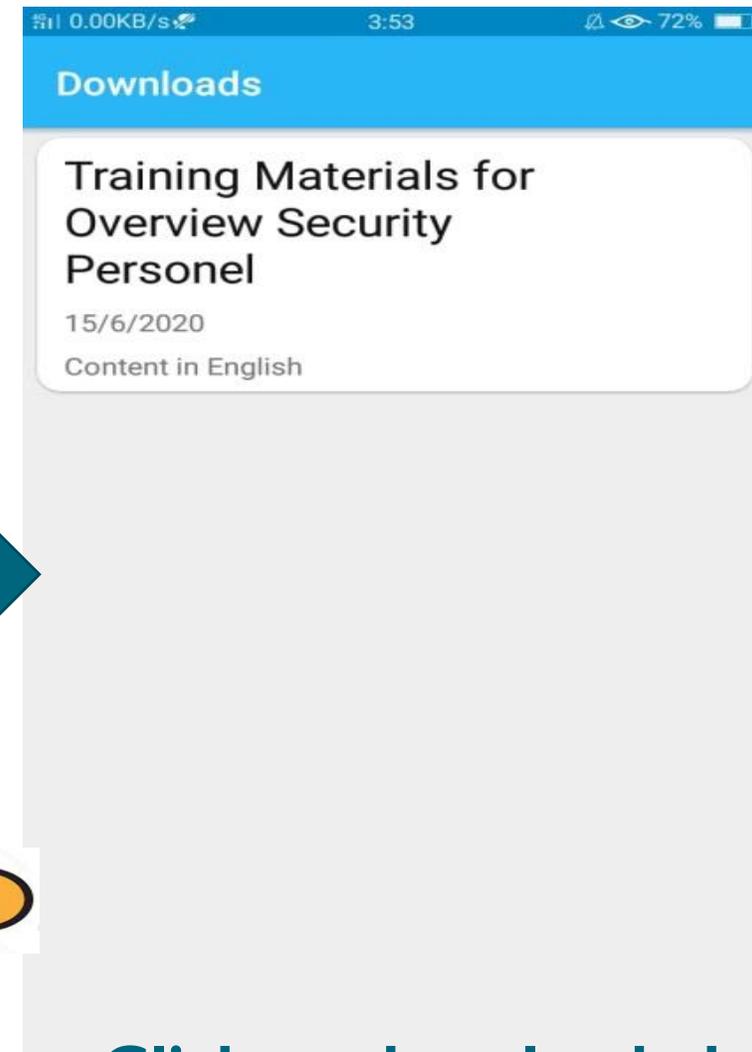
View your content offline

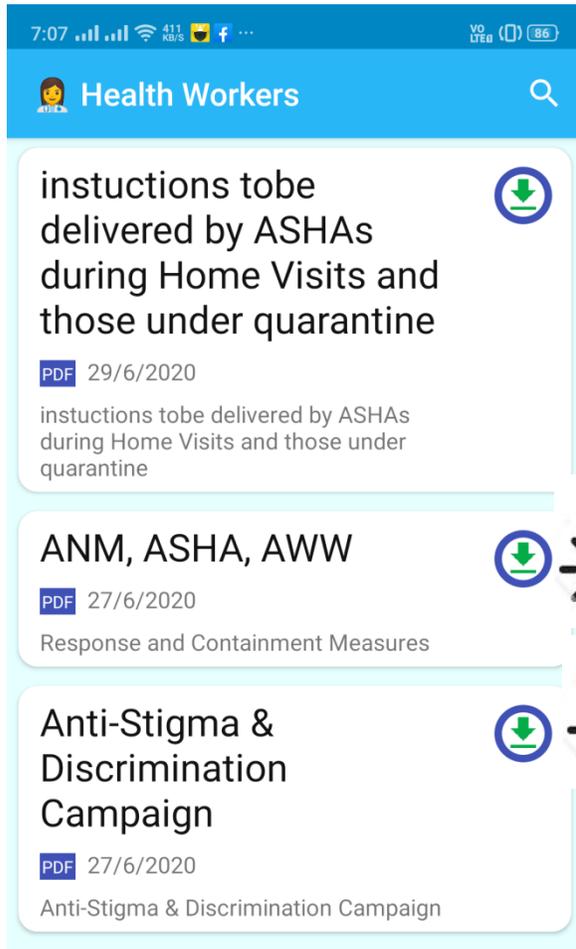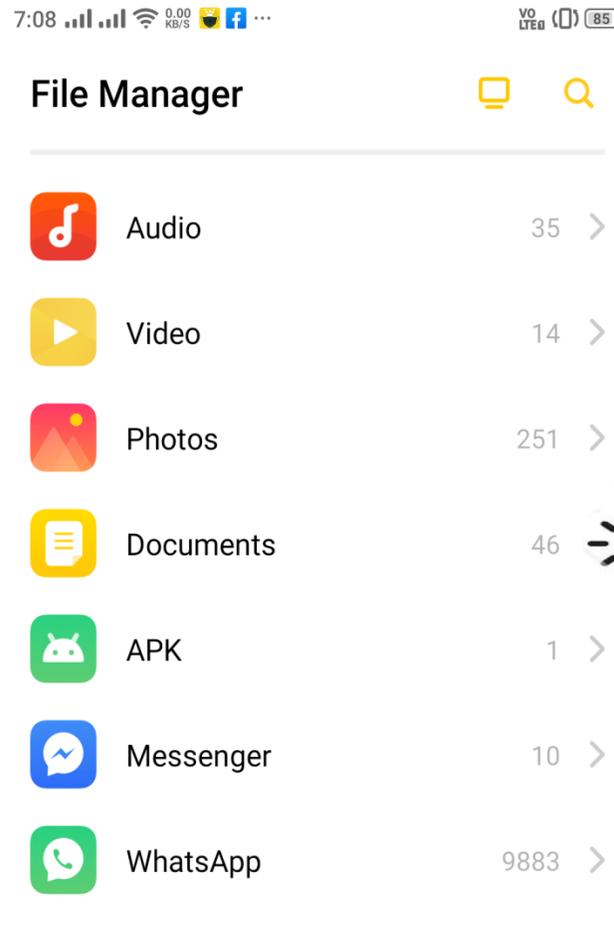**On the Home page, Click on plus icon in the bottom right**

Click on download icon

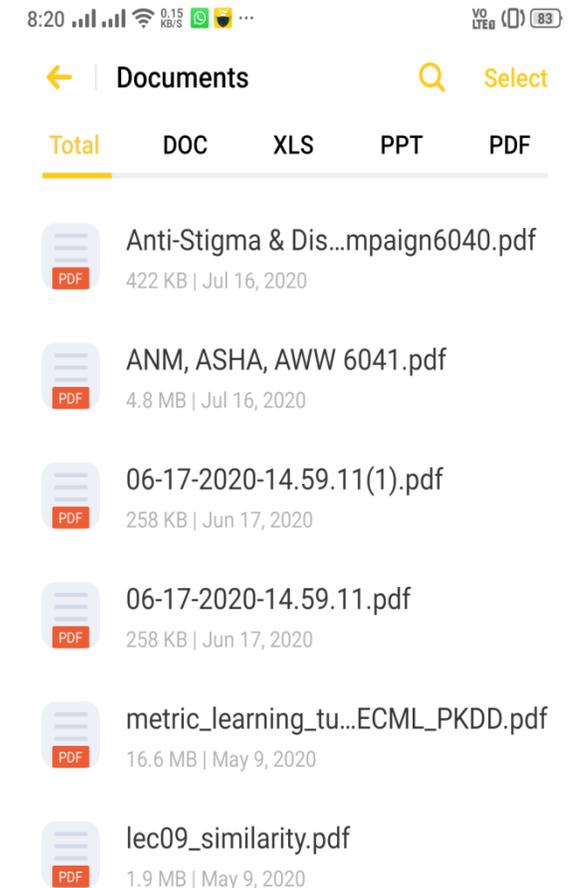**Click on downloaded contents you want to view**

Share your offline content

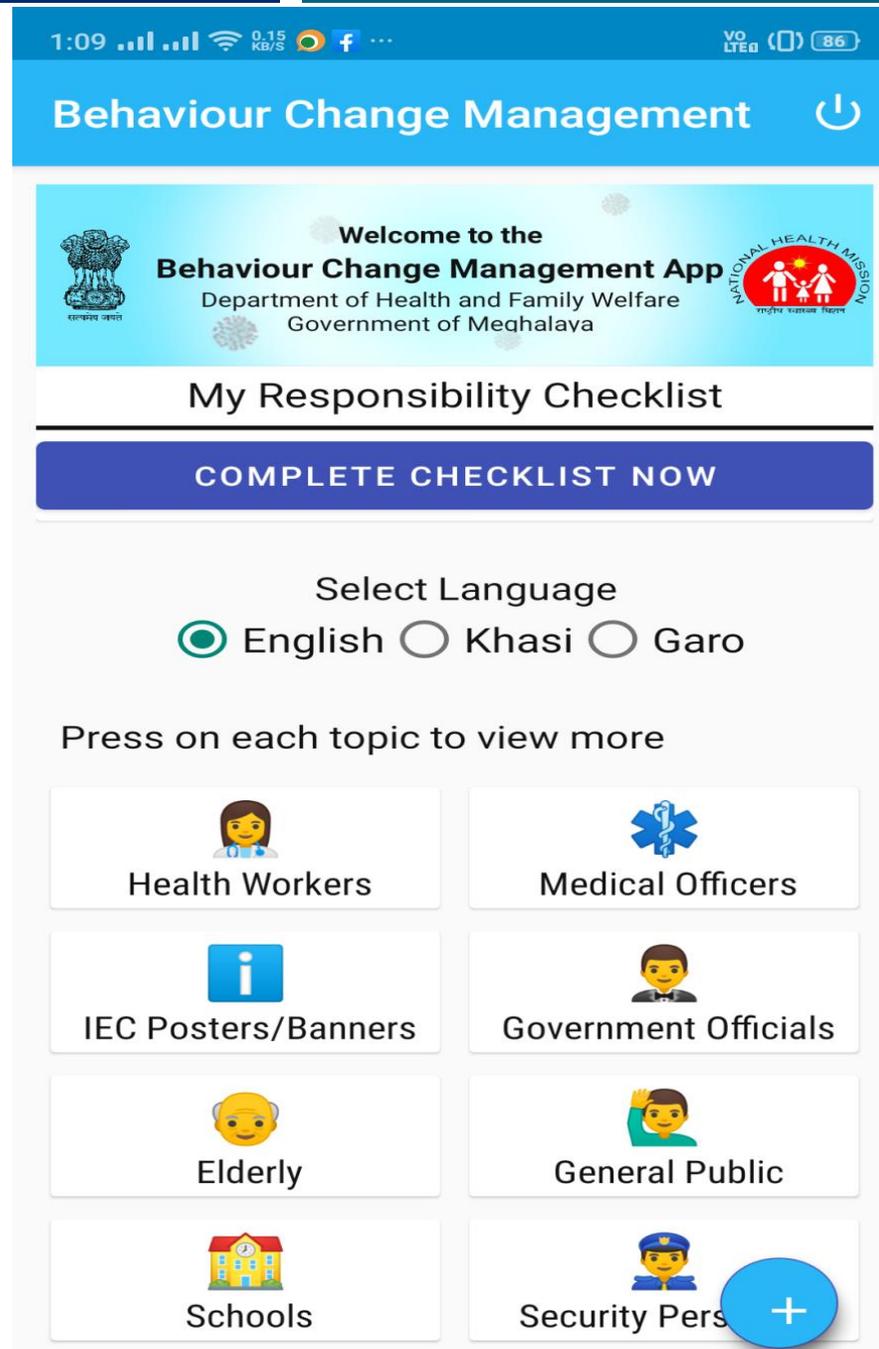**To Download a document, Click on download icon**

Open File Manager on your phone, Select "Documents"

The two top documents are the ones we have downloaded. You can now share the same.

Logout from the App

You may Logout from the App and Login again at a later time.

Thank You