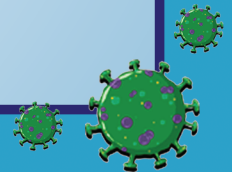




# HEALTH CARE WORKER'S MANUAL

## IN RESPONSE & MANAGEMENT OF COVID-19

(PREVENTION, HOME ISOLATION & VACCINATION)



## **Section 1. WHAT IS COVID? HOW DOES COVID SPREAD?**

## **Section 2. ROLE OF ASHA, AF,AWW**

## **Section 3. CONTAINMENT STRATEGY**

- Handwashing
- Mask wearing
- Social Distancing
- Early diagnosis & testing

## **Section 4. HOME BASED MANAGEMENT OF COVID CASES**

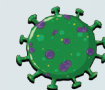
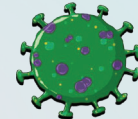
- General Instructions for individuals under Home isolation
- Treatment Instructions For Patients With Mild/Asymptomatic Disease In Home Isolation
- Monitoring oxygen level using Pulse Oximeter & temperature recording & monitoring .
- Proning Positions
- Instructions to care givers & other family members.
- When to seek Medical care
- When To Discontinue Home Isolation
- Home isolation Kit –Supplies for ASHA

## **Section 5. MOBILIZING COMMUNITY FOR VACCINATION**

- Importance of Covid Vaccine
- Who Can get vaccinated
- Types of Vaccine available
- How can I get Vaccinated
- Where can I get vaccinated
- What can I expect after being vaccinated – common side effects
- Myths about Covid Vaccination

## **Section 6. WHAT PRECAUTIONS FOR FLWS**

## **Section 7. ENSURING WELLNESS**



# 1a. WHAT IS COVID?

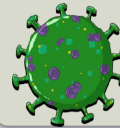
1.

■ **COVID-19 IS A RESPIRATORY VIRUS WHICH ATTACKS THE THROAT AND LUNGS, OFTEN LEADING TO THE FOLLOWING SYMPTOMS:**



- **Fever**
- **Sore Throat**
- **Dry Cough**
- **Body Aches**
- **Diarrhea**
- **Loss of Smell or Taste**

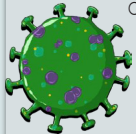
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**MORE THAN 90% OF CASES CAN BE EASILY MANAGED AT HOME**

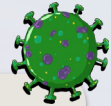
3.

■ **HOWEVER, A FEW CASES BECOME SERIOUS:**



- **The lungs become inflamed, reducing their capacity to take in oxygen**
- **As more organs become affected, the body produces "cytokines" to fight the infection. But too many cytokines leads to lung damage, organ failure, and high blood pressure**
- **Less and less oxygen goes to the vital organs, eventually leading to death**

4.



**WHO IS MORE LIKELY TO GET SERIOUSLY ILL?**

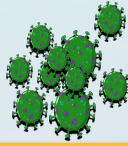
**Older people, and those with underlying medical problems are more likely to develop serious illness, but this has also been happening to young people. Anyone can develop serious illness.**

# 1b. HOW DOES COVID SPREAD?

COVID-19 spreads in the following ways



**SNEEZE/ COUGH BY INFECTED PERSON**



**INFECTED DROPLETS**



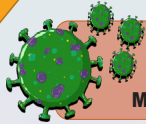
**INFECTED DROPLETS GET ON YOUR HAND**



**AND WHEN TOUCH ANY SURFACE OR PERSON**



**VIRUS TRANSFERRED!!**



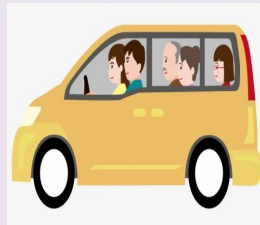
**You can still spread COVID-19, even if you do not experience symptoms**

Most people who get COVID-19 become infectious to others for **5-7 days before** they experience symptoms.

COMMON WAYS THAT COVID-19 IS SPREADING IN OUR COMMUNITIES:



**SOCIAL GATHERINGS**



**ENCLOSED SPACES**



**CROWDED AREAS**



**WITHIN HOUSEHOLDS**

## 2a. ROLE of ANM

- **Provide information** to ASHA/AF/community about details of dedicated COVID hospitals for treatment of moderate and severe COVID cases and emergency contact details (CHO/MO/Ambulance) for any medical help.
- **Support ASHA/AFs in early identification of COVID 19 cases** and inform MO/CHO about suspected/positive cases/patients needing urgent medical attention such as difficulty in breathing, high grade fever/severe cough lasting for 5 days & mental confusion.
- **Facilitating/ Testing** individuals identified for COVID testing.
- **Support ASHA in Contact tracing** of the COVID 19 suspected cases as per SOPs issued by MoH&FW/State Government.
- **Counsel individuals** to adopt healthy life style with regular exercise like yoga, meditation, adequate sleep, breathing exercises and keeping positive attitude for mental well-being.
- **Regular monitoring of patients under home isolation** and assess their health status based on temperature, pulse rate and SpO2. Inform the MO/CHO through phone call in case of any emergency
- **Guide patients under home isolation and care givers** for self-monitoring of temperature, oxygen saturation, hand hygiene, cleaning & disinfection of surfaces etc.
- **Suggest on sleeping (prone & lateral) positions** for maintaining / improving higher oxygen level in body.
- **Educate COVID positive patients in home isolation on discharge criteria** - i.e., the patient would end home isolation after at least 10 days from the first day of onset of symptoms and after no fever for three days; & there is no need of testing after home isolation
- **Support ASHA in coordinating with community platforms** like VHSNC/MAS/JAS for COVID related actions.
- **Plan for Covid Vaccination Sites** and inform ASHAs / AF / AWW for Mobilizing eligible individuals.
- **Support ASHA/AWW** in promoting COVID vaccination in the area.

## 2b. ROLE of ASHA Facilitators

- Provide information to ASHAs /AWW about details of dedicated COVID hospitals, Vaccination Sites and emergency contact details (ANM/CHO/MO/Ambulance) for any medical help.
- Support ASHAs in early identification of COVID 19 cases and inform (ANM/CHO/MO) about suspected/positive cases/patients needing urgent medical attention.
- Support ASHA in Contact tracing of the COVID 19 suspected cases as per SOPs .
- Support ASHA in monitoring of patients under home isolation and assess their health status Inform the and inform ANM/CHO/MO through phone call in case of any emergency.
- Support ASHA in coordinating with community platforms like VHSNC/MAS/JAS for COVID related actions.
- Support ASHA in promoting COVID vaccination in the area
- Ensure ASHAs Have Adequate stock of Basic PPEs for herself before conducting community visits such as Mask, Gloves, face shields, Hand Sanitizers/Handwash.
- Ensure ASHAs Have Adequate stock of Medicines, equipment, home isolation kits, communication materials to be provided to patient/households.
- Get weekly updates from ASHAs on Line List Of COVID Positive Cases, individuals under home isolation, vaccination, home visits etc and submission of the same to the ANM for further action.
- Provide latest updates to ASHA & AWW on latest COVID related information, Guidelines & Government Protocols.
- Coordinate With The Lady Supervisors of the WCD department for better work coordination between ASHAs & AWW.
- Provide information to ANMs if any ASHA/ AWW is tested positive for Covid 19.
- Identifying & facilitating further training requirements of ASHAs /AWW if need arises.

## 2c. ROLE of ASHA

- **Create Awareness** In Prevention & Management Of COVID-19.
- **Ensure Early Identification** Based On Signs And Symptoms
- **Mobilize / Follow Up** With The Individuals Referred For Testing
- **Prepare Line List Of COVID Positive Cases** Under Home Isolation.
- **Educate The Community** On Individuals Eligible For Home Isolation.
- **Provide Basic Information On Treatment & Management Of Mild/Asymptomatic COVID Cases** For Individuals Under Home Isolation.
- **Provide Instructions For Caregivers** And Guide Them Treatment & Management Of Mild/Asymptomatic Cases
- **Ensure That All Family Members And Close Contacts Are Monitored And Tested** As Per Protocol
- **Deliver Required Basic Drugs** For Home Isolated COVID Positive Patients
- **Regularly Follow Up** With The Patients Under Home Isolation
- **Coordinate With The Community** through Platforms Like VHSNC/JAS/MAS For Stigma Reduction And Motivate The Community To Get Vaccinated For COVID.
- **Inform The Community Regarding Importance & Process Of Vaccination** For eligible Individuals
- **Inform the eligible individuals about the date ,time & place for Vaccination.**
- **Spread Messages To Continue To Follow The Covid Appropriate Behaviours** Even After Vaccination For Personal Safety And Prevention Of Community Transmission
- **Identify persons with any side-effects following vaccination and refer** them to the nearest health center for prompt care.
- **Help share positive experiences** of vaccinated individuals and with community members **and reduce myths and stigma** related to COVID vaccine through support groups.

## 2d. ROLE of AWW

- Support ASHA in Creating Community Awareness In Prevention & Management Of COVID-19.
- Support ASHA in identifying suspected cases and inform ANM/CHO/Medical Officer immediately.
- Support ASHA in Mobilizing / Follow Up of Individuals Referred For COVID Testing.
- Educate The Community On Home Isolation & Provide Basic Information On Treatment & Management.
- Ensure that All Family Members And Close Contacts Are Monitored And Tested As Per Protocol in coordination with the ASHA.
- Regularly Follow Up With The Patients Under Home Isolation along with ASHA .
- Support ASHA in referring patients under home isolation who are in need of oxygen support , needing critical care & ventilator support immediately to ANM/Medical Officer.
- Inform the Community Regarding Importance & Process Of Vaccination For eligible Individuals .
- Inform the eligible individuals about the date time & place for Vaccination.
- Coordinate With The Community through Platforms Like VHSNC/JAS/MAS / SHGs For Stigma Reduction And Motivate The Community To Get Vaccinated For COVID.
- Spread Messages To Continue To Follow The Covid Appropriate Behaviours Even After Vaccination For Personal Safety And Prevention Of Community Transmission.
- Help share positive experiences of vaccinated individuals and with community members and reduce myths and stigma related to COVID vaccine through support groups/ community Volunteers.
- Ensure availability of sanitizers & hand washing Provisions at Angandwadi centers.



## 3a. HAND HYGIENE

### WHY SHOULD I WASH MY HANDS?

Washing hands with soap can kill the virus and reduce the risk of transmission.

### WHEN SHOULD I WASH MY HANDS?

- ✓ Before and after eating food.
- ✓ Before and after caring for someone at home who is sick.
- ✓ After blowing your nose, coughing, or sneezing.
- ✓ After coming home from outside.

### HOW TO WASH MY HANDS?

- ✓ Wet your hands with water.
- ✓ Lather your hands rubbing them together with the soap.
- ✓ Scrub your hands for at least **20 seconds.**
- ✓ Rinse your hands well under clean, running water.
- ✓ Dry your hands using a clean towel.



**DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.**



**DO NOT TOUCH SURFACES LIKE DOOR KNOBS AND DOOR BELLS ETC, .**



## 3b. STEPS OF HAND WASHING

0



Wet hands with water;

1



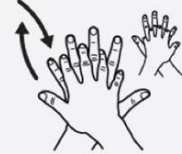
Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



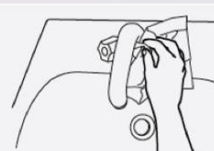
Rinse hands with water;

9



Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

## 3c. MASK WEARING



Mask Wearing is an important measure taken to stop the spread of germs through respiratory behaviors like coughing or sneezing.

1

Everyone should wear a mask



2

Wear a Double-Mask



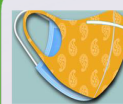
Surgical Mask

+



Cloth Mask

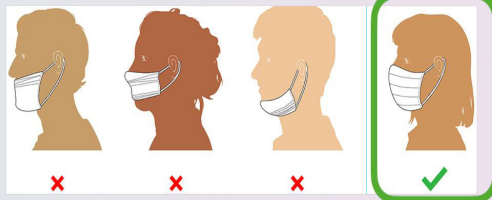
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Double Mask

3

Wear your mask properly



**MAKE WEARING A MASK A NORMAL PART OF BEING AROUND OTHER PEOPLE.**

- ✓ Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- ✓ When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.
- ✓ Don't use masks with valves.

# 3d. SOCIAL DISTANCING

## WHAT IS SOCIAL DISTANCING?

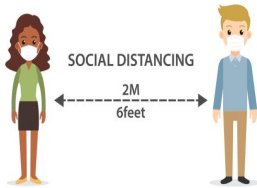
**Social Distancing means deliberately increasing the physical space between people.**

## WHY PRACTICE SOCIAL DISTANCING?

- To limit the spread of the COVID-19 virus among people who are in close contact as it spreads through tiny droplets of an infected person, into the lungs, mouth or nose of people nearby.
- Practicing social distancing lessens your chances of contracting the COVID-19 virus.



## HOW TO PRACTICE SOCIAL DISTANCING?



By maintaining a distance of at least two meters between people.



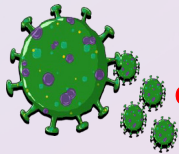
By avoiding being in closed spaces with others - such as indoors or in a vehicle.



By avoiding crowded places such as Markets, social gathering etc.



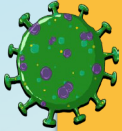
By avoiding the use of public transport



**If you come across individuals who have been tested positive or are experiencing symptoms, immediately inform the ANM or Medical officer .**

## 3e(i). EARLY DIAGNOSIS & TESTING

### 1. WHY SHOULD ONE GET TESTED ?



- ✓ Testing for covid can protect an individual & his/her family and the community at large and help contain further spread of the virus.
- ✓ Adequate precautions can be taken timely.
- ✓ Necessary treatment can be initiated early for those tested positive.

### 2. WHO SHOULD GET TESTED?



- ✓ Those experiencing symptoms such as fever, sore throat, body aches, loss of smell/taste or cough.
- ✓ Those who have come in contact to anyone who have been tested positive
- ✓ Those who live in an area where many people have tested positive
- ✓ Those who have returned from a trip



#### ANM:

1. Ensure you have the list of all the nearest testing Centers. Provide the list to all AF,ASHAs, AWW of your area.
2. Make necessary arrangements for testing of all High risk groups/ individuals listed & mobilised by the ASHAs.
3. Follow up on the test results and act accordingly.

#### ASHA FACILITATOR :

1. Ensure all the ASHAs & AWW are provided with the list of all the nearest testing Centres with contact details.
2. Communicate the list of those individuals identified for testing with the ANM.
3. Facilitate the testing of all individuals listed & mobilised by the ASHAs

#### ASHA & AWW :

1. Ensure you have the list of all nearest the testing Centres and the Contact details of the Medical Officers/ANM/AF.
2. Identify all the High risk individuals & probable cases in your areas with the support of the AWW.
3. Communicate the date, time & place for testing to all concerned.
4. ASHA & AWW will Mobilize the individuals identified for testing as per the scheduled date, time & place .
5. Communicate the list of individuals to be tested with the ANM/AF/MO on a daily basis.

## 3e(ii). EARLY DIAGNOSIS & TESTING

### ADVISORY FOR CONTACTS

**TESTED**

**POSITIVE**

1. Mild Symptoms
2. Asymptomatic (No Symptoms)

**Advice for Home Isolation & adhere to Home-Care Treatment Protocols**

1. Moderate Symptoms needing Oxygen
2. Severe symptoms needing critical care & ventilator support

**Immediately contact the Medical Officer**

**NEGATIVE**

**ADVICE TO**  
Continue taking precautions  
**INFORM**  
if they experience any symptoms , isolate themselves &  
**IMMEDIATE**  
inform the ASHA/ MO or call the State Helpline no. 14410

**REPEAT THE TEST**

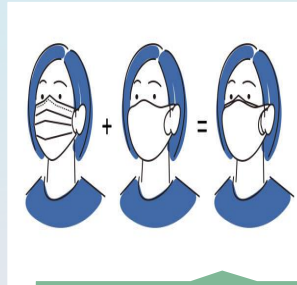
## 4a. INSTRUCTIONS FOR INDIVIDUALS UNDER HOME ISOLATION



Patient must isolate himself from other household members, stay in the identified room and away from other people in home.



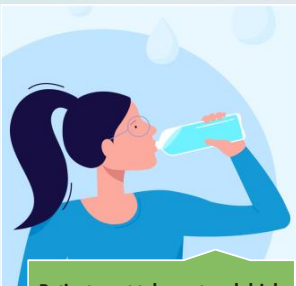
The patient should be kept in a well-ventilated room with cross ventilation and windows should be kept open to allow fresh air to come in.



Patient should at all times use triple layer medical mask/ or wear a double mask.



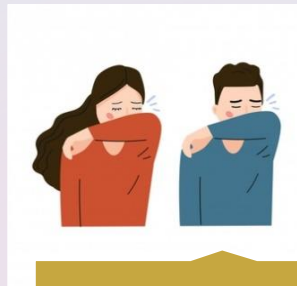
Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. Mask should be discarded only after disinfecting it



Patient must take rest and drink lot of fluids to maintain adequate hydration



Don't share personal items with other people.



Follow respiratory etiquettes all the time.



Frequent hand washing with soap and water for at least 40 seconds or clean with alcohol-based sanitizer



## 4b. TREATMENT INSTRUCTIONS FOR INDIVIDUALS UNDER HOME ISOLATION

1. Patients must be in communication with a treating physician and promptly report in case of any deterioration.
2. Continue the medications for other co-morbid illness after consulting the treating physician.

HAVE SYMPTOMS BUT NOT TESTED	TESTED POSITIVE BUT NO SYMPTOMS	TESTED POSITIVE & HAVE MILD SYMPTOMS
<p><b>To Dos:</b></p> <p><b>Get Tested &amp; Take Precautions:</b></p> <ul style="list-style-type: none"> <li>• Stay at home, wear a mask, and maintain distance from other family members.</li> <li>• Drink a lot of warm water and other fluids like soup and juices.</li> <li>• Steam Inhalation</li> <li>• Do proning if SpO2 below 94% (see Annex 1)</li> <li>• Eat nutritious food</li> </ul> <p><b>Medicines</b></p> <ol style="list-style-type: none"> <li>1. <b>Paracetamol</b> if you have fever</li> <li>2. <b>Ivermectin</b> <i>Dosage:</i> Take tablet with or after food for 5 days <i>Adults:</i> 12 mg tablet x Once a day <i>Children (6-12 yrs):</i> 6 mg tablet x Once a day</li> <li>3. <b>Vitamin C</b> <i>Dosage:</i> Take tablet after food for 10 days <i>Adults:</i> 500 mg tablet x 2 times a day <i>Children (6-12 yrs):</i> 500 mg tablet x Once a day</li> <li>4. Antibiotics may be added as prescribed by the consulting doctor</li> </ol> <p><b>Monitor</b> Monitor fever using a thermometer and oxygen level using a pulse oximeter four times a day. <u>Consult your doctor or call 14410 if your oxygen level drops below 94% or if you have trouble breathing.</u></p>	<p><b>To Dos:</b></p> <p><b>Take Precautions</b></p> <ul style="list-style-type: none"> <li>• Stay at home, wear a mask, and maintain distance from other family members.</li> <li>• Drink a lot of warm water and other fluids like soup and juices.</li> <li>• Steam Inhalation</li> <li>• Do breathing exercises</li> <li>• Eat nutritious food</li> </ul> <p><b>Medicines</b></p> <ol style="list-style-type: none"> <li>1. <b>Vitamin C</b> <i>Dosage:</i> Take tablet after food for 10 days <i>Adults:</i> 500 mg tablet x 2 times a day <i>Children (6-12 yrs):</i> 500 mg tablet x Once a day</li> </ol> <p><b>Monitor</b> Keep an eye out for any symptoms such as fever or weakness. <u>Consult your doctor or call 14410 if any symptoms emerge.</u></p>	<p><b>To Dos:</b></p> <p><b>Take Precautions</b></p> <ul style="list-style-type: none"> <li>• Stay at home, wear a mask, and maintain distance from other family members.</li> <li>• Drink a lot of warm water and other fluids like soup and juices.</li> <li>• Steam Inhalation</li> <li>• Do proning if SpO2 below 94% (see Annex 1)</li> <li>• Eat nutritious food</li> </ul> <p><b>Medicines</b></p> <ol style="list-style-type: none"> <li>1. <b>Paracetamol</b> if you have fever</li> <li>2. <b>Ivermectin</b> <i>Dosage:</i> Take tablet with or after food for 5 days <i>Adults:</i> 12 mg tablet x Once a day <i>Children (6-12 yrs):</i> 6 mg tablet x Once a day</li> <li>3. <b>Vitamin C</b> <i>Dosage:</i> Take tablet after food for 10 days <i>Adults:</i> 500 mg tablet x 2 times a day <i>Children (6-12 yrs):</i> 500 mg tablet x Once a day</li> <li>4. Antibiotics may be added as prescribed by the consulting doctor</li> </ol> <p><b>Monitor</b> Monitor fever using a thermometer and oxygen level using a pulse oximeter four times a day. <u>Consult your doctor or call 14410 if your oxygen level drops below 94% or if you have trouble breathing.</u></p>

Issued by Department of Health & Family Welfare, Government of Meghalaya



# 4b(i). MONITORING CHART FOR INDIVIDUALS UNDER HOME ISOLATION


 Ministry of Health & Family Welfare  
 Government of Ontario

**REVISED GUIDELINES FOR  
 HOME ISOLATION OF  
 MILD/ASYMPTOMATIC COVID-19 CASES**

## MONITORING CHART

Day of symptoms and time (every 4 hourly)	Temp.	Heart rate (from pulse oximeter)	SpO2 % (from pulse oximeter)	Feeling (better /same/worse)	Breathing (better /same/worse)

## 4b(ii). MONITORING OXYGEN LEVEL USING PULSE OXIMETER

### Why is Oxygen Level?

- Oxygen level is a measure of how much oxygen your red blood cells are carrying.

Self-monitoring of blood oxygen saturation with a pulse oximeter is strongly advised.

### How to Measure Oxygen Level?



#### Step 1

Sanitize your hand and insert your middle finger within the Oximeter



#### Step 2

Turn on the pulse oximeter and wait for 30 seconds for the result.



#### Step 3

Record the SpO<sub>2</sub> reading displayed by the oximeter.



Oxygen Level

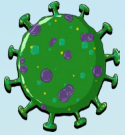
Heart Rate

Power Button

### TIPS FOR MEASURING CORRECTLY

- THE DEVICE MAY SOMETIMES GIVE FALSE READINGS. IF YOU SEE A LOW READING, TEST THE DEVICE ON ANOTHER HEALTHY PERSON TO SEE IF IT GIVES A LOW READING AGAIN.
- ENSURE THAT THE FINGER USED TO MEASURE OXYGEN LEVELS DOES NOT HAVE NAIL POLISH, TATTOOS OR HENNA.
- DO NOT TAKE THE READING RIGHT AFTER PHYSICAL ACTIVITY. TAKE WHILE CALM AND SEATED.

## 4b(iii). MONITORING BODY TEMPERATURE USING A THERMAL SCANNER/GUN.



Advise the patient to self-monitor his/her health with daily temperature monitoring and report promptly if any deterioration of symptom is noticed.



**FEVER: Any temperature of 100.4 F (38° Celsius) or greater is considered as fever.**



### HOW TO USE A THERMAL SCANNER/GUN?

1

Turn on the THERMAL GUN and ensure it records correct temperature

2

Keep the THERMAL GUN at the palm's distance (6 inches) from the forehead and press the button to record the temperature

3

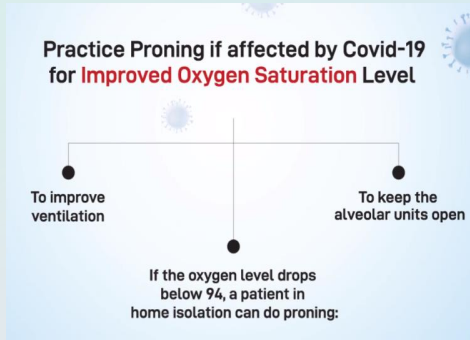
Read the "Number on the Screen" and fill the monitoring sheet. Repeat this exercise for all family members.

4

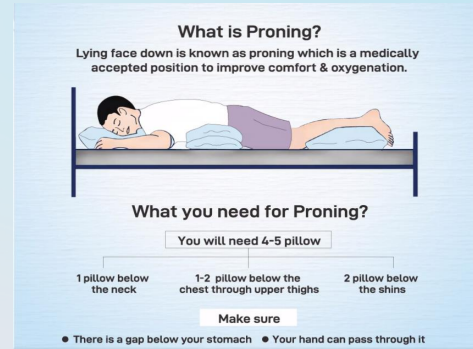
Clean THERMAL GUN with sanitizer or alcohol-based wipe when the GUN is handed over to someone else

# 4b (iv). PRONING

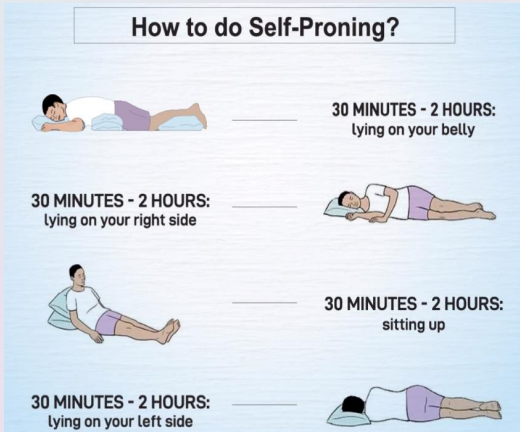
1



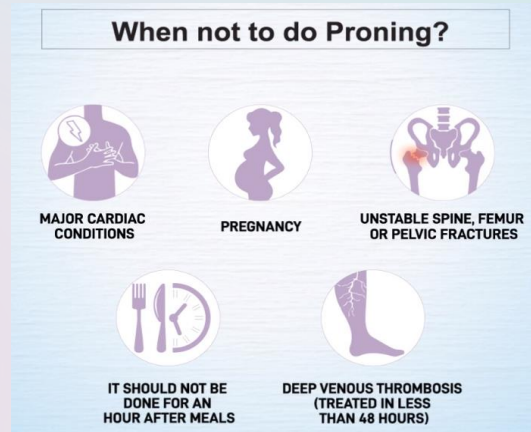
2



3



4



## 4c. INSTRUCTIONS TO CARE GIVERS & OTHER FAMILY MEMBERS.



Home care for people with suspected or confirmed COVID-19  
Take care of yourself and your family

### For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.



Home care for people with suspected or confirmed COVID-19  
Take care of yourself and your family

### All members of the household

Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after preparing food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.

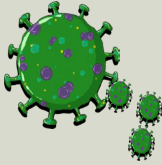


When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health for symptoms such as fever and cough. If they have trouble breathing, call your health care facility immediately.

## 4d. WHEN TO SEEK MEDICAL ATTENTION?



**Patient / Care giver will keep monitoring the health of the patient under Home Isolation. Immediate medical attention must be sought if serious signs or symptoms develop.**

**Immediate medical attention must be sought when the following symptoms develop:**

Difficulty in breathing

Dip in oxygen saturation  
(SpO<sub>2</sub> < 94% on room air)

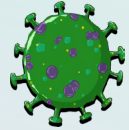
Mental confusion

Persistent pain  
(pressure in the chest)

**Inform the patient & care giver to intimate the ASHA/ANM/MO if serious signs or symptoms develop  
OR  
call the state help line no. 14410**

## 4e. WHEN TO DISCONTINUE HOME ISOLATION?

Patient under home isolation will stand discharged and end isolation after at least **10 days** have passed from onset of symptoms (or from date of sampling for asymptomatic cases) and **no fever for 3 days**. There is no need for testing after the home isolation period is over.



# 4f(i).HOME ISOLATION KIT –SUPPLIES FOR ASHA



## SUGGESTED LIST OF SUPPLIES TO BE PROVIDED TO ASHAS (REFILLING TO BE DONE FROM THE NEAREST HEALTH FACILITY)

### 1. EQUIPMENTS

1. Pulse Oximeter
2. Thermometer
3. Spare batteries

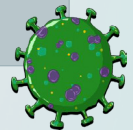
### 3. BASIC PPES FOR CONDUCTING (COVID & NON COVID ACTIVITIES)

1. Cloth Mask 2 nos
2. Surgical mask – 1 set of 25
3. Face Shields
4. Hand wash/Sanitizers
5. Gloves 2 pairs ( optional)



### 2. MEDICINES

1. ORS
2. Paracetamol Syrup
3. Paracetamol Tablet
4. Vitamin C
5. Saline Nazal Drop
6. Cough Syrup for dry Cough
7. Zinc syrup
8. Zinc Tablets
9. Multi Vitamin tablet
10. Multi Vitamin Syrup
11. Antacid gel





## 4f(ii).HOME ISOLATION KIT COMPONENT OF HOME ISOLATION KIT

An ideal home isolation care kit for COVID-19 positive patient should have the following components:

### Equipment for self monitoring

1. Thermometer (Digital or Infrared)
2. Pulse oximeter

### Disposable items for self hygiene

1. 3 ply masks and gloves
2. Tissue papers
3. Disposable waste bags



### Set of Basic Medicines

1. Paracetamol
2. Ivermectin
3. Inhalational Budesonide
4. Any other medicine prescribed by the treating physician

### Items of daily utility

1. Separate linen, towels etc.
2. Disposable utensils

### Items for hand hygiene and disinfection of surface

1. Alcohol based hand sanitizer
2. Surface disinfectants

## 5a(i). ABOUT COVID VACCINATION ?

### 1. IMPORTANCE OF COVID VACCINE:



Vaccines help your body build up the ability to fight off a virus. It may not prevent you from getting the COVID-19 virus. But if you do get it, the vaccination may keep you from becoming seriously ill.



### 2. WHO CAN GET VACCINATED?



From the 1st of March, a vaccination drive has been initiated by the Government of India for persons over 60 years of age and persons between 45 and 59 years of age with co-morbid conditions. Registration is open now for people aged 18-45 years.

### 3. WHO CANNOT GET VACCINATED?



Population under 18 years of age.



Known allergic reaction to the previous dose of COVID-19 vaccine.



Pregnant or lactating women and women who are not sure of their pregnancy.



Acutely unwell and hospitalized patient due to any illness  
Currently unwell and /or showing active COVID-19 symptom (they can be vaccinated after 4-8 weeks of recovery).



### 4. TYPES OF VACCINES AVAILABLE IN INDIA



**COVISHIELD:** The time interval between the two doses is 12-16 weeks



**COVAXIN:** The time interval between the two doses is 4-6 weeks

## 5a(ii). ABOUT COVID VACCINATION ?



### HOW DO I GET VACCINATED?



**Step 1:** Go to the co-Win portal through the website <https://www.cowin.gov.in/home>.



**Step 2:** Enter your mobile number and you will get an OTP to verify the mobile number.



**Step 3:** After entering the OTP, a page will open where you will have to fill in details like your name, age, gender, and area of residence.



**Step 4:** For identity proof, a photo ID will be required, which can be your Aadhar card, driving license, passport, Voters ID , PAN Card , Bank/Post Office Passbooks, Health Insurance Smart Card issued by Ministry of Labour, MGNREGA Job Card, Smart card issued by the RGI under NPR, Pension Document etc.



**Step 5:** After registering your address and entering the pin code, you will be shown hospitals in your area from which you can choose as per your convenience. You are also given the choice to get vaccinated at private hospitals along with government facilities.



### INFORM



**Eligible individuals to Contact their ASHA/ANM/AWW to get details about the date time & place for Vaccination.**



## 5b. WHAT CAN I EXPECT AFTER BEING VACCINATED COMMON SIDE EFFECTS



### Will I get any side-effects from the vaccine?

COVID vaccines are very safe. But there may be some mild side-effects such as: **fever, body aches or headache**. Take a paracetamol if you experience any of these.

**These effects are very normal and should go away within a few days.**



### What should I do after I get both doses of the vaccine?

Vaccines protect you from a severe infection but you can still spread the virus to others. So **continue to take precautions such as mask-wearing and social-distancing**.

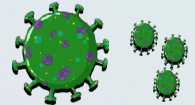
It is important that we ALL get vaccinated. As such, **convince your family and community to get the COVID vaccine as soon as possible.**



## 5c(i). MYTHS ABOUT COVID VACCINATION

**Myth 1: The COVID-19 vaccines are not effective and side-effects are damaging in the long run.**

**Fact:** The vaccine has been proven to be *very effective* in reducing the risk of infection and preventing death or severe infection. Like all vaccinations, individuals may experience common side-effects such as fever, injection site pain, fatigue or nausea. For most people, these symptoms do not extend beyond 3 days.

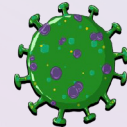


**Myth 2: Don't get vaccinated during your periods because your immunity is low.**

**Fact:** The immunity of a person is not low during menstruation. And it is **completely safe** to get vaccinated during your periods.

**Myth 3: If you have had COVID-19 once, you no longer need vaccination**

**Fact:** It is possible to get reinfected with COVID-19. Therefore, it is critical to get vaccinated even if you have had COVID-19 before.



**Myth 4: After I get a vaccine, I no longer need to wear a mask**

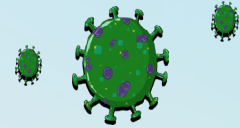
**Fact:** You can still get COVID-19 after vaccination and you can still infect someone else. Therefore, it is critical to still wear a mask and take other protective measures.



## 5c(ii). MYTHS ABOUT COVID VACCINATION

**Myth 5: COVID-19 Vaccines can make you infertile & are unsafe for diabetics.**

**Fact:** There is no evidence that suggests that COVID vaccines affect fertility or sugar levels at all. Many women who have taken the vaccine have become pregnant.



**Myth 6: The vaccine is not safe as it has been tested & introduced so quickly.**

**Fact:** Vaccine development involves a series of steps such as pre-clinical trials & clinical trials, that often take a long time. However, for Covid-19, scientists worked round the clock and fast tracked the process. Scientists & regulators have worked together to develop the vaccine without compromising on protocols & safety measures.



**Myth 7: I have had 1 dose of the vaccine, and so I am already protected and do not need the 2nd dose.**

**Fact:** Currently, all vaccines available in India require 2 doses to offer full protection. While the first dose of the COVID vaccine starts the process of producing antibodies and building up protection, the second dose works towards reinforcing that protection. It substantially strengthens your immunity.

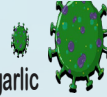


## 5d(i). WATCH OUT FOR SOCIAL MEDIA MYTHS

### MISLEADING

**Myth:** Eating garlic can help prevent infection from Covid-19.

**Fact:** There is no evidence suggesting such antibiotic properties of garlic



### DANGEROUS

**Myth:** Wearing a mask will increase the amount of carbon dioxide I breathe and will make me sick..

**Fact:** Not wearing a mask makes you highly susceptible to Covid-19, which can kill you



### USES FEAR TO TRICK PEOPLE

**Myth:** Covid-19 vaccine can make you infertile.

**Fact:** Vaccine does not affect fertility at all. Many women in Meghalaya have become pregnant after taking the vaccine.



### Protect Yourself from Fake News

- **CHECK THE SOURCE:** Beware of vague, untraceable sources. 'A doctor friend of a friend' or 'Scientists say..' without further details.
- **ARE OTHER SOURCES SAYING THE SAME THING?** Check to see if other newspapers/ news channels/ trusted sources are saying the same thing



## 5d(ii). SOURCES TO GET INFORMATION

### GOOD SOURCES



#### NHM Meghalaya

- [www.nhmmeghalaya.nic.in](http://www.nhmmeghalaya.nic.in)
- NHM Meghalaya Facebook Page, Instagram, Youtube Channel.
- Behaviour Change Management App (BCM)
- ArogyaSetu App
- COWIN.gov.in



#### World Health Organization

- [www.who.in](http://www.who.in)
- WHO Facebook Page
- WHO Instagram



#### Meghalaya Covid-19 Response Team

- Facebook
- Instagram

### BAD SOURCES



#### WhatsApp

- Forwards by family or friends
- Messages from unknown numbers
- Information from unverified sources shared in groups



#### Facebook and Instagram pages of unofficial sources.

## 6a. PRECAUTIONS FOR FLWS DURING COMMUNITY VISIT



### REMEMBER

- ✓ *Carry a Sanitizer/soap for cleaning your hand.*
- ✓ *Carry your formats.*
- ✓ *Carry your own writing materials like pen, writing pad.*
- ✓ *Carry your masks and extra masks if required.*



1

Maintain distance of 2 meter from people and avoid close physical contact when you are communicating

2

Use a three layered mask to cover your face. Make sure it is properly worn

3

Avoid touching your face (eyes, nose, mouth) at all times.

4

Wash your hands with soap and water for 40 secs or use a 70% alcohol based hand rub.

5

Avoid touching high touch points like door bells, door knobs , support rails etc



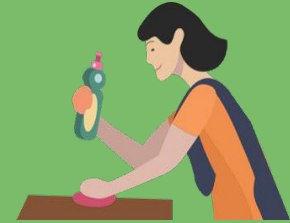
## 6b.SAFETY MEASURES ON REACHING HOME



Carefully remove your face mask and gloves, untie lace from behind and do not let the mask hang low around your neck.



Dispose off used mask and gloves by throwing them in a covered dustbin.



If you have carried your bag/register, wipe them down with the disinfectant solution.



Wash your hands with soap and water for 40 secs or 70% alcohol based hand-sanitizer before you touch anything else.



If you get any symptoms like cold, cough, fever, contact your doctor/ ANM/CHO immediately.

## 7a(i).NUTRITION AND DIET



### 1. Eat a variety of food, fruits and vegetables

The patient is encouraged to eat a mix of **wholegrains** like wheat, maize and rice, **legumes** like lentils and beans, plenty of fresh **fruit** and **vegetables**, with some foods from animal sources (e.g. meat, fish, eggs and milk)



### 2. Cut back on salt & limit sugar intake

- Limit salt intake to **5 grams** (equivalent to a teaspoon) a day.
- Limit intake of sweets and sugary drinks such as fizzy drinks.
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate



### 3. Eat moderate amounts of fats and oils

- Fats like butter, ghee and lard should be replaced with healthier fats like olive, soy, sunflower or corn oil when cooking. Selection of low-fat version of milk and dairy products is recommended.
- Processed and fried foods should be avoided.

Source:WHO: <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet>

FAO: <http://www.fao.org/3/ca8380en/CA8380EN.pdf>

## 7a(ii).NUTRITION AND DIET



### 4. Staying hydrated: Drink enough water

- Patients are strongly recommended to drink ample amounts of plain water (6-8 glasses a day for most adults) to maintain hydration.
- Drink plain water instead of sugar- sweetened beverages.



### 5. Use of alcohol and smoking must be avoided

- Patients should avoid use of alcohol and tobacco during the course of illness. Frequent or excessive alcohol consumption may cause longer-term effects like liver damage, cancer, heart disease and mental illness.



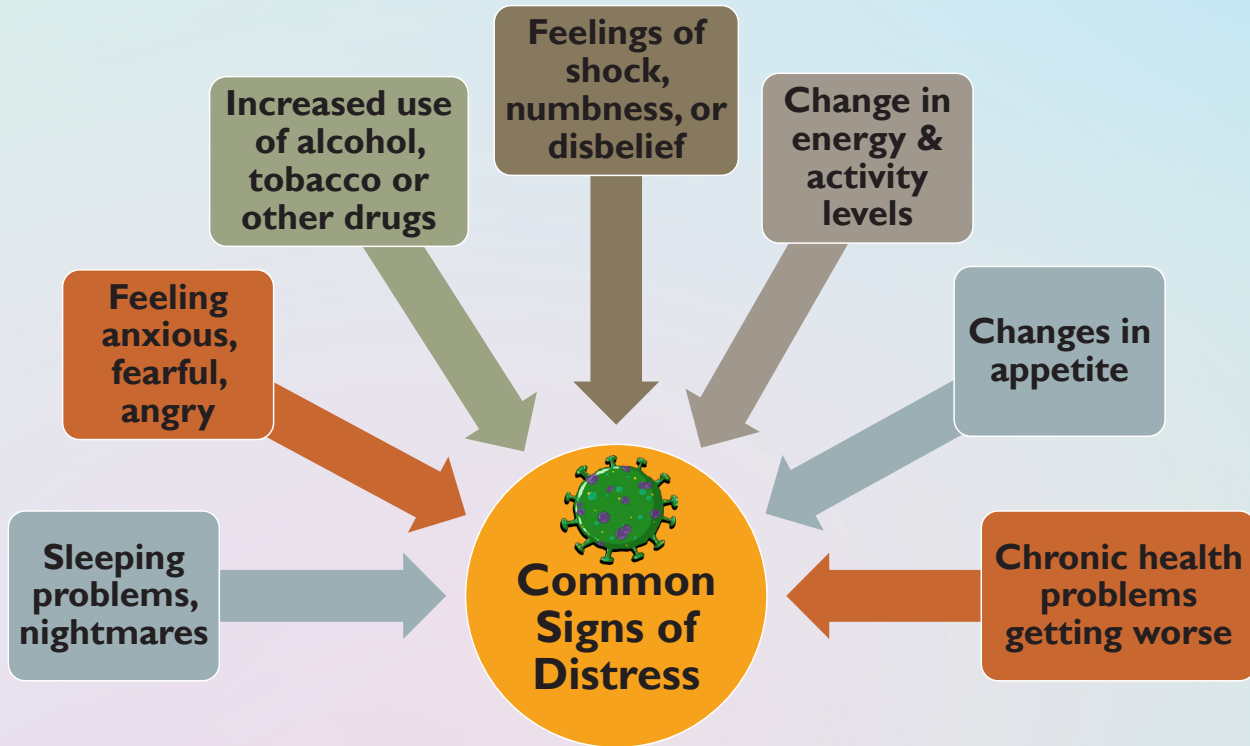
### 6. Breastfeed babies and young children

- Women with COVID-19 can breastfeed if they wish to do so, however, proper precautions for infection prevention and control measures and other COVID appropriate behavior should be strictly followed.

Source:WHO: <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet>

FAO: <http://www.fao.org/3/ca8380en/CA8380EN.pdf>

## 7b(i). STRESS MANAGEMENT AND PSYCHOLOGICAL SUPPORT DURING COVID-19



## 7b(ii). IDENTIFYING STRESS AND DEPRESSION DURING HOME ISOLATION

In addition to the symptoms of disease on body, COVID-19 also affects the mind. Fear of disease, isolation from family and friends may lead to certain psychological symptoms which may be manifested as:

- **Physical symptoms:** Chest pain, rapid heart rate, nausea, dizziness, digestive problems etc.
- **Emotional symptoms:** may include moodiness, general unhappiness, irritability, anger, loneliness etc.
- **Behavioural symptoms:** Sleeping too much or too little, increased use of alcohol, cigarettes, or other substances to relax.
- **Cognitive symptoms:** Inability or difficulty to concentrate, anxiety or racing thoughts, fear of future etc.



## 7b(iii). LOOKING AFTER MENTAL HEALTH DURING HOME ISOLATION

In addition to monitoring of physical symptoms, it is equally important for the patient to take care of her/his mental health.

- **Focus on health:** Stay hydrated, Stick to regular meals with the correct nutritional variety, and have sufficient sleep and rest during the day.
- **Stay Clean:** Try to look after personal hygiene.
- **Be as active as possible:** Exercise regularly without exerting the body. Meditation is recommended to relieve the anxiety.
- **Minimize unhelpful coping strategies:** Smoking, alcohol or the use of other recreational drugs.
- **Seek accurate Information:** Focus on getting helpful information from trusted sources. Sources such as the World Health Organization (WHO), National and State health departments.



CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

## 7b(iv). LOOKING AFTER MENTAL HEALTH DURING HOME ISOLATION

- **Stay Connected:** Patient should stay in touch with family and friends through phone, text messages and social media.
- **Establish Daily Routines:** He/She should try creating a daily schedule. It should be a strict routine so as to give the body time to heal. Making routines and breaking up the day in order to stave off monotony can prove out to be helpful.
- **Combat frustration and boredom:** Finding ways to stay occupied is important- Reading, Painting, Writing notes, Watching movies , Listening music, Video game may be helpful.
- **Call for support:** Call the dedicated helpline number –Reach out for help when feeling stressed or distressed while under home isolation.



## 7c. PHYSICAL EXERCISE

- Engage daily in 30 minutes of Yoga and Pranayama during home isolation.
- Practice of deep relaxation of the body, slowing down of the breathing rate and calming down of the mind for twenty minutes repeated once every 3-4 hours during the day time is recommended.
- Some examples: Mindfulness meditation, transcendental meditation, yoga-nidra, progressive relaxation, quick relaxation, deep relaxation etc.
- Refer to Gol's 'Common Yoga Protocol' for details on breathing exercise and meditation.
- Exercise/ walk regularly for about 30 minutes (if body permits)



Source: Ministry of AYUSH: <https://www.ayush.gov.in/docs/ayurved-guidlines.pdf>



# 7 d. POST-COVID CARE

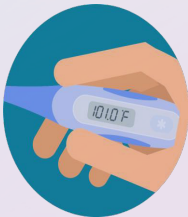
## POST-COVID INDIVIDUAL CARE

- Continue COVID appropriate behavior
  - Use of mask
  - Hand & respiratory hygiene
  - Physical distancing
- Drink adequate amount of warm water (if not contra-indicated)
- Take immunity promoting AYUSH medicines as prescribed by AYUSH practitioner.
- If health permits, regular household work to be done. Professional work to be resumed in graded manner.
- Mild/ moderate exercise:
  - Daily practice of Yogasana, Pranayama and Meditation, as much as health permits or as prescribed
  - Breathing exercises as prescribed by treating physician
  - Daily morning or evening walk at a comfortable pace as tolerated



Source: MoHFW: <https://www.mohfw.gov.in/pdf/PostCOVID13092020.pdf>

## POST-COVID INDIVIDUAL CARE



- **Balanced nutritious diet, easy to digest freshly cooked soft diet should be preferred.**
- **Adequate sleep and rest is the key for early recovery.**
- **Avoid smoking and consumption of alcohol.**
- **Taking regular medications as advised for COVID and also for managing comorbidities, if any.**
- **Continued self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised).**
- **In case of persistent dry cough/sore throat, saline gargles and steam inhalation are recommended.**
- **Look for early warning signs like high grade fever, breathlessness, SpO2 <95%, unexplained chest pain, new onset of confusion, focal weakness.**

## POST-COVID FOLLOW-UP CARE

- Advise patient to visit nearest health facility, if the patient is still complaining of symptoms.
- Subsequent treatment/follow up visits may be with the nearest qualified allopathic/AYUSH practitioner/medical facility of other systems of medicine.
- Poly-therapy is to be avoided due to potential for unknown drug-drug interaction, which may lead to Serious Adverse Events (SAE) or Adverse Effects (AE).

### RESOURCE

- Common Yoga Protocol: <http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf>
- Home Isolation Video: <https://www.youtube.com/watch?v=ZndoALSgT4Q>



LET US FIGHT THIS PANDEMIC TOGETHER  
**THANK YOU**

