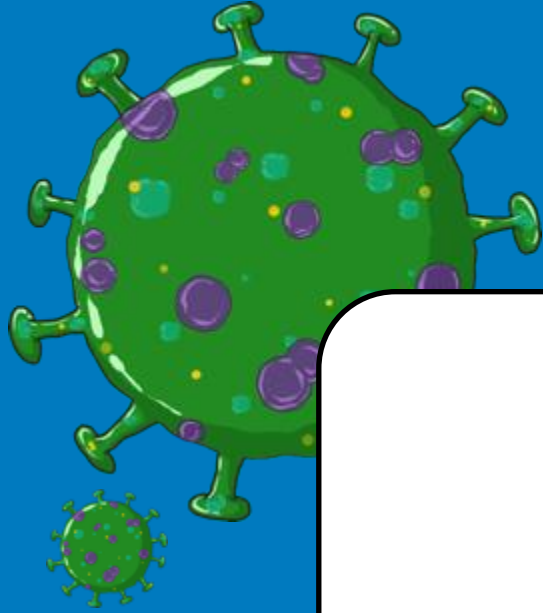




Ministry of Health & Family Welfare
Government of India



HOW TO USE THE TOOLKIT



THE TRAINING KIT

- Read all instructions on use
- Kit materials complement and support each other
- Presentation supported by Facilitator guide
- Objectives and Self-assessments in FG to be taken up by the trainer
- Pocket Book of Five is a Reference material for the FLW based on the presentation

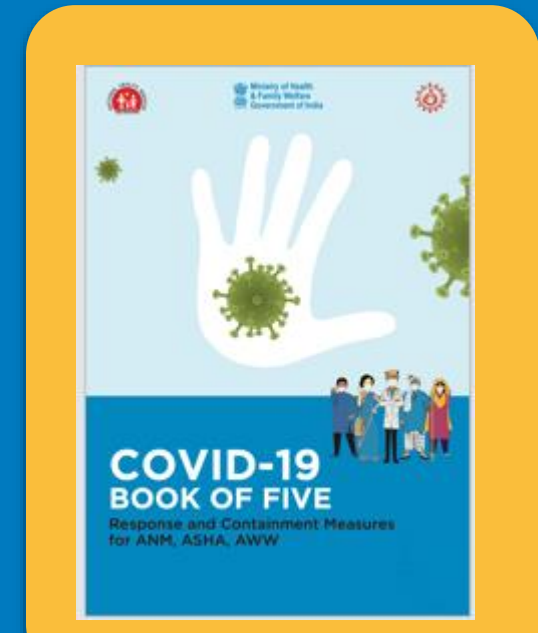
THE TRAINING KIT CONTENTS



Presentation with speaker notes



Facilitator Guide to help in using presentation



Pocket Book of Five Reference to help ANM/ASHA in using the training

Content

Facilitator Guide



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Pocket Book

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HOW TO USE FACILITATOR GUIDE

Learning outcomes before each session must be explained to participants

Slides will give you explanation in brief about the slide

End of session self assessment must be taken up with participants to help you understand if input has been received by them

COVID-19 Session 3: Community Surveillance

Learning outcome:

- Participants will be able to explain who is a Suspect and who is a Contact
- Participants will be able to list the types of contacts and their risk levels
- Participants will be clear on giving information on services that are provided for symptomatic and asymptomatic cases

Duration: 10 minutes

Methodology: Presentation

Process:

Slide 13: In this session we are going to see:
a. Types of Contacts
b. Contact Tracing SoP
c. Advisory to be given for contacts
d. Communicating for community surveillance

Slide 14: This slide will give the definitions of a Contact and a Suspect to help FLW differentiate between a contact and a suspect

Slide 15: Types of Contact: High risk and low risk contacts


Slide 16: How to conduct the community-based surveillance

Slide 17: Who is a Symptomatic contact, what is the advisory and who is an Asymptomatic contact what is the advisory that should be given.

Slide 18: a) Facilitator reads out the case scenario and then asks participants to answer.
b) Discuss the possible answers on what the FLW can do.

Self-Assessment

1. What are the types of Contacts
2. Make a list of symptoms that will categorise the contact as symptomatic and asymptomatic
3. What is the community surveillance protocol



COVID-19 Annexure 1: Trainer Notes for the Slides

Slide 2: What role will she play in helping to deal with COVID-19? 2. What is the information that community needs to keep themselves safe and how does the FLW give this information to the community? 3. What is community surveillance and how to conduct community surveillance, who is a person who shows the signs and symptoms and who is one who is infected but does not show the signs of infection? 4. What is hygiene and why is it important and how to help? 5. How to help people during home quarantine, what care should family members take? 6. Personal safety of FLWs.

Slide 3: The name of the disease is COVID-19. THIS IS CORONA VIRUS DISEASE - discovered in 2019. The name of the organism that causes the disease is SARS-CoV-2. This stands for Severe Acute Respiratory Syndrome Coronavirus 2 (the name of the family of virus) 2. Coronavirus cause several similar diseases including SARS, MERS (Middle East) and the common cold and influenza. Symptoms of COVID-19 are fever, cough and difficulty in breathing. If a person has these symptoms, the person must immediately contact the government helpline numbers given in the slide. If you know that the person with whom you have been in contact has been identified as positive for COVID-19, then the person must contact on the helpline numbers immediately.

Slide 7: How do you get infected? The virus travels through the respiratory droplets of an infected person. When the person sneezes or coughs, the virus is dispersed on the person's hand if the hand covers the mouth, or droplets fall on a surface when the mouth/nose is not covered. When the surface/droplet, the virus will get transferred to an uninfected person's hand and when that hand comes in touch with the mouth, nose or touch the virus gets inside the system. We do not have the knowledge of how long the virus lives inside it is out of the body. But keeping hands clean and not touching them to the face is the most important way of preventing infection. We are going to discuss this.

Slide 8: We speak about transmission in the earlier slide, let us now look at how we can prevent this transmission.
1. Washing of hands with soap and water will kill the virus. Similarly, sanitizing with 70% alcohol based sanitizer. We need to wash with soap for a particular time which is 40 secs. It takes that much time for the soap to be rubbed off. Similarly, with alcohol. If you do not rub your hand, the virus will not get off and so it can come to the virus.
2. As we speak earlier the infected droplets can get transferred via shaking hands with an infected person who may have the bacteria on his hands by an uninfected person or through touching of surfaces which may have the bacteria. That is why we need to have these hand hygiene practices.

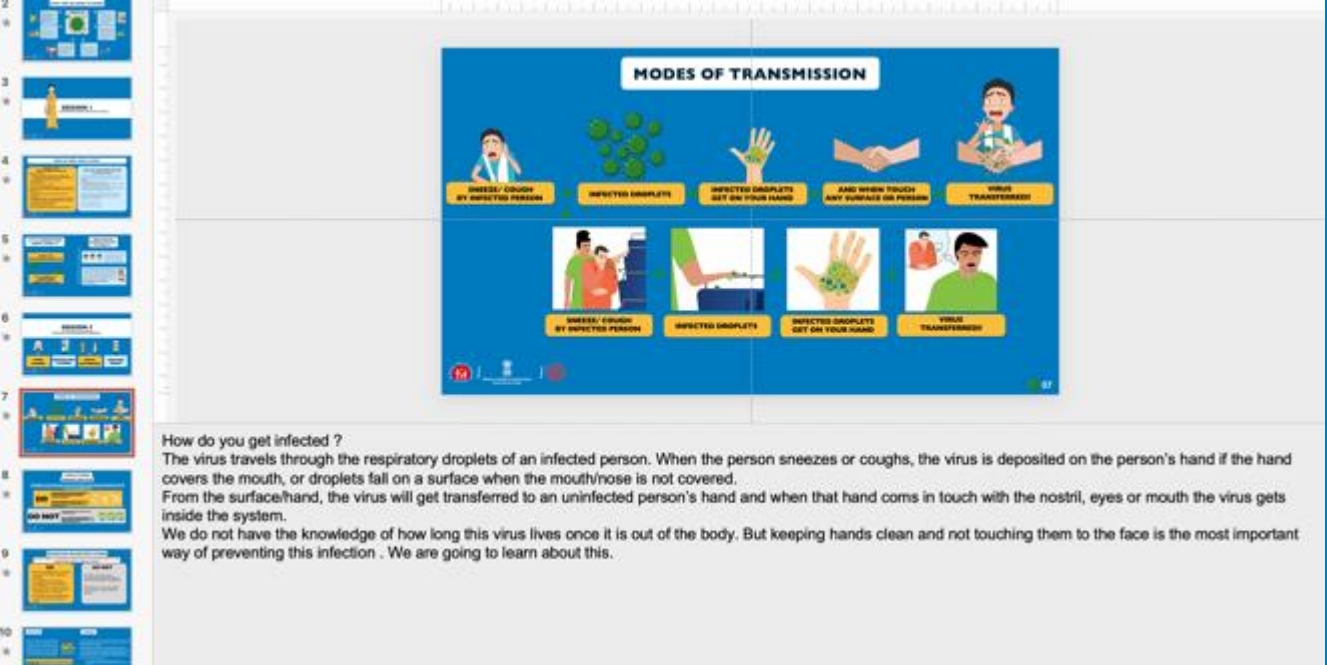
Slide 9: And because we do not want the infected droplets to go out into the air and infect many people, we have to maintain what is called as respiratory hygiene at all times. Please use the tissue paper or sanitiser for covering both of you may use these for wiping your hands and the germs will get transferred from your hand to your face, mouth or eyes.

Slide 11: Social Distancing is keeping a distance between you and other people so that you do not come in contact with their infected droplets to ease that why covering an infection. This does not mean that every person you come across is infected. But it is necessary being careful. Social Distancing also means that you avoid crowded places, you do not engage in any activity where people have to get together. It means that the virus cannot stay for long when it is out of the human body, it will require to find a human body to grow and survive. If it does not, it will die. When people are at a crowded place, they touch objects, each other, and may even exhale/inhale droplets - from the virus can get transferred from one person to another. That is why it is necessary to decrease human to human contact in this period.

Trainer notes for important slides given here for easy reference

HOW TO USE PRESENTATION

1. Use Facilitator guide to understand the overall use of slides
2. Important Slides have speaker notes for trainer to explain the slides
3. At end of each session use the self-assessment from Facilitator guide to check understanding of the session



MODES OF TRANSMISSION

How do you get infected ?
The virus travels through the respiratory droplets of an infected person. When the person sneezes or coughs, the virus is deposited on the person's hand if the hand covers the mouth, or droplets fall on a surface when the mouth/nose is not covered. From the surface/hand, the virus will get transferred to an uninfected person's hand and when that hand comes in touch with the nostril, eyes or mouth the virus gets inside the system.
We do not have the knowledge of how long this virus lives once it is out of the body. But keeping hands clean and not touching them to the face is the most important way of preventing this infection . We are going to learn about this.

HOW TO USE POCKET BOOK OF FIVE

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Five things to remember

Used on the phone by the FLW

Handy reference for the FLW

The Index can be navigated to the page

Five important points on How to Do

COVID-19 **7 HOW TO COMMUNICATE DURING COMMUNITY SURVEILLANCE**

- 1 Always be polite.** Anyone can get affected by COVID-19. Do not discriminate, shout, or use rude language. Tell people about the purpose of your visit and what you will do with the answers you are seeking. Say that this is the support that the government is giving to all citizens.
- 2 Keep distance of 1 meter.** When you meet people, avoid touching or close physical contact. This is true for passing on infection either way. It is better to sit in the open and speak with the family members if space and situation allows.
- 3 Interview:** Ask questions and get very specific answers. When you are writing, make sure your writing is clear and complete information (addresses, names, contact numbers) is written legibly.
- 4 Feedback:** Check if people have understood your messages correctly by taking feedback and asking them to repeat what you have advised or shared.
- 5 Clarifications:** If there are questions and you have the answers, you must share this with the community member. However, if you do not have the answer, do not hesitate to say so. A lot is still unknown about COVID-19.

Be Prepared when you go to the field:

- 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

INDEX

Virtual Training Protocols

- Everyone is aware of where to login
- Specific people are given the message for connecting
- Good internet connection
- Time for the session
- Registration

- Be focused
- Keep your voice balanced
- Have interactions with as many trainees as possible
- Set protocols for discussions and Q/A
- Participants to keep their cameras off until they start speaking