



COVID-19

Power of Five

Response & Containment Measures For
NTFP Gatherers and Processors



Van Dhan Samajik Doori Jagrookta Abhiyaan







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What should I know about COVID-19?

1 It is a disease called coronavirus disease-2019 caused by a coronavirus named as Severe Acute Respiratory Syndrome (SARS-CoV-2).



2 The symptoms of COVID-19 are fever, cough and difficulty in breathing.



3 If you have the symptoms of fever, cough or difficulty in breathing OR



4 You are in contact of a laboratory confirmed positive case.



5 You must immediately call the State Helpline Number of Ministry of Health & Family Welfare, Government of India 24x7 helpline 011-2397 8046, 1075 or your nearest health facility.



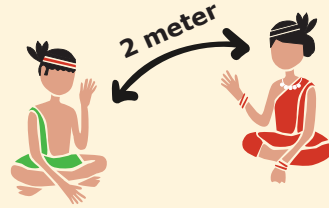
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How to keep the VDVK center COVID-proof?

1 Sanitize hands before entering the Van Dhan Vikas Kendra (VDVK) center, starting work, before and after touching any surfaces.



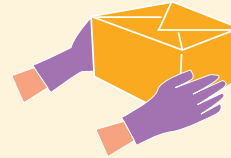
2 Sit at a distance of at least 2 meter from each other, stagger the work time in case there is constrain of space or work from home in hygienic conditions.



3 Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze. Dispose of the used tissue immediately in a closed dustbin. If you do not have a handkerchief, cough or sneeze in the bend of your upper arm.



4 Keep the packing material for NTFP clean and without damage so that the handlers do not come in contact with the NTFP.



5 Do not touch your face (eyes, nose and mouth) as the virus can get transmitted your systems through contaminated hands.



Seek help immediately if you have fever, cough or difficulty in breathing. Stay home, stay away from other family members and call the **State Helpline Number 011-2397 8046, 1075**

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What are the safe practices to be promoted?

1 Frequent handwashing



- Regularly and thoroughly wash your hands with soap and water for 20 seconds or 70% alcohol-based hand rub.

3 Avoid touching eyes, nose and mouth

- Because contaminated hands can transfer the virus to your eyes, nose or mouth.

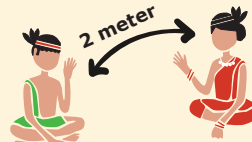


5 Stay informed, take care and follow advice from doctor/health personnel

- Stay informed on the latest developments about COVID-19.
- Take care of the elderly and those most at risk.



2 Practice social distancing



- Maintain at least 2 metre distance between yourself and others.
- Stay at home unless absolutely necessary to go out.
- Keep a distance of at least one meter between yourself and another person, when you are visiting the mandis, gathering forest produce or getting water from the handpump.

4 Practice good respiratory hygiene

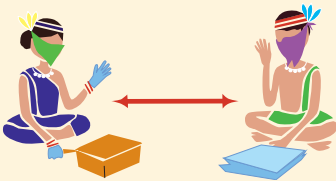
- Cover your mouth and nose with handkerchief or tissue when you cough or sneeze.
- Dispose of the used tissue immediately in a closed dustbin.
- Wash your hands with soap and water for 20 seconds or rub hands with 70% alcohol-based hand sanitizer.





What are the precautions and safety measure when moving around the community?

- 1** Maintain distance of 2 meter from people when you are in the mandi, going to gather forest produce or going to VDKV.



- 2** Use a face cover to cover your face, make sure it is properly worn when you are working together. Avoid touching the face cover.



- 3** Avoid touching your face (eyes, nose, mouth) at all times. Be extra careful when you are wearing a mask, you may forget and touch your face.



- 4** Frequently wash your hands with soap and water for 20 seconds frequently, or use 70% alcohol-based hand sanitizer.



- 5** Avoid touching high touch points, such as door handles, table tops, support rails and handles, hand rails, etc.



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What are precautions & safety measures on reaching home?

1 Carefully remove your face mask and gloves using the correct method, avoid touching front of your mask at all time, untie lace from behind and do not let the mask hang low around your neck.



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



3 If you have carried your bag/mobile, wipe them down with the disinfectant solution (use 4 teaspoons of household bleach mixed with 4 cups of water).



4 Wash your hands with soap and water for 20 seconds or 70% alcohol-based hand sanitizer before you touch anything else.



5 If you get any symptoms like fever, cough or difficulty in breathing contact the nearest Government Facility or District Surveillance Officer immediately.





Use of face covers

1 What is a face cover and why should you use it?

The MoHFW has now issued an advisory on use of face covers. MoHFW recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected and also to protect you from getting infected.

3 How to put on a face cover?

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction

5 What are the precautions in using a face cover?

- Do not touch your face when you are wearing a face cover
- practice social distancing even when you wear a face cover.
- Do not take your face cover on and off many times.
- While taking it off, the outer side of the cover should not touch your face. Put it for washing and never reuse face cover without washing.

2 Do I need to practice social distancing if wearing a face cover?

Yes, wearing cloth face coverings is an additional public health measure. MoHFW still recommends social distancing and maintaining at least 1 meter away from other people, frequent hand washing with soap and water. A cloth face covering is intended to protect the wearer, as well as prevents the spread of virus from the wearer to others.

4 How do I take care of the face covers?

Face covers should be taken off and washed in warm soap and water or 1% bleach solution. Immediately on taking off the face cover, do not keep it lying around but put it for washing.





How to create a supportive environment?

1 Talk to and involve Influencers

- Make a list of local influencers (Gram Pradhan, Religious Leaders, Teachers, any other).
- Explain & discuss the situation and protocols to be followed and seek their support in giving key messages.
- Identify community and cultural networks and keep them ready with information.

3 Plan community support for high risk groups

- Make a list of high risk groups in the village as per contact tracing protocols.
- Identify people they meet or talk to; share preventive measures with these people and request them to keep communicating these measures to the high risk people.
- Take care of older people or people with co-morbidities like hypertension, diabetes, lung or kidney disease whose parents may be in quarantine for issues of education and/or care.
- Take care of children whose parents may be in quarantine for issues of education and/or care.



2 Coordinate with the community networks for support

- Coordinate with the VDVK for emergency planning, distribution of services like food/grocery delivery for quarantined households, midday meals, medicine, etc.
- Share emergency contact details as directed.
- Share coordinating details of child protection committees for addressing issues of trauma and violence in children.

4 Help develop household emergency contact lists

- Ensure each household has a current list of emergency contacts for family, friends, neighbours, essential services contact numbers like food, medicines, medical help.
- Develop transport facilities in case of emergencies.

5 Raise your voice against stigma and discrimination

- Identify stigma and discrimination situations in the community.
- Talk to the affected households to support them in time of need.



Home quarantine: Safe practices for the individual

1 Keep distance

- Stay in well ventilated specific room and away from other people in your home Restrict movement.
- If available, use a separate bathroom.



2 Seek health care and notify

- If suffering from fever, cough, or having difficulty in breathing, and suspecting contact, wear a mask and immediately notify nearest health facility.



3 Wear a mask

- Wear a mask correctly when you are around other people.
- Wear a mask when you are visiting the health facility.



4 Avoid going to public areas

- If you are infected, you can spread infection to others.



5 Avoid going to public areas

- Avoid using public transport.
- Do not go to markets, schools or other public areas.



How to support home quarantine: Care Takers

1 Support: Assigned family member to take care of person suspected of infection helping them follow doctor's instructions for medication(s) and care.

2 Monitor symptoms: Fever and breathing must be monitored regularly and reported immediately in case there is breathing difficulty or very high fever.

3 Protective Hygiene:

- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels, bedding with the suspected person. Throw used tissues in a lined closed trash bin.
- Wash and disinfect linen in warm water and soap, dry in sun.
- Washing machine: use disinfectant, soap, warm water, dry in sun.
- Linen can be soaked in hot water and soap in a large drum, using a stick to stir, avoiding splashing (soak linen in 0.05% chlorine for approximately 30 minutes. Finally, rinse with clean water and let linen dry fully in the sunlight.
- Place all used tissues, disposable gloves, facemasks, and other contaminated items in a lined container before disposing them of with other household waste.

4 Clean and disinfect: All "high-touch" surfaces, such as table tops, doorknobs, bathroom fixtures, toilets, bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.

5 Wash hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with a 70% alcohol-based hand sanitizer. Wash often and especially after touching.



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Family members dos and don'ts for home quarantine

- 1 Wash hand often** thoroughly with soap and water for 20 seconds or rub with 70% alcohol-based hand sanitizer.



- 2 Keep away from elderly.** Household members should **stay in another room** or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom if available.

- 3 Avoid sharing** household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.



- 4 Wear a triple layered mask** at all the time when in contact with infected person. Disposable masks are never to be reused. (used mask should be considered as potentially infected). Mask to be disposed safely.



- 5 If symptoms appear** (fever/cough/difficulty in breathing) he/she should immediately inform the nearest health centre or call your local phone number.



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What are the safe practices for return migrants?

If you have travelled back from the city:

1 Quarantine yourself for 14 days at home. Do not interact with other people in the family (avoid hugging or touching anyone), wear a mask.



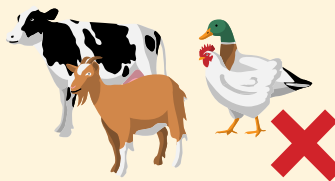
2 Do not share cloths, utensils with other family members.



3 Do not attend any function and do not host any function.



4 Do not go near any animals.



5 If you get fever, cough or difficulty in breathing, immediately call the nearest health facility.



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How can I address stigma?

1 Sansitize people and help them to understand that it is a simple infection and 80% of the cases are mild cases.

2 Ask people to stay away from watching negative things and also fake news on TV.

3 Help in giving hope and positive news to help people handle stress. Encourage the VDVK/ GAOBUDHA/VILLAGE HEADMAN to amplify positive news.



4 Engage with local healers (Baigas/Ojhas, etc.)/to talk with people to overcome difficult times.



5 Publicly, use terms like people who have COVID-19 instead of "COVID-19 cases" or "victims". Similarly, use terms like people who may have COVID-19 instead of "suspected cases".

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What are the COVID sensitive health practices?

- 1** Regularly use the health and nutrition services (such as routine immunization, take home ration, etc.) if being delivered in the current situation.
- 2** If pregnant, and have fever, cough with breathing difficulties do not delay. Immediately report at your nearest hospital or health facility.
- 3** While visiting the health facility, wear a mask and wash your hands frequently with soap even after sneezing and coughing; and touching clean surfaces.
- 4** Follow all antenatal care practices for pregnant women.
- 5** Monitor your symptoms regularly if you have travelled out.



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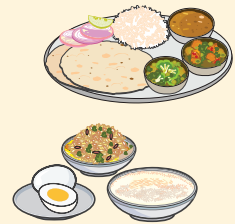
What are the COVID sensitive nutrition practices?

1 Feeding young children:

- Continue to breastfeed young children with required respiratory hygiene and precautions for infection prevention.
- For children's rapid growth and brain development, initiate complementary feeding from 6 months of age.
- Make children's every bite count by feeding the child a variety of foods such as pulses, milk, milk products, yellow, orange, green vegetables and fruits.



2 Ensure pregnant women get proper nutrition through 3 main meals and 2 snacks.



3 Eat fresh cooked food including local fruits and vegetable.



4 Use the 'Take Home Ration' from the Anganwadi centers for feeding children and pregnant women.

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What are the COVID sensitive parenting and psychosocial care practices?

1 Recognise and accept the stress in children

Recognising stress-common responses to stress are:

- Difficulty in sleeping
- Bedwetting
- Pain in the stomach or head
- Being anxious, withdrawn, angry, clingy or afraid to be left alone

2 Talk to your local support for getting guidance, talk with other parents.



3 Ensure proper nutrition for children.



4 Have a daily routine or timetable for children, with dedicated times for reading/studying, sharing household chores, meal times and free time.



5 Talk to children and make them feel safe by assuring them that you are there to support them. Provide them with correct information through valid sources.

**Call Child Helpline
Number 1098 for any
support for children**



FACTS AND MYTHS

Statement: With the summers coming up, the coronavirus will be killed

FACT: The COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. The best way to protect yourself against COVID-19 is by frequently washing your hands with soap and water, covering your coughs and sneezes and avoiding crowded places.

Statement: Having a bath with hot water will kill the virus

FACT: The virus lives inside the body where the temperature is maintained at 37°C and is not affected by a hot water bath that you have.

Statement: Eating raw garlic, sesame seeds will protect you against the virus

FACT: Garlic is a healthy food that has other benefits but does not protect you against the Coronavirus.

Statement: Getting the pneumonia vaccine will protect you against the virus

FACT: While vaccines for pneumonia will certainly protect you against pneumonia, it has not protective effect against the novel coronavirus.

Statement: You can get COVID-19 through mosquito bites

FACT: The coronavirus cannot be spread through the bite of a mosquito. It is spread thorough droplets spread when an infected person sneezes or coughs.

Statement: Spraying alcohol or disinfectant over your body can prevent infection

FACT: Spraying with alcohol or sanitizer on clothes and body, or consuming alcohol will not prevent you from getting infection. Infection spreads when the virus enters the body through nose or mouth. Cleaning and wiping hands with alcohol is to prevent the germ from entering your system through infected hands when you touch your mouth or you eat food with infected hands.

Statement: Regularly rinsing the nose with saline will prevent the infection

FACT: Rinsing nose with saline has in few cases helped in containing common cold, but has no evidence to suggest it is effective against the novel coronavirus infection.



In case anyone show symptoms like fever, cough or difficulty in breathing, contact Ministry of Health and Family Welfare's



HELPLINE NUMBER: 011-23978046 |
TOLL FREE: 1075

As per guidelines issued by Government of India and digital contents received from MoHFW

