

## Novel Corona Virus (COVID – 19) Prevention & Preparedness

### How the Virus Works

- ❖ COVID 19 spreads from an infected person to another and essentially needs liquid droplets to thrive. Aerosol carrying minute droplets & the virus is released through sneeze, cough or talking. This aerosol may be inhaled directly by a healthy person.
- ❖ From hands of infected person, it spreads to various surfaces and in turn to hands of a healthy person. May transfer during handshakes or hugging.
- ❖ Healthy person touches surface with hands and later brings to his mouth / nose or eyes.
- ❖ Virus finds a new host and infects this healthy person who in turn may affect others.
- ❖ Shelf life of virus is 14 days after which it subsides. If not managed in time, during these 14 days it can damage pulmonary system causing death.

To Know: Most Common Symptoms Source: WHO	Precautions for prevention of infections / spreading Source: WHO	Actions required at Projects	Do's & Don't
<ul style="list-style-type: none"> <li>❖ Cold and Flu</li> <li>❖ Fever,</li> <li>❖ Tiredness,</li> <li>❖ Dry cough.</li> </ul> <p>Some patients may have</p> <ul style="list-style-type: none"> <li>❖ aches and pains,</li> <li>❖ nasal congestion,</li> <li>❖ runny nose,</li> <li>❖ sore throat or diarrhoea.</li> </ul> <ul style="list-style-type: none"> <li>❖ Most people (about 80%) recover from the disease without needing special treatment.</li> <li>❖ Around 1 out of every 6 people gets COVID-19 becomes seriously ill due to breathing difficulties with Fever, cough, throat infection.</li> <li>❖ These symptoms are usually mild and begin gradually.</li> <li>❖ Some people become infected but don't develop any symptoms and don't feel unwell.</li> <li>❖ Older people, and those with underlying with high blood pressure, heart problems or diabetes, are more likely to develop serious illness.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.</li> <li>❖ Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.</li> <li>❖ Avoid touching eyes, nose and mouth.</li> <li>❖ Avoid handshake with others</li> <li>❖ Make sure everyone around, follow good respiratory hygiene by covering mouth and nose by bent elbow or tissue or nose mask or handkerchief at the time of coughing or sneezing. Then dispose of the used tissue immediately.</li> <li>❖ Safe to Stay @ home if anyone have mild fever, cough and difficulty while breathing &amp; seek medical assistance ASAP. Strictly follow the directions of your local health authority.</li> <li>❖ Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). Avoid traveling to places – especially senior citizens diabetic, having heart or lung diseases.</li> <li>❖ Social distancing is very important</li> </ul> <p><b>Must Avoid, serious effects against COVID-2019 and can be more harmful:</b></p> <ul style="list-style-type: none"> <li>❖ Smoking</li> <li>❖ Using unhygienic masks</li> <li>❖ Taking antibiotics</li> <li>❖ Engaging in huge crowds. Attending parties</li> <li>❖ Close movement with recent travellers</li> <li>❖ Hiding travel history with your employers, health care provider.</li> <li>❖ Hiding or not disclosing non routine health conditions</li> <li>❖ Closely moving with family members while suffering with common symptoms</li> <li>❖ Avoid outside food</li> <li>❖ Carelessness in personal Hygiene</li> </ul>	<p><b>Create Awareness &amp; Communication</b></p> <ul style="list-style-type: none"> <li>➢ Daily briefing on the Covid – 19 precautions to all the workers, staff &amp; other stake holders.</li> <li>➢ Display signages and advisories to wash hands at conspicuous places</li> <li>➢ Arrangements / provisions to conduct temperature checks with non-contact infrared thermometer daily before entering the project / office.</li> <li>➢ Notify if found with fever (rectal temperature more than 38° C / 100.4° F - Ref. US department of health &amp; human services Centre for Disease control &amp; prevention) to the respective agency for further medical consultation to nearest medical centre.</li> </ul> <p><b>Hygiene- Very Important</b></p> <ul style="list-style-type: none"> <li>➢ Organise to clean toilets and bathrooms regularly.</li> <li>➢ Ensure handwash with soap / hand sanitizer</li> <li>➢ Avoid personal meetings &amp; have a conference call</li> </ul> <p><b>Action by Emergency response</b></p> <ul style="list-style-type: none"> <li>❖ Do the needful to eliminate panic situations &amp; baseless beliefs.</li> <li>❖ Organise for Provision to isolate the suspected / identified person to prevent spread of Virus (well-ventilated &amp; entry restricted)</li> <li>❖ Display &amp; communicate the Contact details of ERT, Govt. hospital / camps nearby handling COVID 19 cases and Govt. helpline numbers</li> <li>❖ Establish a communication protocol</li> <li>❖ Support to shift the effected persons in ambulance ASAP</li> <li>❖ Ensure to organise sanitation of isolated area &amp; all the places where the effected person moved &amp; come in contact with different surfaces (doors, handles, walls, materials etc)</li> <li>❖ Inform family members &amp; track the developments of the cases shifted to medical assistance.</li> <li>❖ Update info to PM, Client &amp; RO after verification.</li> </ul>	<p><b>Do's</b></p> <ul style="list-style-type: none"> <li>➢ Do report if anyone is noticed with COVID 19 symptoms or any non-routine health conditions</li> <li>➢ Do report if you travelled overseas in past 30 days even without any symptoms</li> <li>➢ Do track the suspect or identified person until recovery</li> <li>➢ Do stay hydrated</li> <li>➢ Do maintain good hygiene for immunity</li> </ul> <p><b>Don'ts's</b></p> <ul style="list-style-type: none"> <li>➢ Don't create panic situations.</li> <li>➢ Do not encourage to spread rumours</li> <li>➢ Don't forward unverified messages</li> <li>➢ Don't give wrong information on the travel history or symptoms</li> <li>➢ Don't spit or throw trash in public places</li> <li>➢ Do not use unhygienic masks</li> <li>➢ Do not throw the used tissue papers openly</li> <li>➢ Do not spit in the construction sites</li> <li>➢ Do not shake hands</li> </ul>