

COVID-19 AFTER LOCKDOWN

SAFETY RECOMMENDATIONS
FOR THE NEXT 6 MONTHS

By Narayana Health CSR



HOW IS COVID-19 SPREAD?

COVID-19 mainly spreads from person to person
But it can also be left on objects and surfaces...

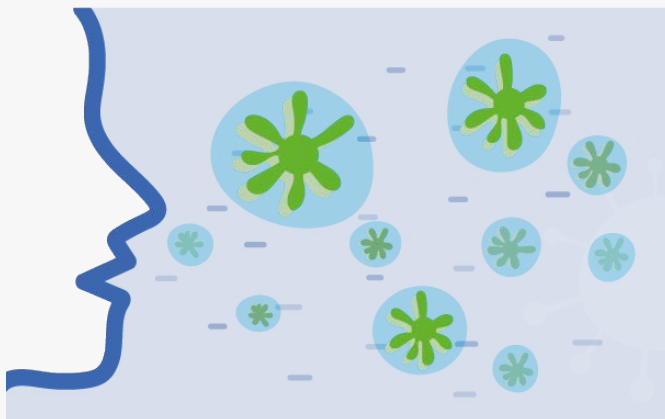
World Health Organization
Western Pacific Region

tissue
doorknobs
digital devices
pens
laptop and mouse
lift buttons

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

21 Mar 2020

The infographic features a central yellow circle with text. To the right, a man in a suit is shown coughing into a tissue, with orange virus particles being released. Lines connect these particles to labels for 'tissue' and 'doorknobs'. Below this, a laptop, mouse, smartphone, and tablet are shown with virus particles on them, labeled 'laptop and mouse' and 'digital devices'. A pen is also shown with virus particles, labeled 'pens'. To the left, a lift button is shown with virus particles, labeled 'lift buttons'. At the bottom right, a man and a woman are shown coughing into their faces, with virus particles being released, illustrating person-to-person spread. The WHO logo and 'Western Pacific Region' are in the top right. The date '21 Mar 2020' is in the bottom right.



SPREADS THROUGH DROPLETS



8-48 HOURS ON SURFACES

HYGIENE:

WASH HANDS REGULARLY to kill viruses on hands



Soap and water

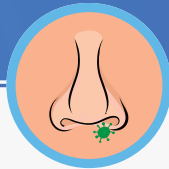
or



Alcohol-based Sanitiser



**~~DO~~'N'T TOUCH
YOUR FACE**



clean common surfaces frequently
to reduce chance of virus contamination.

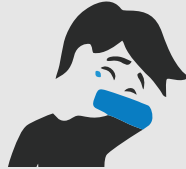


WHEN YOU COUGH/SNEEZE



COVER MOUTH
WITH TISSUE

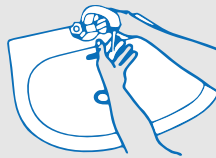
OR



SNEEZE INTO
ELBOW



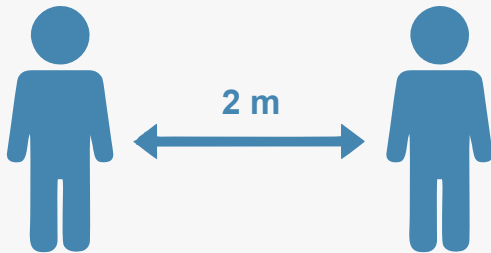
DISPOSE TISSUE
IN WASTE BIN



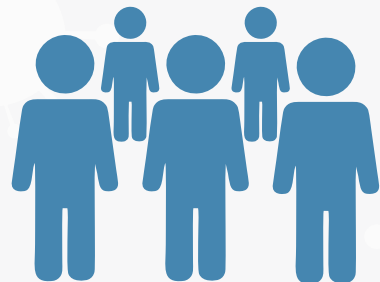
WASH/SANITISE
HANDS



DON'T SPIT IN
OPEN AREAS



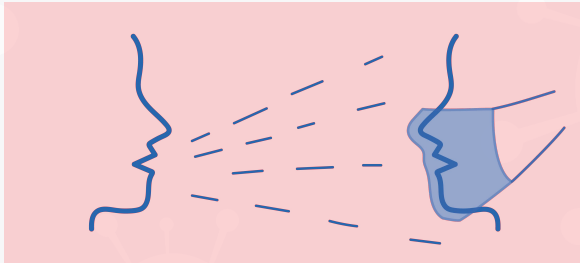
MAINTAIN SOCIAL DISTANCE



AVOID CROWDED PLACES

MASK:

Compulsory to wear mask in public



75% risk



1.5% risk

**HEALTHY PERSON
WEARS**

**UNWELL PERSON
WEARS**

COTTON MASK

SURGICAL MASK



Homemade

Store-bought

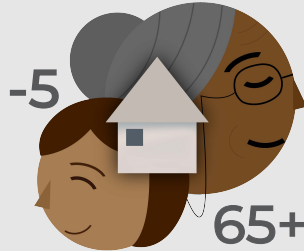
reusable

Single-use

70% effective

97% effective

AT WORK



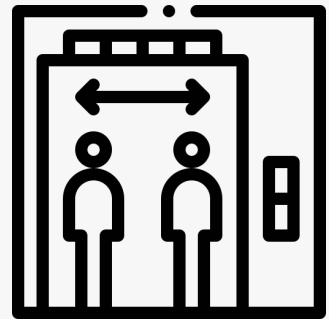
HIGH RISK persons
workfrom home



Wear **MASK** at **WORK**



Bring your **own water bottle**



Physical Distance in **LIFT**



HANDS FREE Sanitiser



Check **temperature**
before entering **office**



Don't touch public surfaces



DISINFECT WORKPLACE
between shifts



gap between shifts



no large meetings



Use **AROGYA SETU**
mobile app



Keep work items
AWAY FROM FAMILY



Sanitise after **entering house**

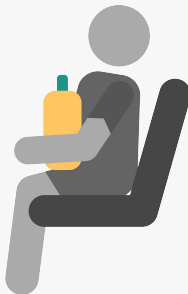
WHEN TRAVELLING



Wear **MASK**



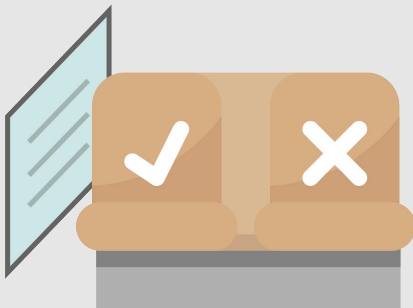
Sanitise before
and after travel



BAG on **LAP**



Don't touch
vehicle surface



Only use **WINDOW**
SEAT of bus



Always
OPEN WINDOWS

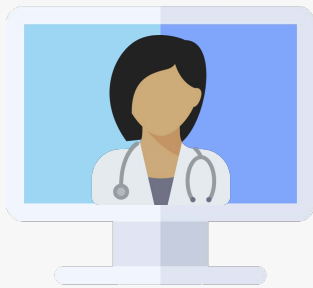
SENIOR CITIZENS



No **contact** with
working **relatives**



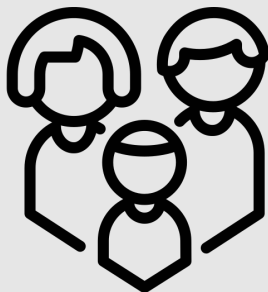
use **HOME DELIVERY**
services



seek **help** from
doctor if needed



CLEAN frequently
touched **surfaces**

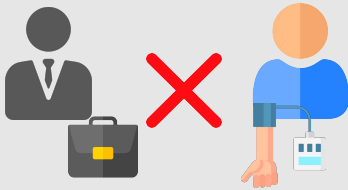


stay **IN TOUCH**
with **FAMILY**



Keep **in touch** with
reliable neighbour

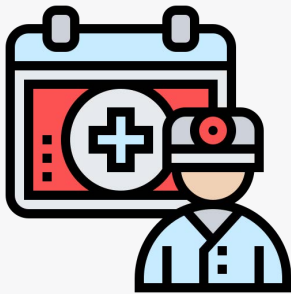
PEOPLE SUFFERING FROM CHRONIC DISEASES



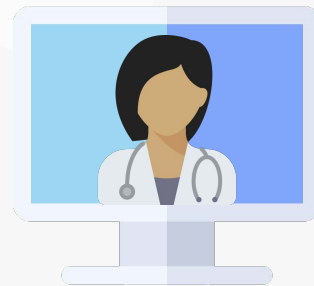
No contact with working relatives



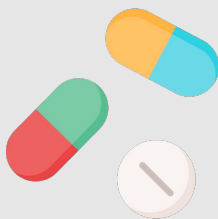
Sanitise Outside Objects before using them



Don't miss routine **check-ups** stay in touch with **doctor**



Video Consultation with doctor is possible



DON'T CHANGE ROUTINE MEDICATION without consulting doctor

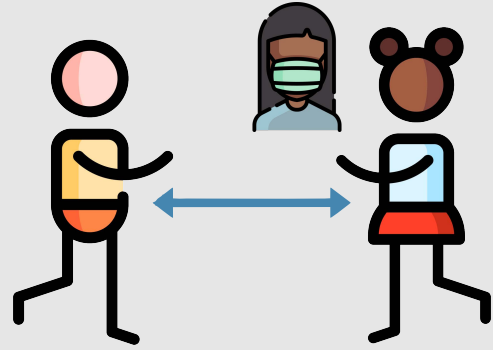


ISOLATED WORKSPACE at office

CHILDREN



ALWAYS WEAR MASK



Play with **SOCIAL DISTANCING** and **SUPERVISION**



MINIMISE SCREEN TIME



KEEP OCCUPIED



HEALTHYDIET



REGULAR EXERCISE

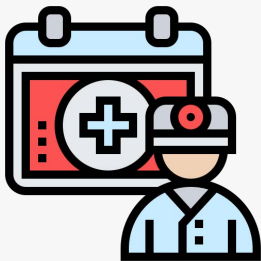
PREGNANT WOMEN



No contact with
working relatives



ISOLATED WORKSPACE
at office

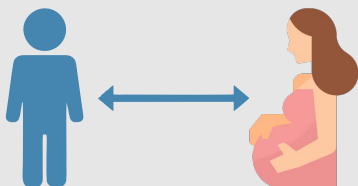


DON'T MISS
APPOINTMENTS



Regular Phone/
Video Consultation

AT HOSPITAL



maintain **SOCIAL DISTANCE**



use **MASK** and **SANTISER**

DIFFERENTLY ABLED PEOPLE



Caregivers should take **basic protection measures**



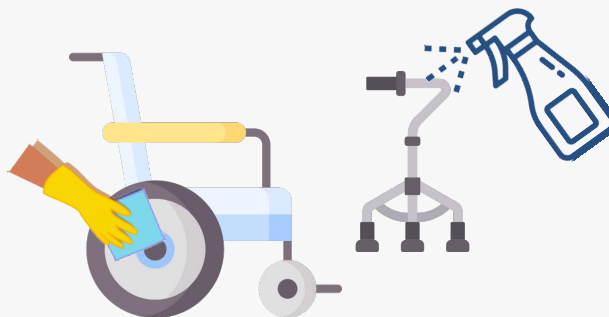
use **HOME DELIVERY** services



Avoid touching public surface



WORK FROM HOME



DISINFECT ASSISTIVE DEVICES

WORKERS COMING HOME



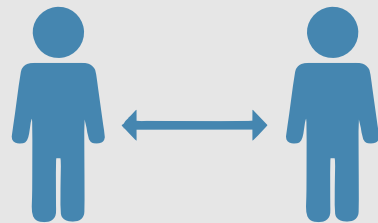
SANITISE BEFORE
WORK



Avoid touching
random surfaces

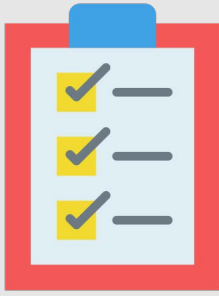


Wear **MASK**



MAINTAIN **SOCIAL DISTANCE**

WHEN SHOPPING



PLAN YOUR SHOPPING



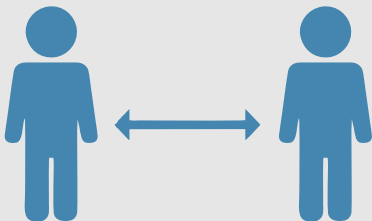
DON'T TAKE CHILDREN



reuse **SAME BAG**



Wear **MASK**



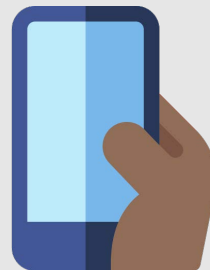
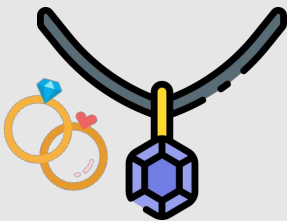
MAINTAIN SOCIAL DISTANCE



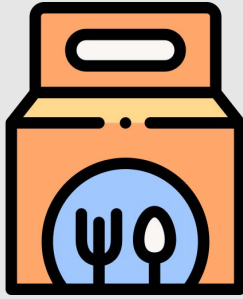
Sanitise Before Storage/Use



COMMON OBJECTS TO DISINFECT



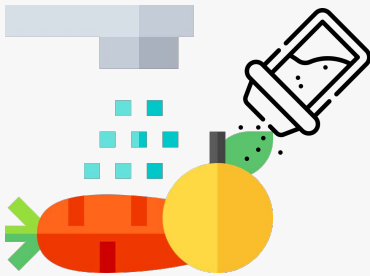
FOOD SAFETY



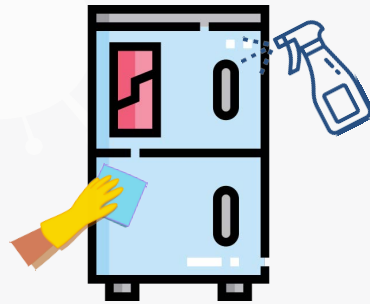
AVOID EATING FROM OUT



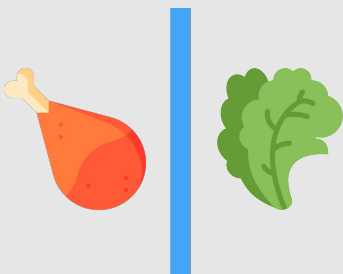
WASH HANDS BEFORE COOKING



WASH WITH SALT+WATER



KEEP KITCHEN CLEAN



**STORE MEAT SEPARATELY
COOK COMPLETELY**



EAT FRESHLY COOKED FOOD

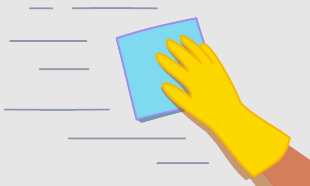
HANDLING FOOD DELIVERY



WEAR GLOVES



SANITISE BEFORE OPENING

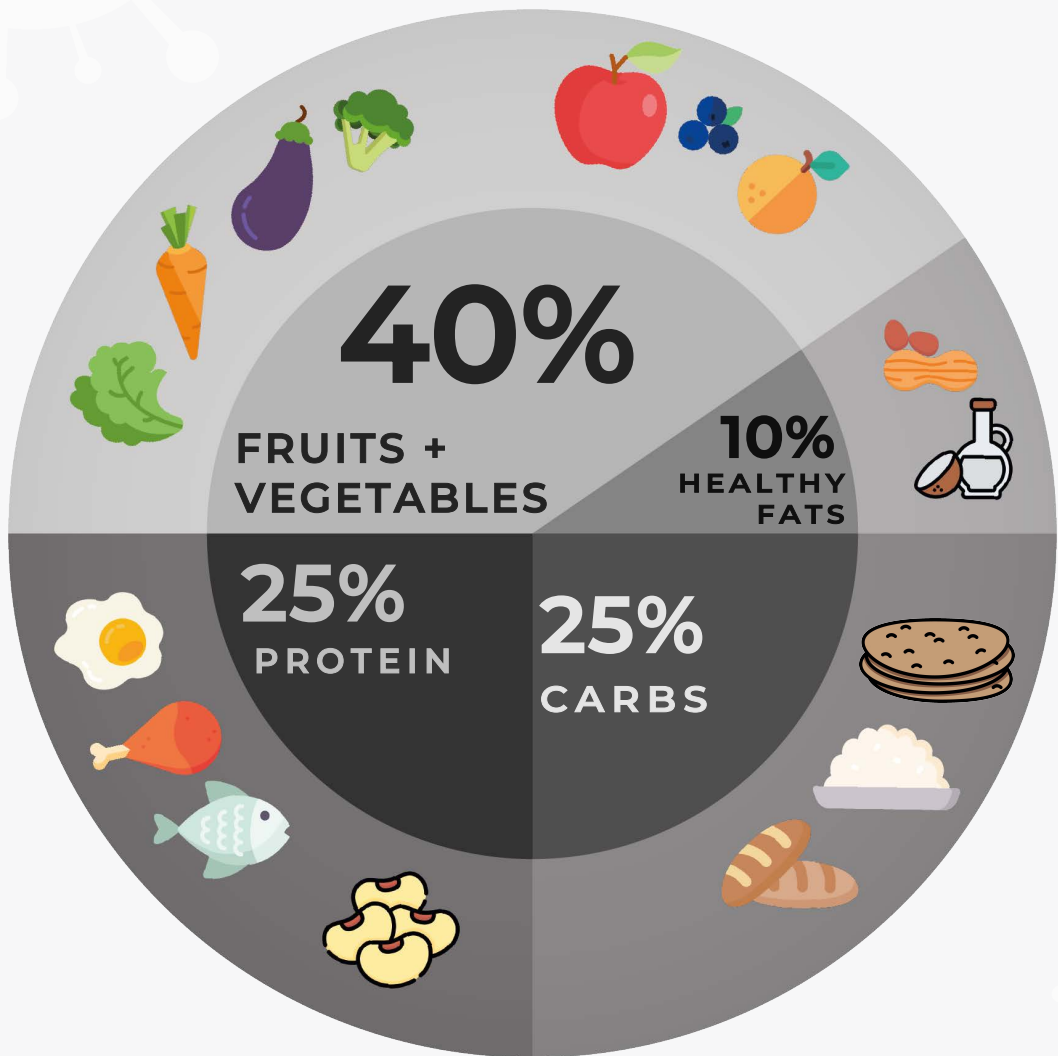


**SANITISE SURFACE WHERE
PACKAGE IS KEPT**

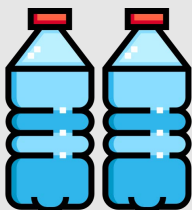


**WASH HANDS
AFTERWARDS**

NUTRITION



BALANCED DIET



DRINK WATER



REGULAR EXERCISE



NO JUNK FOOD

IMMUNE SYSTEM BOOSTERS



ZINC



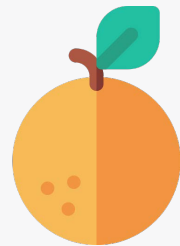
IRON



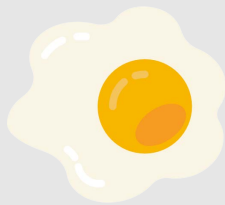
VITAMIN A



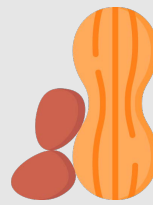
VITAMIN B6



VITAMIN C



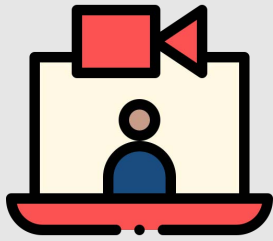
VITAMIN D



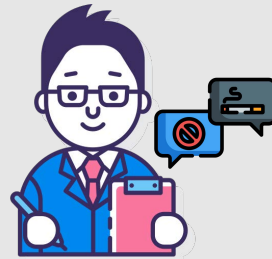
VITAMINE E



MENTAL HEALTH



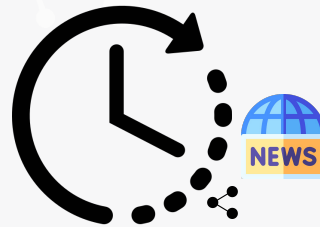
KEEP IN TOUCH
with friends/family



Speak to a
COUNCELLOR



maintain
HEALTHY LIFESTYLE



LIMIT NEWS INTAKE
to reduce anxiety



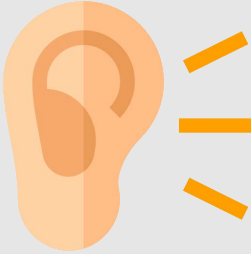
BREATHING EXERCISES
maintain mental health



AVOID IDLE MIND

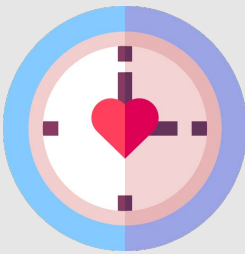


CHILD MENTAL HEALTH



LISTEN
PAY ATTENTION

BE SUPPORTIVE
SHOW YOUR LOVE



SPEND TIME
PLAY AND RELAX

STICK TO A
REGULAR ROUTINE



PROVIDE INFORMATION
EXPLAIN+ANSWER

STAY SAFE

REFERENCES

1. Ministry of Health and Family Welfare, GOI
2. Ministry of Home Affairs, GOI
3. World Health Organization
4. Centre for Disease Control
5. <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>
6. <https://www.cdc.gov/foodsafety/newsletter/food-safety-and-Coronavirus.html>
7. <https://www.news18.com/news/buzz/how-to-wash-off-germs-from-vegetables-and-perishables-during-coronavirus-2585067.html>
8. <http://www.emro.who.int/nutrition/nutrition-infocus/nutrition-advice-for-adults-during-the-covid-19-outbreak.html>
9. <https://www.who.int/teams/mental-health-and-substance-use/covid-19>

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