

COVID-19 INFORMATION BOOKLET



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1. COVID-19: What is it and how does it spread?

COVID-19 (Corona Virus Disease 2019) is an infectious disease caused by a virus named SARS-CoV-2 (Severe Acute Respiratory Syndrome Corona Virus -2). This disease was first reported in December 2019 in the Wuhan Province of China. This disease is more contagious than the previous epidemics caused by Coronavirus. On 11th March 2020 WHO declared this outbreak of coronavirus as a pandemic.

Coronavirus is a round-shaped RNA virus with a diameter of 50-200 nano meter. It has the RNA as the viral genome which helps in its replication. The virus life cycle has three major steps: *Entry, Replication, and exit*.

Entry inside human body

- SARS-CoV-2 can enter inside human body through nose, mouth, eyes
- It can enter directly in the form of respiratory particles or indirectly by contaminated surface
- Inside body, the virus travels down from the nose to the windpipe and enters the lungs
- The virus then reaches to the terminal part of the wind pipe to air-filled balloon-like sacs called alveoli
- Exchange of oxygen and carbon dioxide occurs inside alveoli

Replication inside human body and immune response

- The coronavirus infects a specific type of cell in the alveoli called pneumocytes
- The infected cells then produce copies of the viruses
- In response to that, body's immune system gets activated
- For self-defence immune system releases a protein called interferons
- The infected cells, under the influence of interferons, secrete chemical called cytokines
- These cytokines cause fever in patients
- When our immune system overreacts, especially among those people who have comorbidities, the body suffers a cytokine storm which in turn negatively affects various organs of our body

Exit from human body and further transmission

- COVID-19 is a contagious disease: can transmit from human to human
- When an infected person coughs, sneezes, or talks the virus can get out of the body in the form of small liquid particles (larger respiratory droplets to smaller aerosols)
- These particles can infect others directly who are in close contact of the infected individuals
- These particles can contaminate surfaces
- People may also become infected by touching such contaminated surfaces when touching their eyes, nose or

mouth without cleaning their hands

2. Who are at risk?

Who are at risk of COVID-19

- All age groups are at risk of contracting COVID-19
- All close contacts of COVID-19 positive patients

Who are at increased risk of severe illness with COVID-19

- Age more than 60 years
- Persons with underlying non-communicable diseases like
 - ❖ Diabetes mellitus
 - ❖ Hypertension and cardiovascular diseases
 - ❖ Cerebrovascular diseases
 - ❖ Obesity
 - ❖ Chronic liver, lung, kidney and other systemic diseases
 - ❖ Cancer
 - ❖ HIV and other immunocompromised states

Variants of SARS-CoV-2

- Virus can change (mutate) itself inside the body
- A virus with one or several new mutations is referred to as a “variant” of the original virus
- The mutated virus can come up with difference in transmissibility , severity of disease
- The variants of SARS-CoV-2 are being named using letters of the Greek Alphabet
- A variant of concern of SARS-CoV-2, known as Delta Plus has been detected in our country
- The Delta plus variant has higher transmission efficiency compared to the original strain of COVID-19

Frequently asked questions: Myths related to COVID-19

Q1. Can children be affected with COVID-19?

➤ Yes

Q2. Can drinking alcohol protect against COVID-19?

➤ No rather harmful use of alcohol can increase your risk of health problems.

Q3. Can eating garlic protect against COVID-19?

➤ No. There is no evidence of its beneficial effects on COVID-19 prevention.

Q4. Can taking a hot bath prevent COVID-19?

➤ No

Q5. Can adding pepper to food prevent COVID-19?

➤ No

3. Symptomatology of COVID 19

<i>Adults</i>				
<i>Symptoms</i>	<i>Asymptomatic</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>
<i>Fever</i>	×	+	++	+++
<i>Cough</i>	×	+	+	++
<i>Sore Throat irritation</i>	×	+	+/-	+/-
<i>Body ache/ Headache</i>	×	+	+	++
<i>Malaise/Weakness</i>	×	+	+	++
<i>Diarrhoea or gastrointestinal upset</i>	×	+	+	+
<i>Anorexia/ Nausea/ Vomiting</i>	×	+/-	+/-	+/-
<i>Loss of Smell and/or Taste</i>	×	+/-	+/-	+/-
<i>Shortness of breath</i>	×	×	++	+++
<i>Respiratory rate/min</i>	12-16	17- 23	24-30	>30
<i>Children</i>				
<i>Symptoms</i>	<i>Asymptomatic</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>
<i>Respiratory rate/min</i>	<i>Normal with age-dependent variation</i>		Rapid respiration (age-based) <2 months ≥60/min 2-12 months ≥50/min 1-5 years ≥40/min >5 years ≥30/min	
<i>Grunting, severe retraction of the chest</i>	×	×	×	+/-
<i>Lethargy, somnolence</i>	×	×	×	+/-
<i>Seizure</i>	×	×	×	+/-

Oxygen saturation (SpO₂) can decrease (<95%) in case of moderate and severe COVID-19

Comprehensive Guidelines for management of COVID-19 patients- Directorate General of Health Services, MoHFW, GOI. Link: <https://dghs.gov.in/WriteReadData/News/202105270436027770348ComprehensiveGuidelinesforManagementofCOVID-1927May2021DteGHS>

Guidelines for Management of COVID-19 in Children (below 18 years)- Ministry of Health and Family Welfare, 18th June 2021. Link: <https://www.mohfw.gov.in/pdf/GuidelinesforManagementofCOVID19inCHILDREN18June2021>

4. Testing Strategy of COVID 19 Infection

Whom to Test	Where to Test	Tests available
Adults	ICMR-approved COVID 19 designated laboratories (both government and private)	<ul style="list-style-type: none"> • RAT (Rapid Antigen Test) • RT-PCR (Real Time Reverse Transcription Polymerase Chain Reaction) • TruNat/ CBNAAT test
<ul style="list-style-type: none"> • Patients presenting with fever and/or other symptoms suggestive of COVID-19 • Persons (symptomatic or not) living with/or in contact with the confirmed COVID-19 cases 		
Children		
<ul style="list-style-type: none"> • All suspected cases of COVID-19 • Asymptomatic contacts of confirmed COVID-19 cases 		

Frequently Asked Questions

Q1. A patient has come to you with positive RAT, do he/she need to test RT-PCR?

- No. Any individual who tested positive in either RAT or RT-PCR should not be repeated diagnostic test.

RAT	Positive	Consider as COVID positive
	Negative	Send sample for RT PCR

Q2. A person has completed his/her duration of home isolation after contracting COVID-19. Does he/she need to test again to confirm COVID-19 status?

- No. There is no need for further testing once a person completes home-isolation duration or fully recovers from COVID-19 or gets discharged from hospital

5. Treatment of COVID 19 Cases (Adult)

Category	Asymptomatic	Mild
General care	<ul style="list-style-type: none"> ➤ Home Isolation for Care with teleconsultation ➤ Promote COVID appropriate behaviour (mask, strict hand hygiene, physical distancing) ➤ Advise healthy balanced diet with proper hydration ➤ A caregiver should be available to provide care all the time ➤ Treat according to guideline 	
Treatment	<ul style="list-style-type: none"> ➤ Continue medications for other comorbid conditions. ➤ Promote teleconsultation by patient ➤ Advise patients and family to stay connected and engage in positive talks through phone, video calls, etc. 	<ul style="list-style-type: none"> ➤ Advise patients and family to stay connected and engage in positive talks through phone, video calls, etc. ➤ Self-monitoring for fever, breathlessness, SpO₂ ➤ Antipyretic and Antitussive for symptomatic relief ➤ Inhalational Budesonide (given via Metered-dose inhaler with spacer device) at a dose of 800 mcg BD for 5 days) for cough. ➤ No other COVID-19 specific medication is required.

ALL MODERATE AND SEVERE CASES AT DIAGNOSIS NEED TO BE REFERRED TO NEARBY COVID HOSPITAL FOR FURTHER MANAGEMENT

Referral criteria for home isolated cases

- Shortness of breath
- Persistent fever/ High grade fever or Recurrence of fever
- Palpitations or Chest pain/Chest tightness
- Severe cough
- Respiratory rate more than 24 but less than 30 in adults
- SpO₂: <94% on room air
- Positive 6 min walk test *
- Patients with a history of Cancer, Organ transplant, HIV infection

Frequently Asked Questions

Q1. Is there any treatment needed for the caregiver?

- Caregiver and all close contacts must be tested and monitored for any symptoms of COVID.

Q2. When to end home isolation?

- Home isolation can be discontinued at least after 10 days of onset of symptoms or date of sampling, without any fever for the last 3 days.

**Patient will walk continuously for 6 minutes, with Pulse oximeter attached in finger. Any drop in saturation below 94%, or an absolute drop of more than 3% to 5% or feeling unwell (lightheaded, short of breath) while performing the test or at end of 6 minutes are significant findings. It should not be done in patients older than 70 years, those with uncontrolled asthma, pregnant patients*

6. Treatment of COVID 19 Cases (*Children*)

Category	Asymptomatic	Mild
General care	<ul style="list-style-type: none"> ➤ Home Isolation for Care with teleconsultation ➤ No other COVID-19 specific medication needed ➤ Promote COVID appropriate behaviour (mask, strict hand hygiene, physical distancing); ➤ Advise older children and family to stay connected and engage in positive talks through phone, video calls, etc. ➤ Fluids and feeds: ensure oral fluids to maintain hydration and give a nutritious diet 	
Treatment	<ul style="list-style-type: none"> ➤ Infants and younger children to stay under the immediate care of parents/guardians ➤ Continue medications for other conditions, if any ➤ Parent/caregivers to contact the doctor in case of appearance of symptoms 	<ul style="list-style-type: none"> ➤ For fever, give paracetamol 10-15mg/kg/dose; may repeat every 4-6 hours ➤ For cough, give throat soothing agents and warm saline gargles in older children and adolescents ➤ Antimicrobials are not indicated ➤ Maintain monitoring chart including counting of respiratory rate 2-3 times a day, look for chest indrawing, cold extremities, urine output, oxygen saturation, fluid intake, activity level, especially for young children

ALL MODERATE AND SEVERE CASES AT DIAGNOSIS NEED TO BE REFERRED TO NEARBY COVID HOSPITAL FOR FURTHER MANAGEMENT

Referral criteria for home isolated cases

- Persistent fever/ High grade fever or Recurrence of fever
- Severe cough , Shortness of breath
- Fast breathing (age-based) in children
- Hypothermia in Children (temp< 35.5°C)
- Skin rash, stomach pain, red eyes, pale/ grey/ blue skin/ lips/ nail beds, extreme lethargy/ tiredness/ unconsciousness in a child
- If the child unable to drink/ vomits/ dehydrated
- SpO2: <94% on room air

7. Steroids

- ★ Systemic oral steroids are not indicated in asymptomatic and mild cases of COVID-19
- ★ Unjustified use of steroid can be harmful
- ★ Steroid can increase the risk of Fungal and other secondary bacterial infection
- ★ Oral steroids can only be considered with the persistence of symptoms and among moderate to severe COVID patients after proper evaluation by Medical Officers

8. Mucormycosis

What is it	When to suspect	What predisposes	How to prevent
Mucormycosis is a fungal infection that mainly affects people who are on medication for other health problems that reduce their ability to fight environmental pathogens.	<ul style="list-style-type: none"> ● Sinusitis – nasal blockage, nasal blackish discharge, Pain on the cheekbone ● Facial numbness or swelling ● Blackish discoloration of the nose ● Loosening of teeth, Jaw involvement ● Blurred vision 	Uncontrolled diabetes mellitus Immunosuppression by steroids Prolonged ICU stays Comorbidity– post-transplant/ malignancy Voriconazole therapy	<ul style="list-style-type: none"> ● Use masks if you are visiting dusty construction sites ● Wear shoes, long trousers, long sleeve shirts, and gloves while handling soil or manure ● Maintain personal hygiene including thorough scrub bath
Do's		Don'ts	
<ul style="list-style-type: none"> ★ Control hyperglycaemia ✓ ★ Monitor blood glucose level post-COVID-19 discharge and also in diabetics ✓ ★ Use clean, sterile water for humidifiers during oxygen therapy ✓ ★ Use antibiotics/antifungals judiciously ✓ 		<ul style="list-style-type: none"> ★ Consider all the cases with a blocked nose as cases of bacterial sinusitis, particularly in the context of immunosuppression and patients on immunomodulators ✗ ★ Hesitate to seek proper investigations, as appropriate for detecting fungal aetiology ✗ ★ Lose crucial time to initiate treatment ✗ 	

9. COVID in Pregnancy and lactating women

Q1. Are pregnant women at higher risk from COVID-19?

- Yes, they are at an increased risk of severe diseases and it might affect the foetus too.

Q2. Which pregnant women are at a higher risk of developing complications after COVID-19 infection?

Pregnant women who are:



Older than
35 years
of age



Obese



Have a pre-existing
illness such
as diabetes or high
blood pressure



Have a history
of clotting
in the limbs

Q3. How does COVID-19 affect the health of the pregnant woman?

- Most (>90%) of them recovered without any need for hospitalization. Moderate and severe disease and worsening of asymptomatic or mild cases need hospitalization.

Q4. How does COVID-19 infection in pregnant women affect the baby?

- Most of the cases (>95%) the new-born of COVID-19 positive mothers have been in good condition at birth, but rarely there may be pre-mature delivery

Q5. Can a confirmed or suspected COVID-19 mother touch or hold her new-born baby?

- Yes. She can after following face mask and hand washing protocol

Q6. Can COVID-19 be passed through breastfeeding?

- It has not been detected to date.

Q7. In a community where COVID-19 is prevalent, should mothers breastfeed?

- Yes.

Q8. Can a woman with confirmed and suspected COVID-19 breastfeed?

- Yes, if she is able to breastfeed her baby, taking necessary precautions she can do so.

Q9. If a confirmed or suspected COVID-19 mother was unable to breastfeed, when can she start to breastfeed again?

- She can start to breastfeed when she feels well enough to do so.

Q10. If a mother confirmed or suspected to have COVID-19 does not have a medical face mask, should she still breastfeed?

- Yes. Mother should follow other infection prevention measures, such as washing hands, cleaning surfaces, sneezing or coughing into a tissue.

Q11. Is it safer for a confirmed or suspected COVID-19 mother to give her baby infant formula milk?

- No. She should breastfeed her baby.

10. Post-Covid Complication

After recovery or on discharge from the hospital,

➤The first visit should be made within 1 week from completion of 17 days of home isolation (mild/asymptomatic home isolation cases) and within 2 weeks from discharge (for hospital admission)

➤During the visit, a detailed history of symptoms for complications is to be taken (easy bleeding, bruising, heavy menstrual bleeding, gum bleeding, sudden numbness of limbs, sudden confusion, etc.). Vitals like Pulse, BP, SpO₂, Temp are to be checked.

➤Investigations that are generally suggested for Moderate/ Severe/ Hospitalized cases in the follow-up visits are Complete hemogram, CRP, D-Dimer, Serum ferritin, FBS, LFT, Serum electrolyte, Renal Function Test, ECG, Chest X-ray.

Post COVID follow-up guidelines; Department of Health & Family Welfare, Govt of West Bengal.
https://www.wbhealth.gov.in/uploaded_files/corona/POST_COVID_13.12_.pdf

Important post-COVID complications

Pulmonary fibrosis, Pulmonary thromboembolism

Ischemic Heart disease, Diabetes, Arthritis

Depression, anxiety, sleep deprivation

Chronic Fatigue syndrome

Common non-specific neurological symptoms (headache, dizziness)

A post-COVID patient with following symptoms, needs referral-

- High grade fever
- Breathlessness (SpO₂ < 94%)
- Unexplained chest pain, palpitation and tachycardia
- Uncontrolled hyperglycaemia
- New onset of confusion, focal weakness
- Persistent, disabling joint pain

11. Respiratory rehabilitation

Breathlessness is most common symptom in any post-COVID cases. It can be controlled all by self-effort with the following breathing exercises and techniques-



1. High side lying

Lying on your side propped up by pillows, supporting your head and neck, with your knees slightly bent.



2. Forward lean sitting

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, and your arms resting on the table. You can also try this without the pillows.



3. Forward lean sitting (no table in front)

Sitting on a chair, lean forwards to rest your arms on your lap or the armrests of the chair.



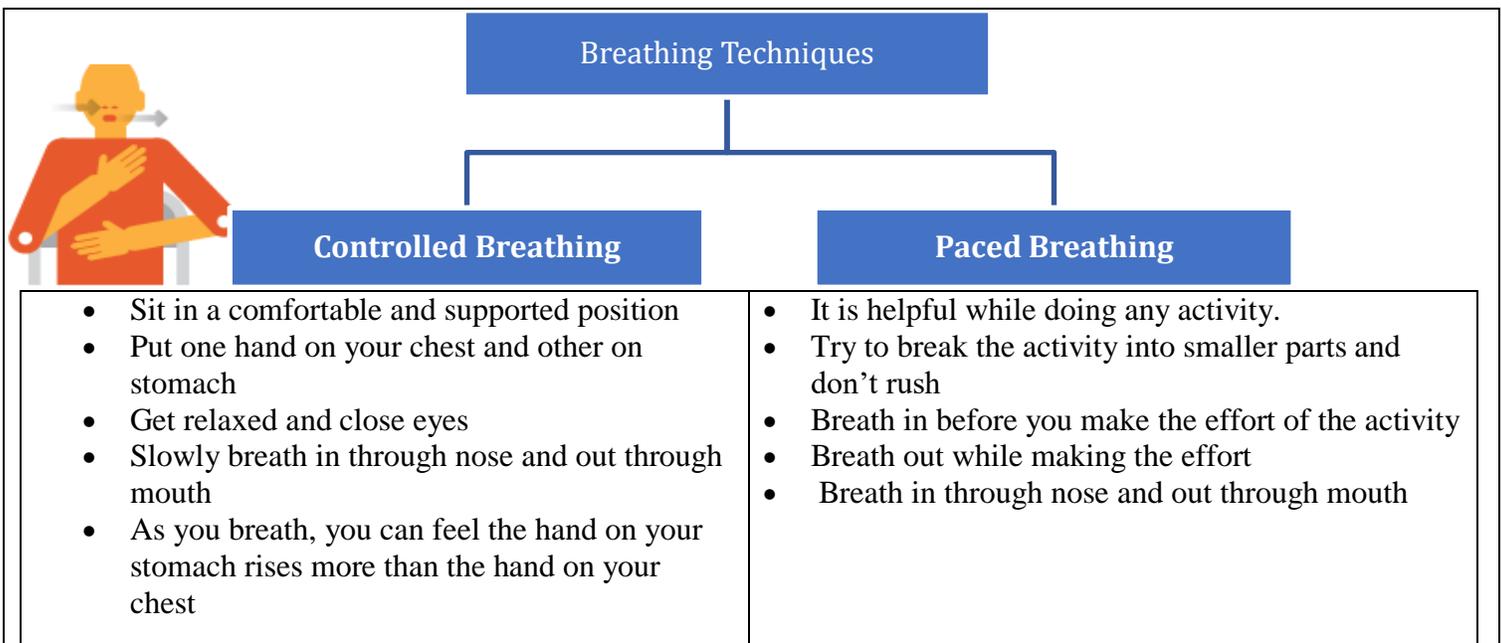
4. Forward lean standing

While standing, lean forwards onto a windowsill or other stable surface.



5. Standing with back support

Lean with your back against a wall and your hands by your side. Have your feet about a foot away from the wall and slightly apart.



Frequently asked questions

Q.1 Is HRCT lung necessary to check lung condition even after recovery?

- No. Repeat HRCT chest is not necessary.

Q.2 How long fatigue syndrome can persist after recovery from COVID-19 disease?

- Fatigue syndrome may persist even after 10 weeks from recovery. It is completely normal and full recovery is possible by eating protein-rich nutritious foods, drinking plenty of water, and doing mild exercise at home.

Q.3 Is self-monitoring at home necessary?

- It is necessary to check oxygen saturation (with pulse oximeter), capillary blood glucose (with CBG machine; in case the patient is diabetic and taking insulin) at regular intervals at home.

12. Mask Using Guidelines

- *Who should wear a mask and when?*
- All the adults going in public places, social gatherings, health-care facilities or during any travel and even at indoor while sitting with other people
 - Masks are not recommended for children aged 5 years and below
 - Children aged 6-11 years may wear mask depending on the ability of the child to use the mask safely
 - Children aged 12 years and above must wear mask like adults.
 - Avoid using masks while exercising, instead do indoor work out or keep safe distance while exercising at outdoor
- *How to wear a mask?*
- 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.
 - Make sure it covers both your nose, mouth and chin
 - 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

Source: Comprehensive Guidelines for Management of children with Covid-19(Age<18yrs), DGHS,MOHFW, GOI

মাস্ক ব্যবহারের কিছু প্রয়োজনীয় এবং সঠিক পদ্ধতি

মাস্ক ধরার আগে সাবান দিয়ে ভাল করে হাত ধুয়ে নেবেন

মাস্কটি ছেঁড়া বা তাতে ছিদ্র আছে কিনা দেখে নিন

মাস্কের যে দিকটিতে শক্ত ক্লিপটি থাকে সেটি দেখে নিন

মাস্ক-র রঙিন দিকটি যেন বাইরের দিকে থাকে

মাস্ক-র শক্ত ক্লিপ টি নাকের ওপরে থাকবে

ভালোভাবে নাক, মুখ এবং খুঁতনি ঢাকবেন

মাস্ক এবং মুখের মাঝে কোন ফাঁক থাকবে না

বার বার মাস্ক-এ হাত দেবেন না

মাস্ক-র হাতল ধরে মাস্কটি খুলুন

মাস্কটি খোলার সময় নিজের থেকে দূরে রাখুন

খোলার সাথে সাথে মাস্কটি কন ধাকনা যুক্ত ডাস্টবিনে ফেলে দিন

এরপর ভাল করে সাবান দিয়ে হাত ধুয়ে নিন

Source: World Health Organization. Covid-19 Appropriate Behaviour

13. Infection Prevention and Control and COVID appropriate behaviour

Infection Prevention & Control	COVID Appropriate Behaviour
Do's	
<ul style="list-style-type: none"> ● Rapid identification and contact tracing of suspected cases ● Immediate isolation is to be suggested with a referral for testing ● Washing hands and using sanitizer in between patients ● Using PPE and mask while examining patients ● Examine patients in a well-ventilated room ● Disinfect and clean instruments and touched surface regularly 	<ul style="list-style-type: none"> ● Greet without physical contact ● Maintain physical distance (6 feet) in all public gatherings ● Wear mask whenever <ul style="list-style-type: none"> ● Undertaking any essential travel or going to a public place ● When staying in a room with other people ● When you have any signs of cold/flu ● Washing hands frequently and thoroughly with soap and water (20 sec)
Don'ts	
<ul style="list-style-type: none"> ● Do not allow patients to gather at the chamber ● Avoid direct contact with suspected patients ● Do not allow patients without masks 	<ul style="list-style-type: none"> ● Avoid touching eye, nose, and mouth ● Do not spit in open places ● Avoid unnecessary travel ● Do not circulate social media posts, carrying unverified information.

14. COVID-19 Vaccines

- There are two types of COVID-19 vaccines currently in deployment: COVISHIELD and COVAXIN.
- Both vaccines are given intramuscularly to persons aged 18 years or above including Pregnant and lactating women
- Some common side-effects a person can have following COVID-19 vaccination. As shown below:



- Very rarely (one in five lakh) Pregnant women can develop followings within 20 days of vaccination
 - Shortness of breath, Chest pain
 - Persistent abdominal pain with or without vomiting
 - Pain in limbs/pain on pressing the limbs or swelling in the limbs
 - Small pinpoint haemorrhagic spots or bruising of the skin beyond the injection site
 - Weakness/paralysis of limbs or any particular side of the body
 - Seizures with or without vomiting
 - Severe and persistent headaches with or without vomiting
 - Persistent vomiting without any obvious reason,
 - Blurred vision/pain in eyes
- ✓ Any of the above symptoms including any deterioration in health condition in pregnant women require medical attention and referral to medical officer.

(Counselling Pregnant Women for COVID-19 Vaccines, Fact-Sheet to guide the Frontline Workers and Vaccinators: Ministry of Health and Family Welfare , GoI)

- ❖ For COVISHIELD the second dose is scheduled 84 days after the first dose
- ❖ For COVAXIN the second dose is scheduled 4-6 weeks after the first dose
- ❖ The Indian government has approved another vaccine: **Sputnik V**
- ❖ Sputnik V given in intramuscular route with minimum 3 weeks gap between 1st and 2nd dose
- ❖ To get vaccinated individual needs to be registered through COWIN app



Frequently Asked Questions

Q1. Who should avoid COVID-19 vaccination?

- People less than 18 years of age
- People with active, laboratory-confirmed COVID-19 infection (during the infection)
- People having a prior history of allergic/anaphylactic reaction warranting hospitalization

(https://www.mohfw.gov.in/covid_vaccination/vaccination/faqs.html)

Q2. If a person develops COVID-19 illness, when can he take COVID-19 vaccine?

- 90 days after the recovery/discharge from the hospital. Applicable for both 1st and 2nd dose of COVID-19 vaccine

Q3. If a pregnant woman has already had COVID-19, when should she be vaccinated?

- In case a woman has been infected with COVID-19 during the current pregnancy, then she should be vaccinated soon after the delivery.

Q4. Are there any side effects of the COVID-19 vaccines that can either harm the pregnant women or her foetus?

- The COVID-19 vaccines available are safe and vaccination protects pregnant women against COVID-19 illness/disease like other individuals.
- The long-term adverse effects and safety of the vaccine for foetus and child is not established yet.

Q5. Can a person take anti-rabies/tetanus vaccines within his/her COVID-19 vaccine schedule?

- Yes, A person can get both anti-rabies and tetanus vaccines along with COVID-19 vaccine.

Q6. If a person has any bleeding/coagulation disorder, is it safe to give him/her COVID vaccines?

- Yes. But he/she should be given the vaccines with extra precautions.

Q7. What to do if a person presents with severe adverse effects following vaccination?

- Prompt referral to such cases to nearest health facilities.

Q8. Can an individual donate blood after taking vaccine for COVID ?

- An individual can donate blood after 14 days of either receipt of COVID-19 vaccine or testing RT-PCR negative, if suffering from COVID-19 disease.

Q9. Can one get COVID even after getting vaccinated ?

- Yes
- It takes two- three weeks after 2nd dose of the vaccine to get the full immunity.
- Ever after that, one can get COVID-19, but the chance is less
- Vaccination also reduces the of severity of COVID 19 and possibility of hospitalisation

Q10. What other precaution one should take even after getting vaccinated ?

- Continue wearing mask in outdoor, Practice frequent hand-washing, Maintain physical distance and avoid going to crowded places



Myth buster:
You cannot get
COVID-19 infection
from vaccination.

Symptomatic pregnant women are at an increased risk of severe diseases and it might affect the foetus too. Hence, the COVID-19 vaccine is recommended for pregnant women.



Who are at higher risk of getting infected with COVID-19?

- Someone who is a health care worker or a frontline worker.
- Community having a high or increasing rate of COVID-19 infections.
 - Frequently exposed to people outside the household.
- Difficulty in complying with social distancing if living in a crowded household.

**COVID-19 vaccination is safe
for both the pregnant women and her child.**

Please continue following COVID Appropriate Behaviour



Wear
you mask
properly



Maintain
social
distancing



Wash
your hands
regularly

For more information, visit <https://www.cowin.gov.in/faq>

15. Helpline number

West Bengal State COVID Helpline Numbers:

• Direct telemedicine line: 033-2357-6001

• Integrated helpline: 1800-313444-222

Central helpline number for COVID-19 in West Bengal:

033-2341-2600

• Ambulance service for COVID-19 patients in Kolkata:

033-4090-2929

• COVID-19 control room: 033-2357-1075/1083/3636

• Senior Citizen helpline: 9830088884

Central COVID Helpline Numbers:

+91-11-23978046, 1075 (Toll Free)

Helpline for any mental Illness (Have an important implication during the present pandemic)

Protect your mental health and well-being, an MoHFW initiative

National Helpline number (Toll free Number)- 080 46110007

কোভিড ১৯ এর জন্য বাড়িতে আলাদা থাকা এবং যত্ন

সন্দেহভাজন কোভিড-১৯ আপনার যদি নিম্নলিখিত কোনও লক্ষণ থাকে



ALERT পরিবারের লক্ষণহীন সদস্যগণ যারা লক্ষণসহ রোগীদের সংস্পর্শে এসেছেন তাদের স্বাস্থ্য নিরীক্ষণ করা এবং পরীক্ষা করা উচিত।

নিজের যত্ন নেওয়ার সময়

- ✓ কোভিড-১৯ পরীক্ষা করান
- ✓ অক্সিজেন স্যাচুরেশন ৯৩% এর চেয়ে কম হলে আপনার ডাক্তারের সাথে পরামর্শ করুন
- ✓ আপনার ডাক্তারের পরামর্শ অনুসারে রক্ত পরীক্ষা করান

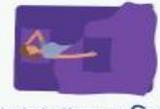
কি কি করবেন



বাড়িতে থাকুন



হাত স্যানিটাইজ করুন



আলাদা থাকুন ও বিশ্রাম নিন



পরিবারের সবাই মাস্ক পরুন



ঘরে কোনোকুনি বায়ু চলাচলের জন্য জানালা খোলা রাখুন

নিরীক্ষণ



দেহের তাপমাত্রা (৪ ঘণ্টা অন্তর)



অক্সিজেন স্যাচুরেশন (অক্সিমিটার দিয়ে) (৪ ঘণ্টা অন্তর)



CAUTION

নিম্নলিখিত সমস্যা হলে ডাক্তারি পরামর্শ নিন

- অক্সিজেন স্যাচুরেশন \leq ৯৩% হলে
- শ্বাসকষ্ট বা মাথা ঘোরা থাকলে

চিকিৎসা



জল, সুপ, ফলের রস, ডাবের জল ইত্যাদি পান করুন



অক্সিজেন চলাচল উন্নত করতে বুকের উপর শুয়ে থাকুন ও জোরে জোরে শ্বাস নিন



৬ ঘণ্টা অন্তর প্যারাসিটামল ও কাশির ওষুধ প্রয়োজন অনুসারে গ্রহণ করুন



মাল্টি ভিটামিন ও খনিজ



দিনে তিন বার গরম বাস্পে ভাপ নিন এবং/বা গরম জলে গারগেল করুন

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