

# COVID-19: CARE & PREVENTION

## An Information Booklet for ASHAs



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## What is COVID-19?

- COVID-19 or Coronavirus Disease-2019 is caused by a Coronavirus named as SARS CoV-2

### Who is regarded as a suspect of COVID-19?

- Anyone with acute respiratory illness {fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing), and
- A history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 disease during the 14 days prior to symptom onset; or
- Anyone with any acute respiratory illness AND having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms; or,
- Anyone with severe acute respiratory infection {fever and at least one sign/symptom of respiratory disease (cough, difficulty in breathing) AND requiring hospitalization; or,
- A case for whom testing for COVID-19 is inconclusive.

**Laboratory Confirmed case:** A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

### Who is regarded as a contact of COVID-19 ?

- Staying in the same house without proper protection with COVID-19 patient
- Staying in the same close environment as a COVID-19 patient (including workplace, classroom, household, gatherings)
- Traveling together in close proximity (less than 1m) with a symptomatic person who later tested positive for COVID-19
- Person providing direct care to a COVID-19 patient

### Who are the high risk groups prone to suffer severe illness from COVID-19?

- Older adults ( $\geq 60$  yrs)
- People who have underlying medical conditions like heart disease, diabetes, lung disease, kidney disease and on cancer medications, cerebrovascular diseases, HIV or any other conditions reducing immunity.
- Pregnant women ( as we do not know the impact of the disease on pregnancy as of yet, it is better to take care)

## Testing Strategy of COVID-19 Infection

Whom to Test	Where to Test	Tests available
<ul style="list-style-type: none"> <li>● Patients presenting with fever.</li> <li>● Persons (symptomatic or asymptomatic) living with/or in contact with the confirmed COVID-19 cases within last 14 days</li> <li>● Any person before travelling to another state or country.</li> </ul>	<ul style="list-style-type: none"> <li>● ICMR-approved COVID-19 designated laboratories (both government and private)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>RAT</b> (Rapid Antigen Test) and <b>RT-PCR</b>. (Reverse Transcription-Polymerase Chain Reaction)</li> <li>● RAT can quickly detect cases within 15-30 minutes and helps in prompt isolation and treatment.</li> <li>● RT-PCR is a <b>confirmatory</b> test for COVID-19 disease.</li> </ul>

### *Frequently Asked Questions*

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

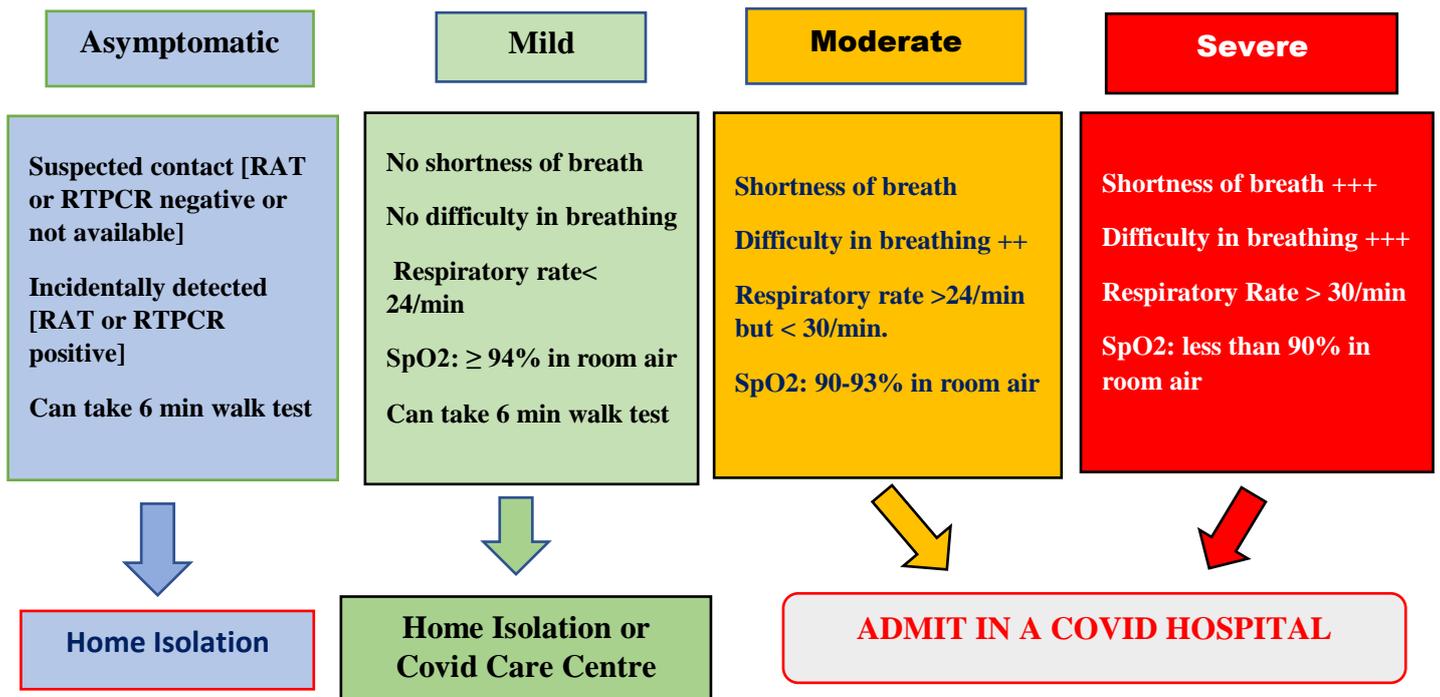
**Ans:** No. Any individual who tested positive in either RAT or RT-PCR should not be repeated diagnostic test.

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. Do he/she need to test again to confirm COVID-19 status?**

**Ans:** 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

## Guidelines for management of COVID-19 among adults (>18years)



### COVID 19 symptoms at a glance

Symptoms*	Asymptomatic	Mild	Moderate	Severe
• Fever	✗	+	++	+++
• Cough	✗	+	+	++
• Sore Throat/Throat irritation	✗	+	+/-	+/-
• Body ache/ Headache	✗	+	+	++
• Malaise/Weakness	✗	+	+	++
• Diarrhoea or gastro-intestinal upset	✗	+	+	+
• Anorexia/ Nausea/ Vomiting	✗	+/-	+/-	+/-
• Loss of Smell and/or Taste	✗	+/-	+/-	+/-
• Shortness of breath/breathlessness	✗	✗	++	+++
• Respiratory rate/min	12-16	May be raised but less than 24	24-30	≥ 30/min
• SpO <sub>2</sub> on room air	≥95%	≥ 94%	90%-93%	< 90%

Source: Comprehensive Guidelines for management of COVID-19 patients- DGHS, MOHFW, GOI

## Advice to be given to the contact of COVID-19 Patient

### IF SYMPTOMATIC

When symptoms develop (fever, cough, difficulty in breathing):

- use mask
- self-isolate
- immediately inform health facility

### IF ASYMPTOMATIC

- Home quarantine, initiate self-health monitoring for fever and cough.
- Active monitoring (e.g., daily visit or telephonic call).
- Direct and contact of a confirmed case to be tested by RT-PCR

## HOW TO SUPPORT HOME QUARANTINE

Support	Monitor Symptoms	Clean & Disinfect	Wash Hand
Assign family members to take care of bed ridden person	Monitor body temperature and oxygen saturation 4 hourly  Report immediately if breathing difficulty or high fever	All hand touched surface like table tops, door knobs etc to be cleaned and disinfected	Wash hand with soap water for at least 40 sec or use 70% alcohol-based hand sanitizer

ALERT
Asymptomatic family members exposed to symptomatic cases should monitor their health & get tested

WHILE CARING FOR SELF

- ✔ Get COVID19 test
- ✔ Consult your doctor for admission if oxygen saturation  $\leq 93\%$
- ✔ Blood tests to be done in consultation with your doctor

### Warning signs for moderate to severe COVID 19 requiring hospitalisation

- SpO2 < 93% in room air
- Difficulty in breathing
- High grade fever
- Fever persisting for more than 7 days
- Recurrence of fever after remission for few days
- Palpitation
- Chest pain/ tightness
- Severe cough

## Instruction to be given to the patient

### Treatment



Drink water, soup, juice, coconut water etc.



Lie on your chest and breathe deeply to improve oxygenation



Paracetamol at 6 hours interval & cough syrup if required



Multivitamins & mineral



Steam inhalation and/or warm water gargle thrice a day

Source: Guidelines for COVID-19: booklet of ICMR

### Important contact numbers

Integrated Helpline no =

**1800 313 444 222**

Ambulance Service =

**033 4090 2929**

Direct Telemedicine no =

**033 2357 6001**

Helpline Number (toll free) =

**1075**

### When to discontinue home isolation?

Patient under home isolation will end isolation after at least 10 days have passed from onset of symptoms (or from date of sampling for asymptomatic cases) and no fever for 3 days

There is **no need for testing** after the home isolation period is over

## Advice to the patients after discharge from the hospital

**Please do periodic health check after discharge per advice of the doctor**



**Immediately Consult your doctor or hospital if you have the following symptoms**

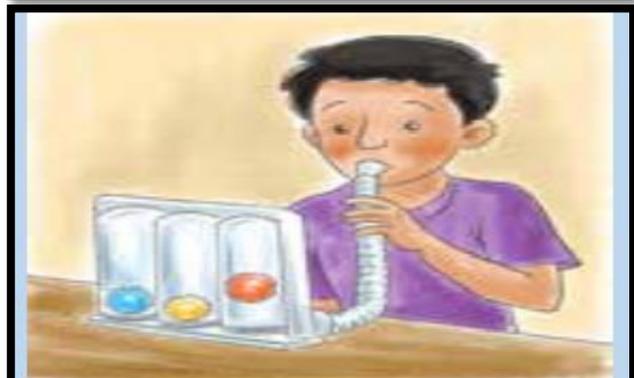
- Palpitation, chest pain and chest tightness
- Breathing difficulties or shortness of breath on exertion
- Swelling of face or hands and feet
- Extreme weakness
- Severe depression and anxiety
- Spinning of Head (vertigo) or severe headache
- Drowsiness

### **Lifestyle Modification**

- You have to stay within the house for at least seven days. Keep yourself active and fresh
- Please follow the Covid appropriate behaviour
- Please try to arrange a separate room for yourself at home

- Eat homemade healthy foods
- Eat fresh fruits everyday
- Take 2-3 litres(8-12glasses) of water everyday
- Sleep for 6-8 hours per day

- Do not consume alcohol
- Do not smoke
- Do breathing exercise



**Breathing Exercise with Spirometer**

Source: COVID-19 Post Discharge Follow-up Protocol, MOHFW, GOWB

## Frequently Asked Questions

**Q) Patient doesn't have separate room at his/her home. In that case can the patient opt for home isolation?**

**Answer:** As per guidelines separate room and toilet is mandatory for home isolation. In this case patient can opt for safe home at free of cost by contacting government help line.

**Q) If the patient is taking some medicine for sugar and pressure then what to do?**

**Answer:** The medicines for other co-morbid conditions should be continued after consulting the doctor over phone.

**Q) What to do if the patient deteriorates during home isolation?**

**Answer:** He/she needs urgent admission in any designated Covid hospital.

**Q) What is the procedure of admission?**

**Answer:** Patient may call government helpline. The vacant bed position is displayed in the government website. The Covid-19 cell will arrange bed for the patient.

**Q) How the patient will be transported to the hospital?**

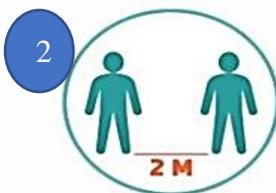
**Answer:** Ambulance service is there. Patient may avail the free of cost ambulance service by contacting government helpline

MYTHS ×	✓ FACTS
With the summers coming up, the Coronavirus will be killed.	The COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather.
Having a bath with hot water will kill the virus.	The virus lives inside the body where the temperature is maintained at 37°C and is not affected by a hot water bath.
Eating raw garlic, sesame seeds will protect you against the virus.	Garlic is a healthy food that has other benefits but does not protect you against the corona virus.
Getting the pneumonia vaccine will protect you against the virus.	While vaccines for Pneumonia will certainly protect you against pneumonia, it has no protective effect against the Novel Coronavirus. You need specific vaccines to get protected from COVID-19
You can get COVID-19 through mosquito bites.	The Coronavirus cannot be spread through the bite of a mosquito. It is spread thorough droplets, spread when an infected person sneeze or coughs
Regularly rinsing the nose with saline will prevent the infection.	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.

# COVID-19 APPROPRIATE BEHAVIOUR



**Wear a mask**



**Watch your distance**  
(Do Gaj Doori)



**Wash your hands frequently**

**Stick to the 3-Ws**



1. Avoid 3-Cs
2. Avoid unnecessary travel
3. If any symptoms develop promptly self-isolate and seek medical help



## Maintain Cough Etiquette

**Cover your mouth and nose with the bent of the elbow while coughing and sneezing**

OR



**Cover your mouth and nose with a tissue when coughing and sneezing**



**Dispose of the tissue afterwards**



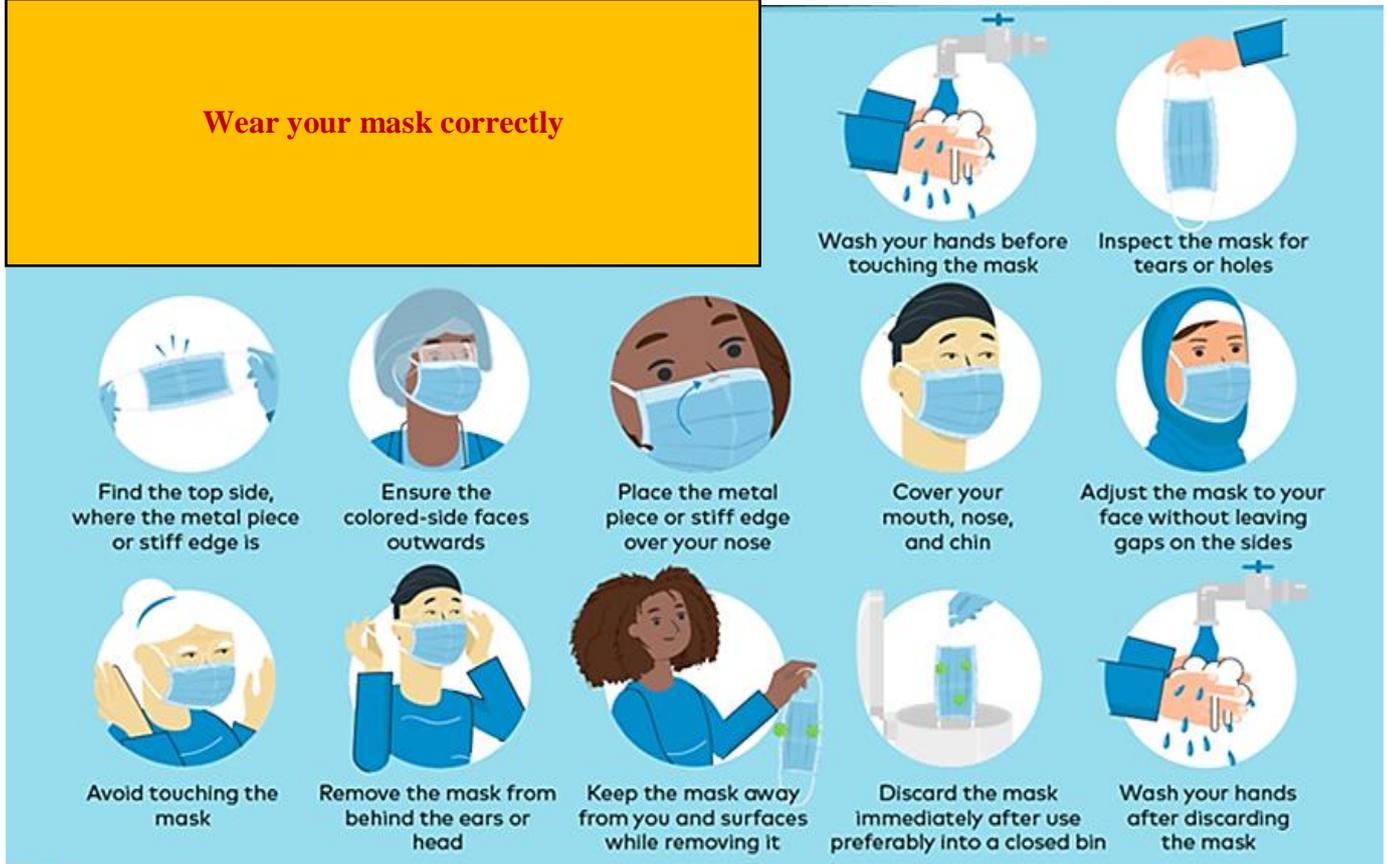
**After coughing or sneezing, wash your hands with soap and water**



**Wear a mask if you are coughing or sneezing**

- Always wear triple-layered facemask.
- Surgical masks are single use masks and cannot be reused even after washing.
  - Change your mask if it gets wet
  - Do not share your mask

### Wear your mask correctly



Source: World Health Organization. Covid-19 Appropriate Behaviour

### Guidelines for usage of masks in children (<18 years)

- Under-5 children do not need to wear facemask.
- Children of 6-11 years of age can wear facemask under parental supervision.
- Above 12 years of age adolescents should use facemask and maintain all precautions like the adults.
- Always wash your hands with soap and water before wearing mask.

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

# Guidelines for Covid-19 infection in children (<18 years)

## Covid-19 Symptoms in children at a glance

- ✓ 85-90% of the children are asymptomatic or mildly symptomatic.
- ✓ Common presenting symptoms are

	Fever	Sore Throat	Diarrhea	
	Cough	Body ache/Headache	Anorexia/Nausea Vomiting	
	Rhinorrhea	Malaise/ weakness	Loss of smell and taste	
Differentiating signs and symptoms	Asymptomatic	Mild	Moderate	Severe
Respiratory Rate	Normal	Normal	Rapid breathing <2 months ≥60/min 2-12 months ≥50/min 1-5 years ≥40/min >5 years ≥30/min	Rapid breathing <2 months ≥60/min 2-12 months ≥50/min 1-5 years ≥40/min >5 years ≥30/min
SpO <sub>2</sub> in room air	≥94%	≥94%	≥90%	<90%
Grunting, severe retraction of chest	×	×	×	±
Lethargy, somnolence	×	×	×	±
Seizure	×	×	×	±



**Home isolation and teleconsultation**



**Home isolation and teleconsultation or Covid Care Centre**



**Urgent referral and admission to a hospital**



### ✓ Parameters to be noted by parent/guardian of the child during home care

- Temperature-advise parents to maintain temperature charts and trends
- Activity and general wellbeing in between febrile periods of the child
- Passage of urine and signs of dehydration
- Persistence cough and shortness of breath
- SpO<sub>2</sub> by pulse oximeter
- Amount of oral intake
- Appearance of new symptoms.

## ✓ Advice to be given during home-isolation of a child

Asymptomatic cases	Mild cases
<ul style="list-style-type: none"><li>• Continue medications for other conditions, if any</li><li>• Promote COVID appropriate behavior (mask, strict hand hygiene, physical distancing) Mask to be worn only by children <math>\geq 6</math> years of age.</li><li>• Ensure oral fluids to maintain hydration and give a nutritious diet</li><li>• Stay connected and be positive</li><li>• Parent/caregivers to contact the doctor in case of appearance of symptoms</li></ul>	<ul style="list-style-type: none"><li>• For fever, give paracetamol (10-15mg /kg/dose; may repeat every 4-6 hours)</li><li>• For cough, give throat soothing agents and warm saline gargles in older children and adolescents</li><li>• Ensure oral fluids to maintain hydration and give a nutritious diet</li><li>• Maintain monitoring chart including for temperature and counting of respiratory rate 2-3 times a day.</li><li>• Look for chest indrawing, cold extremities, reduced urine output, oxygen saturation (<math>&lt;94\%</math>), reduced fluid intake, lethargy is present or not. [danger signs]</li><li>• Promote COVID appropriate behavior (mask, strict hand hygiene, physical distancing). Mask to be worn only by children <math>\geq 6</math> years of age.</li><li>• Stay connected and be positive Parent/caregivers to contact the doctor in case of deterioration of symptoms</li></ul>

Source: Guidelines for Management of COVID-19 in Children (below 18 years)-DGHS, MOHFW, GOI

## ✓ Advices to be given in the following domestic situations

### • Mother and child both positive

Let the child be with the mother unless the mother is very sick and hospitalized.  
In infants, continue breast feeding as far as possible and feasible

### • Mother positive and child negative

Mother can take care of child if no better option is available. Mother has to follow Covid-appropriate behavior and can breastfeed the child.

### • Child positive but parent negative

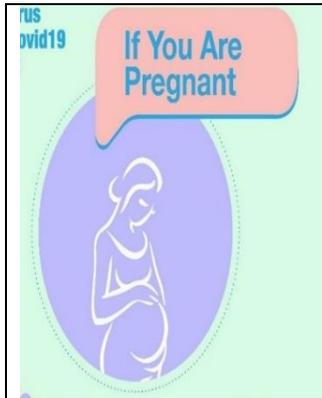
Still parent can take care of the child in or out of the hospital.

## Q. Can a child receive routine immunization upon fully recovering from COVID-19?

Ans: Any patient fully recovered from COVID-19 can be administered routine vaccination at any time if the clinical condition allows.

# Guidelines for COVID-19 in pregnancy and lactation

## ✓ Advice for pregnant mothers



- Stay at home and avoid meeting outsiders
- Wash your hand with soap and water or alcohol-based hand rub
- Prepare for delivery and make arrangements to reach hospital
- It's safer to deliver in a hospital even during this pandemic
- Always be alert on pregnancy related warning signs
- Continue visiting your doctor for regular check-up
- Immediately contact the doctor in case of abdominal pain, bleeding watery discharge and severe headache
- In case of emergency visit nearest hospital

## ✓ Advice for postnatal mothers

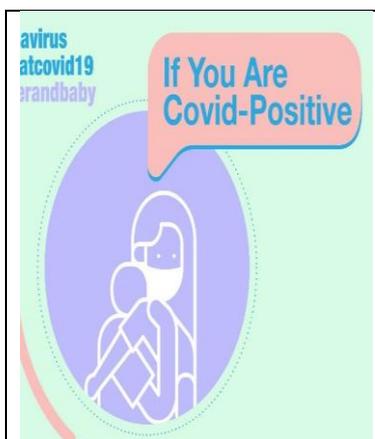


- Wash hand before and after touching and feeding your baby
- Wash clothes and sterilize all utensils and all articles that come in contact with your baby



- Breast feed within 1 hour of birth and continue.
- Keep your baby close to you
- Practice skin-to-skin contact for small and pre-term babies.

## ✓ Advice for a COVID-19 positive mother



- Wear a three-layered mask while breastfeeding the baby
- Wash your hand with soap and water or use alcohol-based hand rub. Clean the breast and nipples before each feeding
- Routinely clean and disinfect surfaces around the mother
- Keep at least 1 meter distance from others
- Explain the benefits compared to risks of breastfeeding from a COVID-19 positive mother
- If mother is temporarily separated, breast milk can be expressed by a dedicated breast pump after appropriate hand hygiene, and then fed to the baby.

Source: WHO, Guidelines for COVID-19 in pregnancy and lactation

## COVID-19 Vaccination



✓ Vaccines available in India for protection from COVID-19

	COVISHIELD	COVAXIN	SPUTNIK-V
<b>Dose</b>	2 doses (0.5ml each)	2 doses (0.5ml each)	2 doses (0.5ml each)
<b>Time interval between 1<sup>st</sup> and 2<sup>nd</sup> dose.</b>	12-16 weeks	4 weeks	3 weeks
<b>Route</b>	Intramuscular	Intramuscular	Intramuscular

Persons aged 18 years and above are eligible for COVID-19 vaccination.

### Frequently Asked Questions

➤ Q1. What are the common side-effects following COVID-19 vaccination?



➤ These symptoms are very mild and does not require hospitalization. To reduce the fever, headache or body ache, tablet paracetamol (650mg) can be advised to the person (to be given only when symptoms appear).

**Q2. What to do if a person presents with severe adverse effects following COVID-19 vaccination?**

**Ans:** If a person develops the following symptoms (**danger signs**) within 20 days of vaccination

- Shortness of breath, Chest pain
- Persistent abdominal pain with or without vomiting
- Pain or swelling in the limbs
- Small pinpoint reddish 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

**He/she should immediately get admitted to a nearby hospital for further management.**

**Q3. 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 severe allergic reaction requiring hospitalization

**Q4. A person has suffered from COVID-19 infection (lab-tested positive). After how many days of getting recovered one can take COVID-19 vaccination?**

**Ans:** 90 days after recovery/discharge from the hospital.

**Q5. If a person develops COVID-19 illness after getting the first dose of vaccine, after how many days can he take the second dose?**

**Ans:** 90 days after recovery/discharge from the hospital.

**Q6. A person who was admitted in a hospital/ICU for a severe illness. Can he/she get COVID-19 vaccination?**

**Ans:** Yes. The person can get the vaccine but he/she should wait for at least 4-8 weeks after discharge from the hospital.

**Q7. If a pregnant woman has already had COVID-19, when should she be vaccinated?**

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

**Q8. Can a lactating women get Covid-19 vaccination?**

**Ans:** Yes.

**Q9. Can a person take anti-rabies/tetanus vaccines within his/her COVID-19 vaccine schedule?**

**Ans:** A person should get rabies immunization according to the schedule of post-exposure prophylaxis irrespective of his/her COVID-19 vaccination status. Tetanus vaccines can also be administered along with COVID-19 vaccination. But remember to give the respective vaccines at different sites.

**Q10. Can an individual donate blood after taking vaccine for COVID?**

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

**Q11. Is there any requirement of screening of the recipients by Rapid Antigen Test prior to COVID-19 disease?**

**Ans:** No.

**Q12. Can one get COVID-19 even after getting vaccinated?**

**Ans:** Yes

- It takes two- three weeks after 2<sup>nd</sup> dose of the vaccine to develop 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 infection and possibility of hospitalisation
- Even after getting the vaccine, one must follow COVID-19 appropriate behaviour (masks, hand hygiene and social distancing)

Source: COVID-19 vaccination, FAQs. MOHFW, GOI

## Precautions and Safety measures for frontline ASHA workers

### ❖ Role of ASHAs in battling COVID-19:

- i) Community awareness through inter-personal communication
  - a) Uptake of preventive and control measures including social distancing
  - b) Addressing myths and misconceptions
- ii) Support ANM/Supervisor in house-to-house surveillance including
  - a) Identification of HRG and probable cases
  - b) Ensure uptake of medical services in urban and rural areas and
  - c) Psychosocial care, stigma and discrimination
- iii) Reporting and feedback across different phases of COVID-19 pandemic (no cases, imported/sporadic cases, clusters and community wide transmission)
- iv) Personal Safety and Precautions
- v) Use of COVID-19 IEC materials

### ❖ What is stigma?

In any epidemic, it is common for individuals to feel stressed and worried because they fear falling ill and dying, avoiding health facilities due to fear of getting infected, losing livelihood or socially excluded.

### ❖ What does stigma do?

- Makes people hide their problems
- Keeps people away from accessing health services and seeking help
- Discourages them & may at times prevent them from adopting healthy behaviours

### ❖ What can the ASHA worker do?

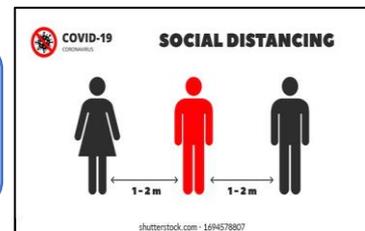
As a health worker, you can:

- Sensitize people and help them to understand that it is a simple infection and 80% of the cases are mild cases.
- Anyone can contract COVID-19. Try to speak to people, always listen about their feelings.
- Advise people to engage in relaxing activities like indoor games, reading, gardening, home-cleaning, etc.
- Ask people to stay away from watching negative things on the tv and also fake news
- 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**”
- Emphasize that most people do recover from COVID-19, try to spread the positive news among the local people.



❖ **WHEN MOVING AROUND IN THE COMMUNITY:**

Maintain distance of at least 1 meter from people when you are communicating



Use a three-layered mask to cover your face. Make sure it is properly worn. (While contact tracing)



Avoid touching your face (eyes, nose, and mouth) at all times



Wash your hands with soap and water frequently, or use alcohol-based hand-rub



Avoid touching or direct physical contact



❖ **IMMEDIATELY ON REACHING HOME:**

Wash your hands with soap and water or alcohol-based hand-sanitiser before you touch anything else.



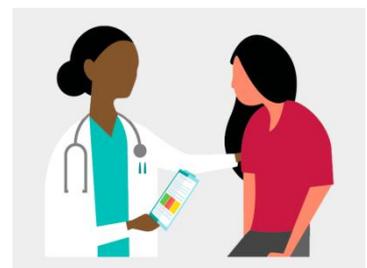
Carefully remove and dispose of your face mask by soaking in bleach solution and then throwing it in a covered dustbin.



Wipe down what you have carried like your purse and mobile with home-based disinfectant.



If you get any symptoms like fever, cough or difficulty in breathing report to the nearest government facility or district surveillance officer immediately.



Source: Guidelines for COVID-19 frontline workers, DGHS, MOHFW, GOI

## **For further reading**

1. Government of India. Advisory for COVID-19 testing during the second wave of the pandemic. New Delhi: Indian Council of Medical Research. Department of Health Research. Ministry of Health and Family Welfare; 2021 May 4. 2 p. Available from: [https://www.icmr.gov.in/pdf/covid/strategy/Advisory\\_COVID\\_Testing\\_in\\_Second\\_Wave\\_04052021.pdf](https://www.icmr.gov.in/pdf/covid/strategy/Advisory_COVID_Testing_in_Second_Wave_04052021.pdf) . [Last accessed on 2021 June 25].
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8. Government of India. COVID-19 VACCINES. New Delhi: Ministry of Health and Family Welfare; 2020 Dec. 28. 148 p. Available from: <https://www.mohfw.gov.in/pdf/COVID19VaccineOG111Chapter16.pdf>. [Last accessed on 2021 June 18].