Covid Appropriate Behaviour at all Places at all time

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ABSTRACT

The corona virus disease (2019), is a contagious disease caused by SARS-COV-2 that was first identified in Wuhun, China. The WHO declared its outbreak as a public health emergency of international concern on 30 January 2020, and a pandemic on 11 March 2020. The COVID-19 pandemic gave an opportunity to adopt many appropriate changes in the behavior of the people in India. Strengthening good preventive behavior is the best to tackle this pandemic.

Keywords: COVID-19, Infection; Pandemic; Hand Hygiene; Maintaining Physical Distancing; Use of Face Mask; Cough Etiquettes; Avoid Spitting and Urination at Public Places.

INTRODUCTION

The corona virus disease (2019), is a contagious disease caused by SARS–COV-2 that was first identified in Wuhun, China. The WHO declared its outbreak as a public health emergency of international concern 0n 30 January 2020, and a pandemic on 11 March 2020.

The COVID-19 pandemic gave an opportunity to adopt many appropriate changes in the behavior of the people in India.

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(Mehanna et al. 2020)

MEANING

Covid Appropriate Behavior is the way in which an individual acts by adopting a number of strategies including frequent hand hygiene, maintaining physical distancing, use of face mask, cough etiquettes, avoid spitting and urination at public places, refrain from gatherings and avoiding outside food to prevent covid 19 pandemic infections.

Importance of Covid -19 Appropriate Protocols

• Prevents transmission
• Early containment of the disease
• Safeguard the children and adults
• Reduced social stress

- Decreased financial stress

Covid Appropriate Behaviours

Following appropriate behaviors,

1. Greet without physical contact

Avoiding physical contact is a responsible behavior as it prevents the spread of COVID-19 disease and other viruses. Be responsible! Promote greeting without any form of physical contact.

2. Maintain Physical distance

Follow distancing norms in all public places. Keep minimum distance of:

2 Gaj (6 feet). Especially, when you go out to shop for essential products to the vegetable or fruit market, dairy store, pharmacy, hospital, etc. Also follow distancing norms when in a room/ office with other people. If the other person is

infected, their physical contact may increase the risk of transmission.

3. Wear reusable hand-made face-cover or mask, at all times

A handmade face cover or mask limits the spread of any respiratory infection and protects the community at large.

When to wear a mask

Remember three key occasions one must definitely wear a face cover or mask.

- When you undertake any essential travel or go to a public place.
- When you are in a room with other people.
- When you have any signs of cough, cold or flu.

Always remember, wash hands with soap and water or use an alcohol based sanitizer before wearing a mask.

4. Avoid touching your eyes, nose or mouth

We tend to touch our face inadvertently. Let's be extra careful, because

- Hands touch many surfaces and can easily pick up germs and viruses.
- Once contaminated, hands can transfer the virus to eyes, nose or mouth.
- From there, the virus can enter body and can make you sick.

5. Maintain respiratory hygiene

- Cover your nose and mouth when you cough or sneeze with tissue or handkerchief.
- Not carrying a tissue or handkerchief? Cough or sneeze into your bent elbow.
- Don't forget…Wash hands immediately after you cough or sneeze.

6. Wash hands regularly and thoroughly!

Wash your hands frequently and thoroughly with soap and water. You can use Alcohol based sanitizer, if you don't have soap and water facility.

7. Regularly clean and disinfect frequently touched surfaces

Practicing good environmental hygiene makes surroundings safer. Because the infected droplets are likely to settle on surrounding surfaces. So may usechemical disinfectants to clean the surfaces. Don't forget to wear gloves during disinfection.

8. Do not spit in the open

Every time spit in a public place, you put your and everyone else's life at risk. Spitting in public places can increase the risk of COVID-19 spread. This also includes spitting after consuming smokeless tobacco products. Spitting in public places is also punishable by law.

9. Avoid unnecessary travel

Travel only when it's absolutely essential. And if you do step out of your house…Wear your face-cover and follow distancing norms.

10. Do not discriminate - Against anyone!

• Show compassion and support to persons affected with COVID-19 and their families. Remember – As people keep a check on any symptoms associated with COVID-19 and are willing to undergo testing, they also provide an opportunity to beat the disease.

• Download the Aarogya Setu app to monitor health.

• It is time to show CARE - Compassion, Assurance, Respect, Encouragement.

11. Discourage crowd - Encourage safety

• Limit going to social gatherings and say no to crowded places.

• Unnecessary travel to crowded places or large gatherings increases the risk of COVID-19 transmission.

• For important events which cannot be postponed, keep the number of guests to minimal.

12. Do not circulate social media posts which carry unverified or negative information

13. Seek information on COVID-19 from credible sources

The most credible source for COVID-19 information is Ministry of Health and Family Welfare's website. We will receive all updated information and facts related to COVID-19 here.

14. Call government help lines for any query related to COVID-19

• Call national toll free helpline numbers 1075 or State helpline numbers for any COVID-19 related queries. If you have any COVID-19 related queries or

• observe any COVID-19 related symptoms like fever, cough, or difficulty in breathing, call the national helpline number 1075 (toll free).

• Do not hesitate to disclose your symptoms, the earlier you seek help, the faster you will beat the disease.

15. Seek psychosocial support in case of any distress or anxiety

• Do not ignore or suppress any feelings of anxiety or distress – both affected and unaffected.

• Coping with any public emergency or outbreak can be a testing time for people and their families.

• Psychosocial support services are available at all times to address any stress or distress related queries and concerns

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