



THE NABHA FOUNDATION

We Care

COVID-19 FACTS & PRECAUTIONS

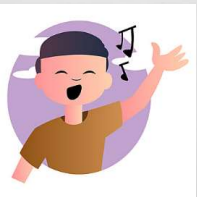




THE NABHA FOUNDATION

COVID-19 PRECAUTIONS

**Prepare,
don't panic**



**Don't waste
your energy on
rumours, this
is a time to
follow a hobby**



**Wash your
hands often with
soap & water.
Cultivate
Hygienic Habits**



**Follow
social
distancing**



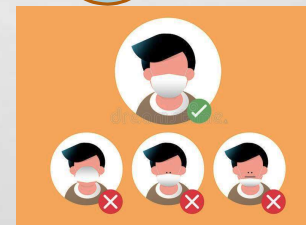
**If you have
symptoms, call
your doctor and
follow his
advice**



**Practice
Yoga &
Pranayama**



**Wear your
mask
correctly**



**Cover your
cough with
your elbow**



**Have faith,
this too
shall pass**





THE NABHA FOUNDATION

WHO GUIDELINES FOR COVID-19

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Cover mouth and nose
with mask and make sure
there are no gaps
between your face and
the mask**



World Health
Organization

Protect yourself and others from COVID-19:

- Wash your hands frequently with soap and water or alcohol-based hand rub.
- Cover coughs and sneezes with a bent elbow. Wash hands after.
- Avoid touching your eyes, nose & mouth.
- Keep 1m distance away from others.



World Health
Organization
Western Pacific Region

10 March 2020

Till everyone is vaccinated, let us not forget our responsibilities. Even after receiving the COVID-19 vaccine, continue taking all precautions

[Know more](#)



Wash your Hands



Social Distancing



Wear Mask



THE NABHA FOUNDATION

GOVERNMENT OF PUNJAB, DEPARTMENT OF HEALTH & FAMILY WELFARE - ADVISORY FOR THE HOME QUARANTINE

Instructions for the family members of persons being home quarantined

1. Only an assigned family member, who is healthy and is not suffering from any other disease, should be tasked with taking care of such person.
2. Avoid shaking the soiled linen or direct contact with skin of the quarantined person.
3. Use disposable gloves when cleaning the surfaces or handling soiled linen of the quarantined person.
4. Wash hands after removing the gloves.
5. Visitors should not be allowed
6. In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.





THE NABHA FOUNDATION

GOVERNMENT OF PUNJAB, DEPARTMENT OF HEALTH & FAMILY WELFARE - ADVISORY FOR THE HOME QUARANTINE

Environmental Sanitation for the households with Covid-19 patients



1. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
2. Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
3. Clean the clothes and other linen used by the person separately using common household detergent and dry.





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE - PRONING FOR SELF CARE

How to increase the oxygen levels at home:

PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down. Proning is a medically accepted position to improve breathing comfort and oxygenation. It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.

For self proning avoid proning for an hour after meals.

Positioning of Pillow

- One pillow below the neck
- One or two pillows below the chest through upper thigh
- Two pillows below the shins





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE - PRONING FOR SELF CARE

IMPORTANCE OF PRONE LYING

- Prone positioning improves ventilation, keeps alveolar units open and breathing easy.
- Proning is required only when the patient feels difficulty in breathing and the **SpO2 decreases below 94 (less than 94)**. Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.
- Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications. Timely proning and maintaining good ventilation could save many lives.



Avoid Proning in conditions like:

- Pregnancy Deep venous thrombosis (Treated in less than 48 hours) Major cardiac conditions Unstable spine, femur, or pelvic fractures



THE NABHA FOUNDATION

COVID-19 - WHEN TO SEEK MEDICAL ATTENTION, MINISTRY OF HEALTH & FAMILY WELFARE GUIDELINES

Immediate medical attention must be sought if serious signs or symptoms develop.

- i. Difficulty in breathing,
- ii. Dip in oxygen saturation ($\text{SpO}_2 < 95\%$)
- iii. Persistent pain/pressure in the chest,
- iv. Mental confusion or inability to arouse,
- v. Slurred speech/seizures
- vi. Weakness or numbness in any limb or face
- vii. Developing bluish discolorations of lips/face





THE NABHA FOUNDATION

COVID-19 PATIENT DIET

The main diet focus for COVID patients is to consume foods that would help rebuild muscle, immunity and energy levels (Source: Times of India newspaper Interview with a nutritionist, 23rd April 2021)

- Whole grains like ragi, oats or amaranth are rich sources of complex carbohydrates. Chicken, fish, eggs, paneer, soya, nuts and seeds are some good sources of protein. Healthy fats like walnuts, almonds, olive oil, mustard oil are recommended during these days.
- Five serving of all coloured fruits and vegetables are a must to get adequate vitamins and minerals when you are COVID positive.
- Most COVID patients experience loss of smell and taste or difficulty in swallowing. It is important to eat soft foods at small intervals.
- If the patient is getting diarrhoea/ nausea give Veg Khichdi, ginger tea (ginger, tulsi/ lemongrass, cinnamon, clove or cardamom)
- Consume energy-boosting foods like banana, apples, oranges or sweet lime juice to deal with post-COVID fatigue.
- Add sweet potato in the salad or as a part of your meal.
- Take warm water with honey and lime. Drink plenty of fluids, like warm water with tulsi leaves to manage COVID symptoms, like cough and itchy throat. Avoid sugary drinks.





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE - FAQs ABOUT THE VACCINE 1

Is it mandatory to take the vaccine?

Vaccination for COVID-19 is voluntary. However, it is advisable to receive the complete schedule of COVID-19 vaccine for protecting oneself against this disease and also to limit the spread of this disease to the close contacts including family members, friends, relatives and co-workers

Out of the multiple vaccines available, how is one or more vaccine chosen for administration?

The safety and efficacy data from clinical trials of vaccine candidates are examined by Drug Regulator of our country before granting the license for the same. Hence, all the COVID-19 vaccines that receive license will have comparable safety and efficacy. However, it must be ensured that the entire schedule of vaccination is completed by only one type of vaccine as different COVID-19 vaccines are not interchangeable.

Will COVID-19 vaccine be given to everyone simultaneously?

Based on the potential availability of vaccines the Government of India has selected the priority groups who will be vaccinated on priority as they are at higher risk. The first group includes healthcare and frontline workers. The second group to receive COVID-19 vaccine was the persons over 60 years of age and persons between 45 and 59 years of age with comorbid conditions. From April 1st, 2021, People above the age of 45 years (born before 1st Jan, 1977) are eligible to get the COVID-19 vaccine. From May 1, 2021, all eligible citizens above the age of 18 years can get the COVID-19 vaccine.





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE - FAQs ABOUT THE VACCINE 2

Will the vaccine be safe as it is being tested and introduced in a short span of time?

Vaccines will be introduced in the country only after the regulatory bodies clear it based on its safety and efficacy.

Can a person presently having COVID-19 (confirmed or suspected) infection be vaccinated?

Person with confirmed or suspected COVID-19 infection may increase the risk of spreading the same to others at vaccination site. For this reason, infected individuals should defer vaccination for 14 days after symptoms resolution.

Is it necessary for a COVID-19 recovered person to take the vaccine? And if I had COVID-19 infection and was treated, why should I receive the vaccine?

Yes, it is advisable to receive complete schedule of COVID-19 vaccine irrespective of past history of infection with COVID-19. This will help in developing a strong immune response against the disease. Development of immunity or duration of protection after COVID-19 exposure is not established therefore it is recommended to receive vaccine even after COVID-19 infection. Wait for 4-8 weeks after recovery from COVID symptoms before getting the vaccine.

If one is taking medicines for illnesses like Cancer, Diabetes, Hypertension etc, can s/he take the COVID-19 vaccine and/or If I suffer from HTN/DM/CKD/heart disease/lipid disorders etc., can I safely take this vaccine?

Yes, persons with one or more of these comorbid conditions are considered among the high risk category. They need to get COVID-19 vaccination. Overall, the vaccine is safe and efficacious in adults with comorbidity. The maximum benefit of getting the COVID-19 vaccine is for those who have such co-morbidities. However, if you are concerned for any specific reason, please consult your doctor.

Should you avoid alcohol after receiving the COVID-19 vaccine?

As per experts, there is no evidence of alcohol impairing the effectiveness of the vaccine.





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE - WHAT TO EXPECT AFTER VACCINATION

Do I need to use the mask/other COVID-19 appropriate precautions after receiving the vaccine?

Yes, it is absolutely necessary that everyone who has received the COVID-19 vaccine should continue to follow the COVID-19 appropriate behaviour i.e., mask, do gaj ki doori and hand sanitization to protect themselves and those around from spreading the infection.

How long I will remain protected after vaccination?

Longevity of the immune response in vaccinated individuals is yet to be determined. Hence, continuing the use of masks, handwashing, physical distancing and other COVID-19 appropriate behaviours is strongly recommended.

In how many days will the vaccination create an adequate immune response and protection?

Adequate immune response takes 2-3 weeks after completion of entire vaccination schedule i.e., after the second dose of COVISHIELD® and COVAXIN®.

What precautions I need to take after receiving the vaccine?

Both the vaccines are safe but in case of any discomfort or complaint, ask the beneficiary to visit the nearest health facility and/or call the health worker whose phone number is given in the Co-WIN SMS received after vaccination.

Is it important for me to receive the same vaccine during second dose?

As the vaccines available are not interchangeable, it is important to receive the second dose of same vaccine as the first one. The Co-WIN portal is also going to help to ensure that everyone receives the same vaccine.

Does this vaccine provide herd immunity?

When an increasing number of people get vaccinated in the community, indirect protection through herd immunity develops. The percentage of people who need to be immune in order to achieve herd immunity varies with each disease





THE NABHA FOUNDATION



WHO - ABOUT COVID-19 VACCINE

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first.

How do we know that COVID-19 vaccines are safe?

There are strict protections in place to help ensure the safety of all COVID-19 vaccines. Before receiving validation from WHO and national regulatory agencies, COVID-19 vaccines must undergo rigorous testing in clinical trials to prove that they meet internationally agreed benchmarks for safety and effectiveness. Unprecedented scientific collaborations have allowed COVID-19 vaccine research, development, and authorizations to be completed in record time – to meet the urgent need for COVID-19 vaccines while maintaining high safety standards. As with all vaccines, WHO and regulatory authorities will continuously monitor the use of COVID-19 vaccines to confirm that they remain safe for all who receive them.

What are the side effects of COVID-19 vaccines?

Like any vaccine, COVID-19 vaccines can cause mild side effects, such as a low-grade fever or pain or redness at the injection site. Most reactions to vaccines are mild and go away within a few days on their own. More serious or long-lasting side effects to vaccines are possible but extremely rare. Vaccines are continually monitored to detect rare adverse events.

Is it possible that someone vaccinated against COVID-19 will still get infected?

While several COVID-19 vaccines appear to have high levels of efficacy, no vaccine is 100% protective. As a result, there may be a small percentage of people who do not develop protection as expected after COVID-19 vaccination.

Is it safe for pregnant women, those planning to become pregnant to receive COVID-19 vaccines?

Based on what we know about these vaccines, we don't have any specific reason to believe there will be risks that would outweigh the benefits of vaccination for pregnant women. While pregnancy puts women at higher risk of severe COVID-19, very little data are available to assess vaccine safety in pregnancy.

For this reason, those pregnant women at high risk of exposure to SARS-CoV-2 (e.g., health workers) or who have comorbidities which add to their risk of severe disease may be vaccinated in consultation with their health care provider.



THE NABHA FOUNDATION

COVID-19 IMPORTANT FACTS

Can You Get COVID-19 Even After Vaccination? Govt Clarifies (PIB - India.com, 9th May 2021)

The Press Information Bureau (PIB) of the Government of India says a very small percentage of people are contracting COVID-19 after getting vaccinated. Even after they test positive for COVID-19, they experience mild symptoms, **“Vaccine will not allow the virus to further replicate and it will not allow the disease to become more severe”**

Can women take Covid-19 vaccine during menstruation? Govt clarifies after social media rumours (PIB - India Today, 25th April 2021)

In an attempt to clear the air around the claim, the government on Saturday appealed to people to not fall for rumours and get vaccinated. Quashing the rumours, the Press Information Bureau, in a tweet, said, "Fake post circulating on social media claims that women should not take COVID-19 Vaccine 5 days before and after their menstrual cycle. Don't fall for rumours! All people above 18 should get vaccinated after May 1."

Here is what the Drug Authority of India, World Health Organisation and researchers have said on Covid-19 and Impotency & erectile dysfunction in men (Drug Authority of India & WHO - India Today, 11th May 2021)

Both the Drug Authority of India and World Health Organisation have dismissed claims of Covid-19 vaccines causing impotence or infertility. Earlier this year, VG Somani, chief of the Drug Authority of India, told reporters that the claims were "absolute rubbish". "We'll never approve anything if there's the slightest safety concern. Vaccines are 110% safe. Some side effects like mild fever, pain and allergy are common for every vaccine," he had said.

Should you avoid alcohol after receiving the COVID-19 vaccine?

As per experts, there is no evidence of alcohol impairing the effectiveness of the vaccine

Eat a healthy diet before getting the vaccine jab (Times of India, 9th March 2021)

Experts believe eating healthy before getting the COVID shot is of utmost importance, following which routine medicines should also be taken under the guidance of your physician.





THE NABHA FOUNDATION

MINISTRY OF HEALTH & FAMILY WELFARE – POST COVID-19 FOLLOW UP PROTOCOL

At individual level

- ✓ Continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
- ✓ Drink adequate amount of warm water (if not contra-indicated).
- ✓ If health permits, regular household work to be done. Professional work to be resumed in graded manner.
- ✓ Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- ✓ Have adequate sleep and rest.
- ✓ Avoid smoking and consumption of alcohol.
- ✓ Take regular medications as advised for COVID and also for managing comorbidities, if any.
- ✓ Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised)
- ✓ If there is persistent dry cough / sore throat, do saline gargles and take steam inhalation. Cough medications, should be taken on advice of medical doctor.
- ✓ Look for early warning signs like high grade fever, breathlessness, SpO2 <95%, unexplained chest pain, new onset of confusion, focal weakness, call and take your doctor's advice.



Mild/ moderate exercise

- ✓ Daily practice of Yogasana, Pranayama and Meditation, as much as health permits or as prescribed.
- ✓ Breathing exercises as prescribed by treating physician.



THE NABHA FOUNDATION

THE NABHA FOUNDATION HEALTH WORKERS - MANY OF THEM, OF ALL AGE GROUPS HAVE SAFELY TAKEN THE COVID-19 VACCINE





THE NABHA FOUNDATION



STAY SAFE