

*So You have become COVID positive,
What Next?*

Public Health Action

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BACKGROUND

- Persons infected by the virus: source of infection
 - transmission through respiratory droplets
 - coughing/sneezing/talking/ singing
 - remain viable on surfaces: through touching surface, then eyes/nose/mouth before cleaning hands
- Transmission continues unabated
 - asymptomatic infected individuals
 - A pre-symptomatic stage
 - More infectious variants of the virus
- Urgent need to prevent spread of infection
 - Respond in a timely and effective manner



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Stay Healthy**



Measures to be taken on detection of confirmed case

- Home isolation: abstain from work
- Stay in a well ventilated room: not open to common areas
- Seek health Care (home/hospital) as per severity grade
 - A communication link between the caregiver and hospital
- Respiratory etiquette
 - Wear Triple layer / cloth mask
 - Cover mouth & nose while coughing/sneezing with tissue/ handkerchief /sleeve of upper arm : never on hands
 - Keep soiled tissue in covered bin: burn/deep burial
 - Soiled handkerchief: wash with detergent & water
- Family members taking care
 - wear masks, gloves, distancing, hand hygiene.
- Inform local health authorities, work supervisor, RWA
 - follow advice



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Responsibilities of States/ District authorities

- Monitor all cases under home isolation
- Field staff / surveillance teams
 - personal visit
 - dedicated call centre to follow up the patients on daily basis.
 - record body temperature, pulse rate and oxygen saturation of each case : guide
 - provide instructions for patients and their care givers
 - update details on COVID-19 portal and facility app (with DSO as user).
- Senior State and District officials should monitor the records
- Mechanism to shift patient in case of hospitalization
- Monitor all family members & close contacts



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Measures to be taken on detection of confirmed case

- Shifting to hospital
 - Appropriate PPE
 - Call 108 / Sanitize vehicle
 - follow instructions, also after discharge
- At work place
 - Line listing of contacts
 - Risk profiling & follow up actions
 - List of premises visited 3 days before test result till isolation : Disinfect
 - Coordinate with health department for large scale disinfection
- Return to work
 - Resolution of clinical manifestations as evidence for cure: Testing not required prior to discharge.
 - Period of isolation: Minimum 10 days of symptom onset & no fever for 3 days



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MANAGEMENT OF CONTACTS

A person exposed to a confirmed case between 2 days prior until 14 days after onset of symptoms

OR

A person exposed to a confirmed infected asymptomatic person within 14 days of his/her sample collection



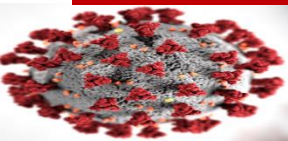
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Risk profiling of contacts

		Follow up action
High risk	<p>Living in same household as case</p> <p>Touched body fluids / cleaned linen, clothes or dishes</p> <p>In close proximity (1 meter) of case includes during travel</p>	<p>Home quarantine x 14 days from last exposure</p> <p>Active monitoring for Symptoms</p> <ul style="list-style-type: none"> ○ fever, cough, breathing difficulty ○ Fatigue/Myalgia/Sore throat/Running nose/Diarrhea ○ Nausea/Loss of smell or taste <p>Test on development of symptoms / 5-7 days of exposure</p>
Low Risk	<p>Contacts not meeting above criteria</p>	<p>Continue to work with mask,</p> <p>Hand hygiene</p> <p>Monitor for symptoms</p>

Low risk becomes high risk if COVID Appropriate Behavior not followed at all times



COVID-19
CORONAVIRUS DISEASE 2019

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NO CARELESSNESS UNTIL THERE IS A CURE

Home quarantine

- Wear Mask
- Restrict movement within the house
 - Stay in a well ventilated single room with an attached / separate toilet
 - another family member: maintain a distance of >1 meter
 - avoid sharing household items
 - Stay away from elderly, pregnant, children, those with co-morbidities
 - Do not attend any gathering
- High-Risk persons to take special precautions
- Members taking care
 - Wear masks, gloves, maintain distance, hand hygiene
- Report to health department on developing symptoms and seek care



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Proper Use and disposal of masks

HOW TO WEAR MEDICAL MASK



Clean your hands with soap and water or hand sanitizer



Hold the mask by the ear loops and place a loop around each ear



Mold or pinch the stiff edge to the shape of your nose



Pull the bottom of the mask over your mouth and chin



Avoid touching the front of the mask when wearing

HOW TO REMOVE MEDICAL MASK



Clean your hands with soap and water or hand sanitizer



Avoid touching the front of the mask. Only touch the ear loops



Hold both of the ear loops and gently lift and remove the mask



Throw the mask in the trash



Clean your hands with soap and water or hand sanitizer

Proper Use / re-use & disposal of masks

- Clean hands after accidental touch
- Separate for home & workplace
- Never place directly on a surface
- Cloth masks can be re-used after washing with detergent and water provided it retains fit
- N-95 masks: 5 mask - cover system x 4 times
 - Discard early if dirty / contaminated / loose fit or fiber
 - Cleaning with soap & water **not recommended.**
- Keep the mask (triple layer/ N95) in a paper bag for 72 hours
- Keep in a covered bin
- Disposal by incineration / deep burial (10 ft)
 - Disinfect with sodium hypochlorite solution (1%)



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Other instructions to be followed at all times - work place/home

- Respiratory etiquette
- Install Aarogya Setu
- Avoid gatherings (VC/in open) / parking lots, Group tea / lunch (take away from canteen) / elevators / non-essential travel
- Adequate ventilation / air-conditioning at 24-30° with intake of fresh air
- Regular cleaning & sanitization - work stations, etc.
- Self-monitor for symptoms, if develop
 - a. Abstain from duty
 - b. Isolate until RTPCR is found -ve / completed quarantine
 - c. Inform supervisor
 - d. Lab test for COVID
 - e. If positive, take all actions
 - f. Inform local health authorities
 - g. Employees at higher risk to take extra precautions



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Other instructions to be followed at all times - work place/home

- Entry into office campus
 - Mandatory thermal screening: maintain distance
 - Hand washing facility / hand sanitizer (sensor based / foot operated)
 - Only asymptomatic & with mask allowed entry : Restrict Visitors
 - Symptomatic to seek immediate care: record
- On reaching home
 - Avoid close contact with family till washed hands, changed clothes / bath
 - Wear mask at home - secondary cases
 - Clean and disinfect gadgets or instruments taking home
- Awareness/Sensitization: posters, iGOT Platform,
- Special case detection camps: vulnerable staff for early case detection & prevention
- Infection Control committee : specific Roles & responsibilities



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Let's unite to fight & defeat COVID-19



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