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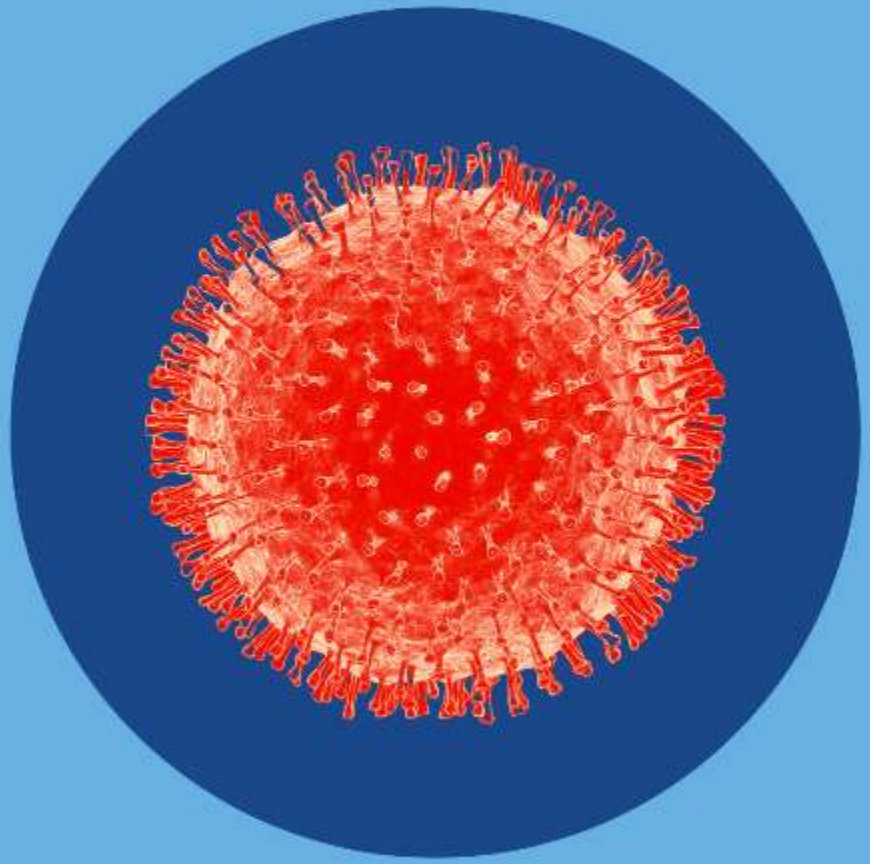

# UNDERSTANDING COVID-19 AND ITS PREVENTION

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Remember, healthy people are not at risk!

**The World Health Organisation (WHO) has declared the Coronavirus outbreak (COVID-19) as a pandemic.**

**Adopt some simple and effective steps to prevent the spread of COVID-19 and ensure that you and your workplace are safe and healthy.**

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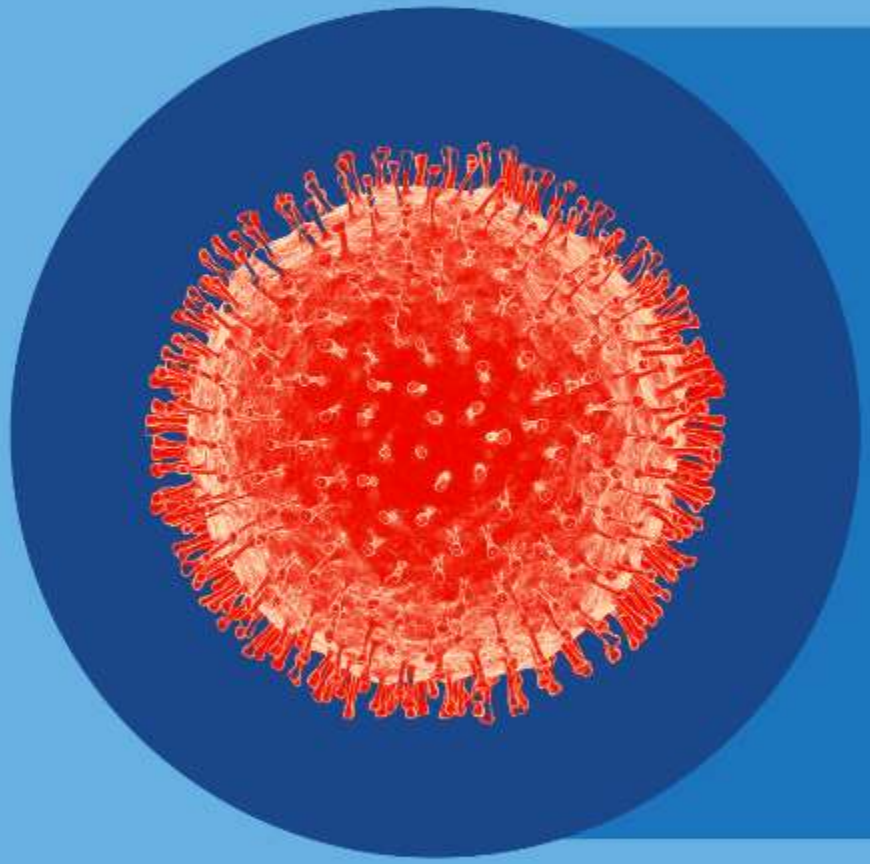
# WHAT IS CORONAVIRUS?



- Coronavirus is a family of viruses known to cause illness in animals and humans.
- In humans it is known to cause severe respiratory symptoms
- Some known coronaviruses are:
  - Severe Acute Respiratory Syndrome (SARS)
  - Middle East Respiratory Syndrome (MERS)
  - And the most recent - novel Coronavirus, which causes COVID-19

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# WHAT IS COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

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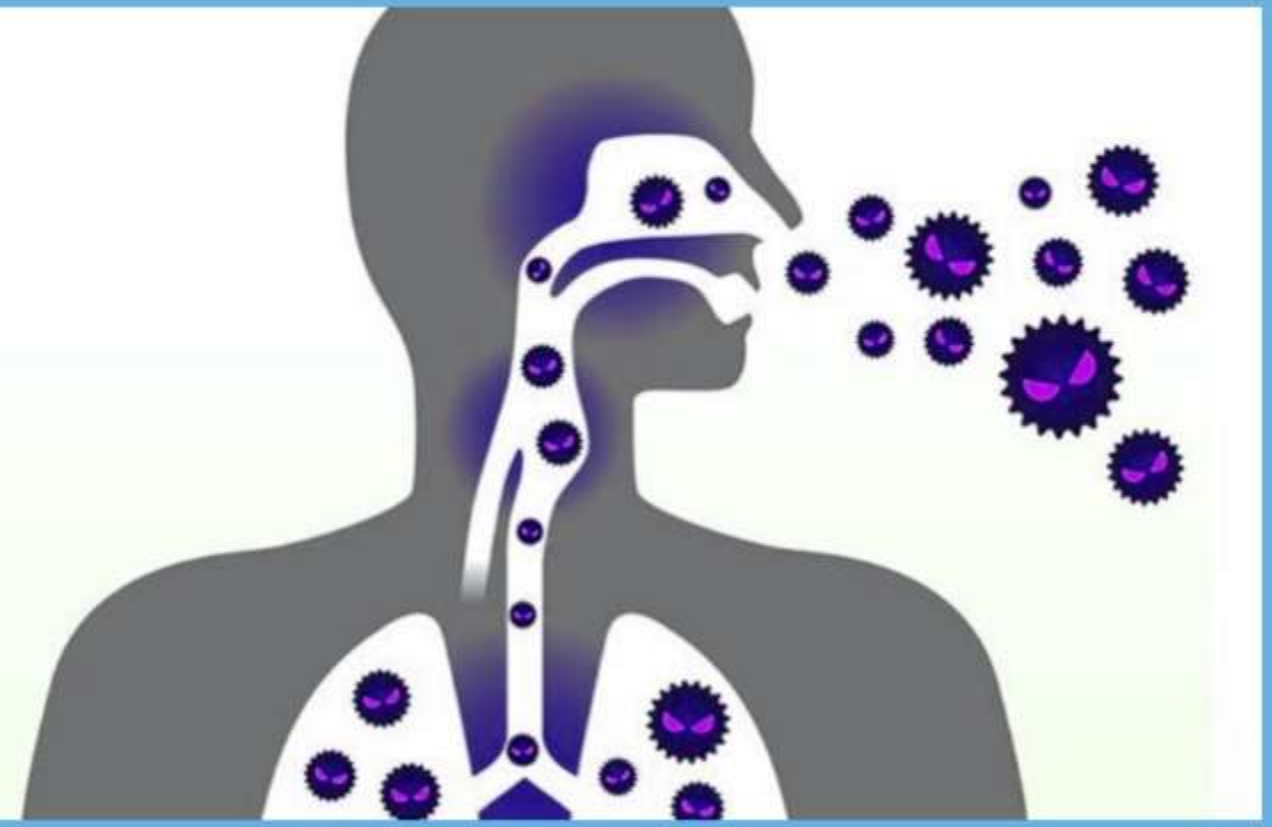
# HOW DOES COVID-19 SPREAD?



- COVID-19 is a droplet-spread infection and the virus is present in the respiratory tract of an infected human.
- The Virus is transmitted directly to others by inhalation of of respiratory secretions of the infected person
- It can also be spread through contact with the droplets followed by contact with ones own nose or mouth.

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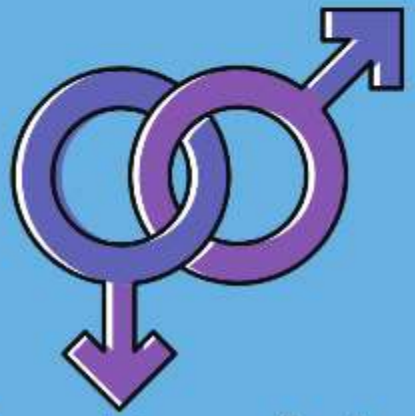
# HOW COVID-19 DOES NOT SPREAD

Mosquito bites

Flies

Contact with the blood of an infected person



Sexual transmission

Mother to child

Drinking water

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# SYMPTOMS OF COVID-19

## Most Common Symptoms:

## Less Common Symptoms:

- Aches and body pain
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea

- These symptoms are usually mild and begin gradually.
- Some people become infected but don’t develop any symptoms and don't feel unwell.
- Most people (about 80%) recover without needing special treatment.
- Older people and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness

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# PREVENTING COVID-19 IN THE WORKPLACE

It is your responsibility to safeguard your health and that of your co-workers by keeping your workstation clean

According to WHO, contaminated surfaces touched by infected persons are a major factor in the spread of COVID-19. Frequently disinfect touched objects on your workstations and keep them clean and hygienic. Wipe surfaces like tables, chair arm rests, phones, keyboards, etc. with disinfectants regularly.

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Encourage visitors to the office to also use the sanitizers.

Our hands are the biggest culprits in carrying germs. Regularly and thoroughly wash your hands with soap and water. It's a good idea to have hand rub sanitizers in common spaces in the office. However, these are not as effective as washing your hands with soap and water.

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**Viruses can last for up to 24 hours on objects, and the only effective way to get rid of them is to wash them off with soap and water for at least 20-30 seconds**

# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**Duration of the entire procedure:** 20-30 seconds

Apply a palmful of the product in a cupped hand, covering all surfaces;

Rub hands palm to palm;

Right palm over left dorsum with interlaced fingers and vice versa;

Palm to palm with fingers interlaced;

Backs of fingers to opposing palms with fingers interlocked;

Rotational rubbing of left thumb clasped in right palm and vice versa;

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

Once dry, your hands are safe.

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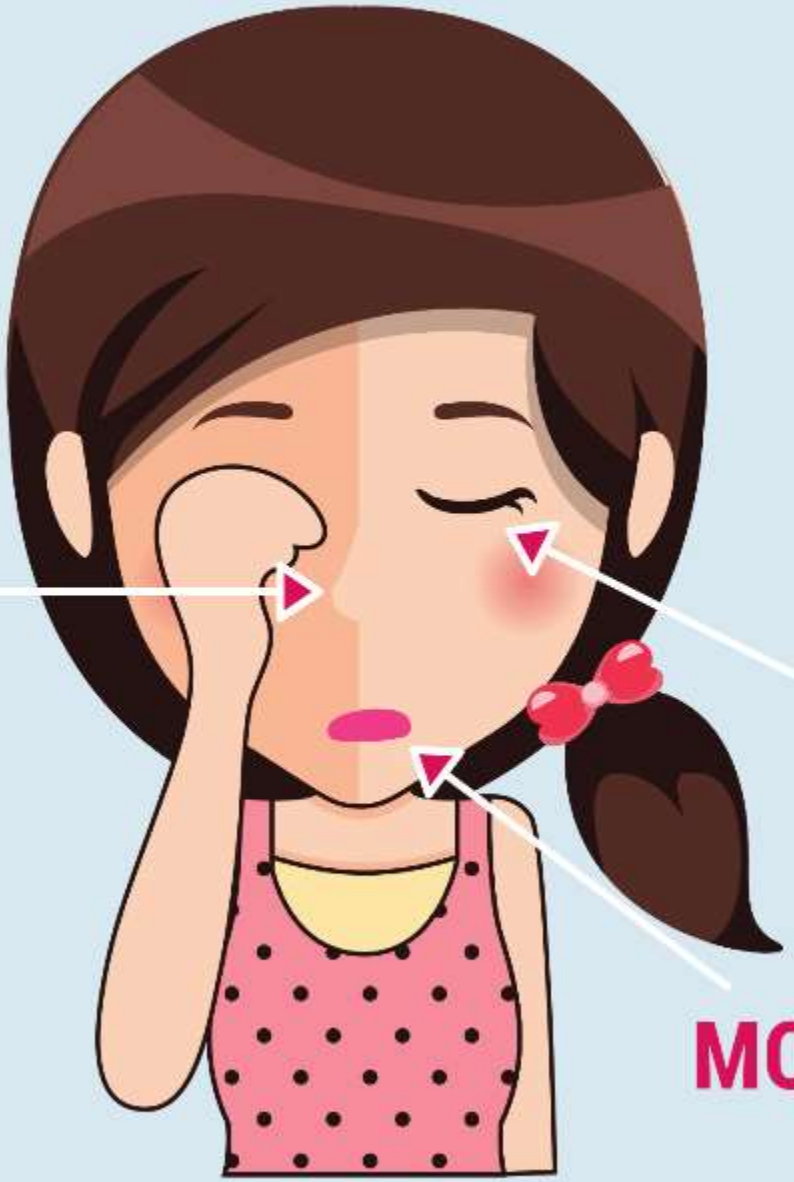


Stop that habit of rubbing your eyes and sitting with your hand on your chin

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses, which are then transferred to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick. If you have to touch your face, wash your hands with soap thoroughly first.

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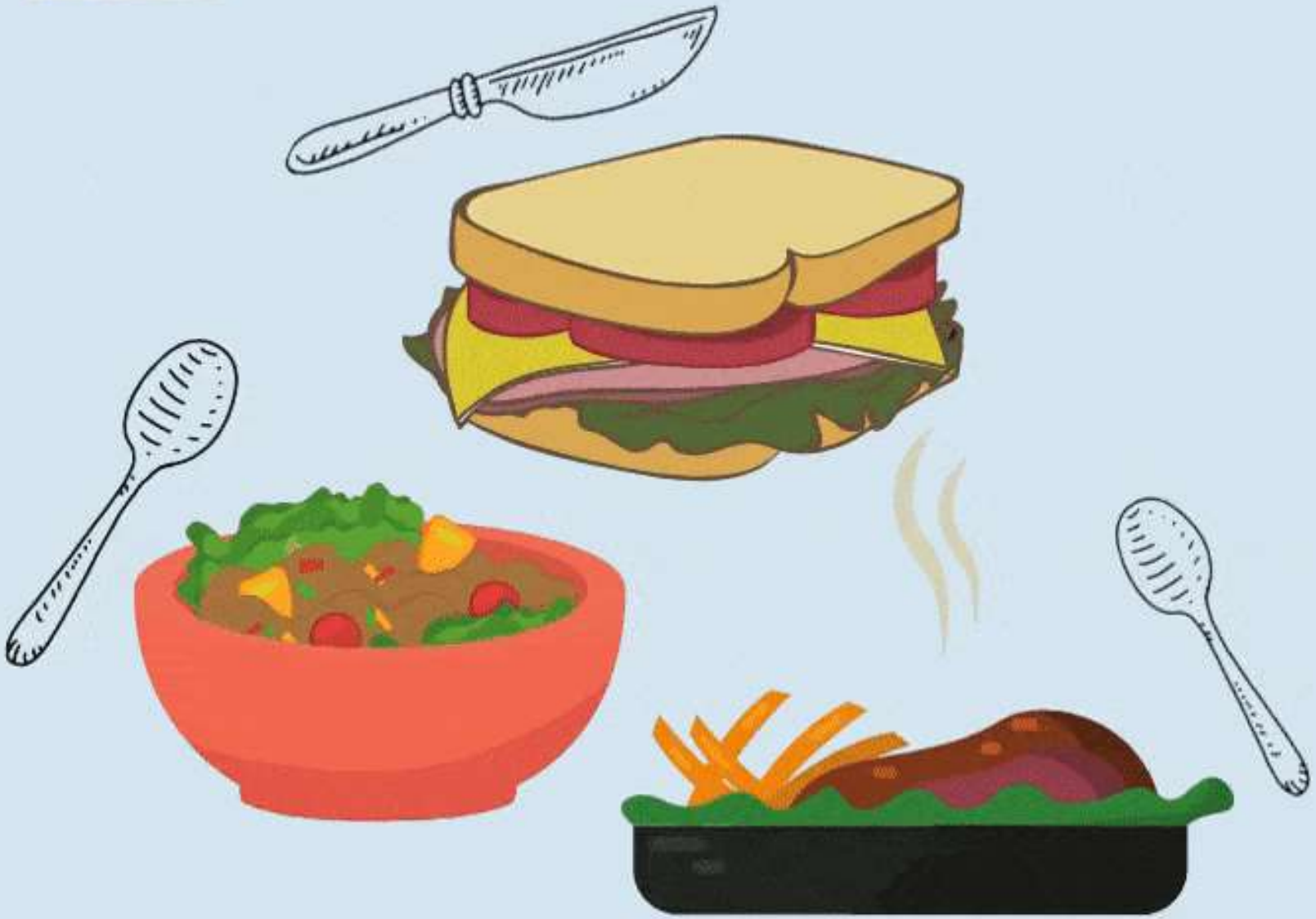

Keep your own separate hand towels.

We often share our food, which is great. Only do ensure you use a separate serving spoon and have separate plates.

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# Follow respiratory etiquette.

Cover your nose and mouth with a tissue when coughing and sneezing, and then dispose of the tissue immediately. You could also cough and sneeze into your shoulder or your bent elbow. Ensure you, and the people around you, follow good respiratory hygiene, since droplets spread this virus.

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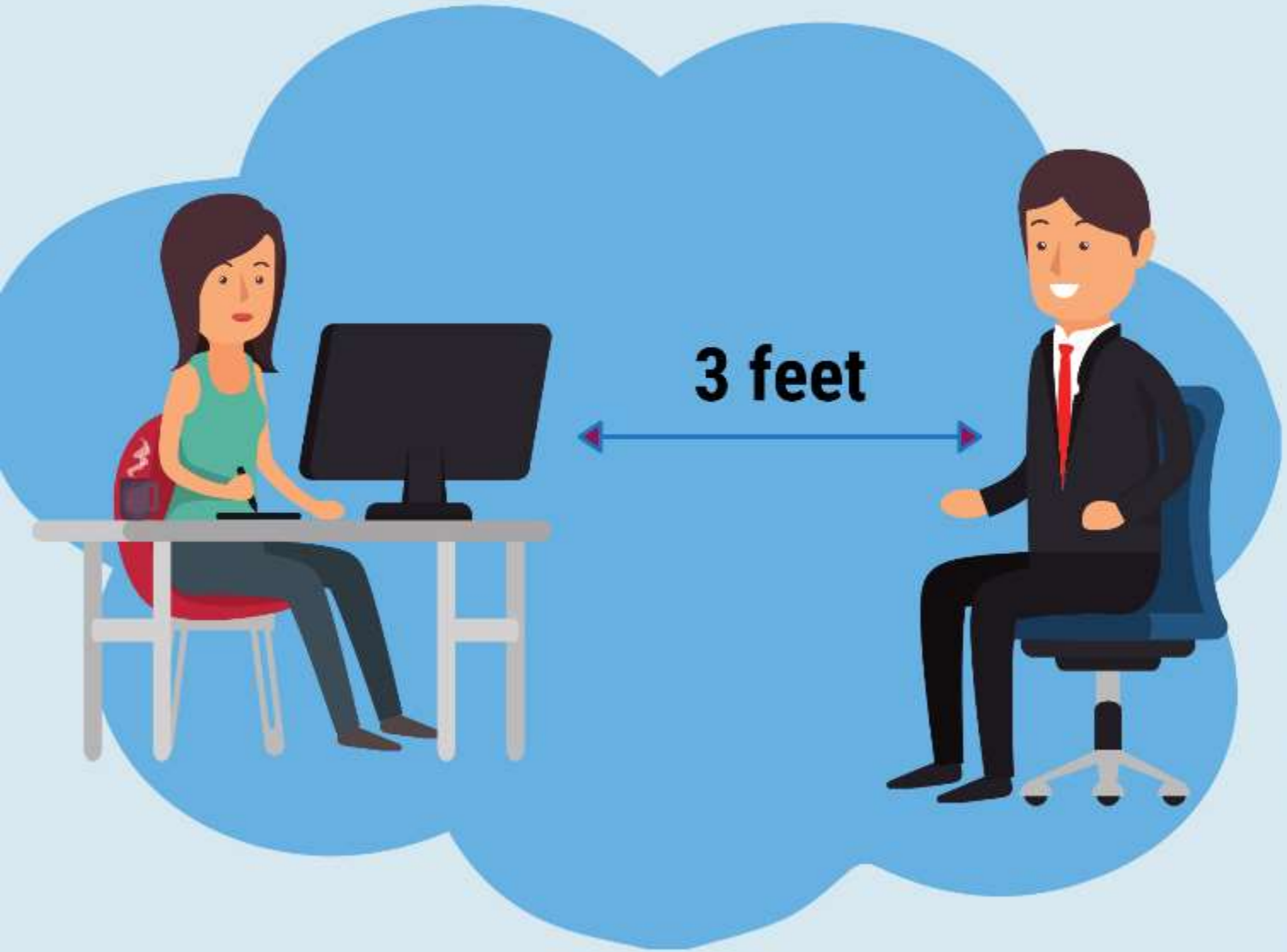


Maintain social distancing. This means no welcome hugs and no handshakes! This is a good time for us to revert to our traditional 'Namaste'!

Maintain at least a one arm distance (3 feet) between yourself and especially anyone who is coughing or sneezing. When a person sneezes, small liquid droplets from their nose or mouth would fall on you, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

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If you develop even a mild cough or low grade fever (i.e. a temperature of 98.4 F or more) you must stay at home and self-isolate. This means avoiding close contact (one meter or nearer) with other people, including family members.

Avoid travelling to locations with confirmed cases of COVID-19 outbreaks currently. If travel is absolutely necessary, consult your doctor on precautionary measures. If you or anyone you are in close contact with at home or in your social circles have returned from an area with prevalence of COVID-19, you **must** monitor yourself for symptoms for minimum 14 days.

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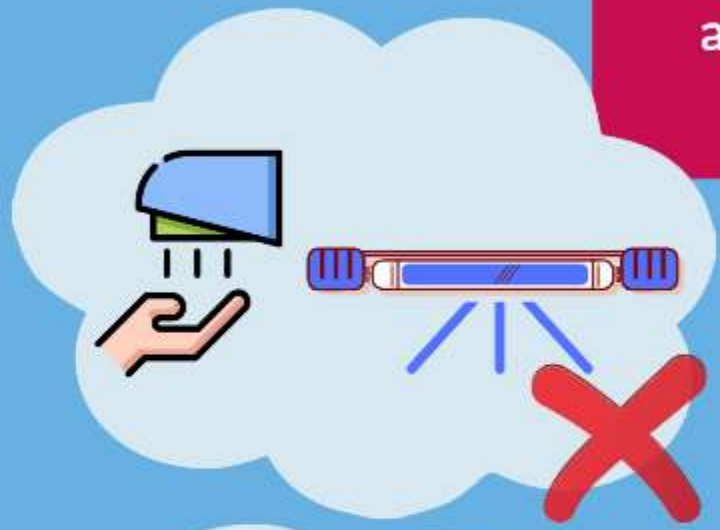
To stay updated on this disease and check the authenticity of any such suggestion, and on what more to do to stay safe, we recommend that you regularly check the WHO website and online advisories of the Ministry of Health and Family Welfare, Government of India.



There are a number of myths surrounding the spread of the virus and ways to cure the disease, most of which are unsafe or unreliable. So eating garlic, rubbing chlorine on your body, using UV lamps, rinsing your nose with saline and taking high doses of vitamin D and similar suggestions will not prevent COVID 19. Some of these methods are also detrimental!

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# FAQS

- **Are antibiotics effective against COVID-19?**
  No. Antibiotics do not work against viruses, they only work on bacterial infections.

- **Any medicines or therapies that can prevent or cure COVID-19?**
  While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease.

- **Should I wear a mask to protect myself?**
  Not needed. Government health department and WHO both recommend against wearing mask for general population. Only if you are infected or you are a caretaker for COVID-19 patient is when you need a mask.

- **What is the incubation period of COVID-19?**
  1 to 14 days with an average of 5 days

- **Can our pets transmit COVID-19?**
  No such evidence is available yet.

- **Is it safe to receive packages from COVID -19 predominant areas?**
  Yes. The packages have travelled and have been exposed to various weather condition where the virus may not survive.

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The health and safety of your Team should be the absolute priority.

If you do have symptoms like a sore throat, cough or fever, please do not hesitate to inform your supervisor at work and visit a medical professional immediately. Let's **stay united** in keeping our workplace safe and healthy!

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# 1916 HELPLINE

To effectively respond to the possible outbreak of COVID-19 and assist citizens, the Municipal Corporation of Greater Mumbai (MCGM) have activated this helpline.

Since it is possible to get confused between the symptoms of Corona Virus and the common flu, it's better to get checked.

**Address:** Kasturba Hospital, Sane Guruji Marg, Arya Nagar, Chinchpokli, Mumbai, Maharashtra 400034
**Google maps link**: https://maps.google.com/?cid=8492161146785684545
**Test duration:** Upto 3 hours (since 24 samples are tested).
**Timings:** 9:00 AM to 5:00 PM.Reports: The test reports are made available in 24 hours.
**Cost:** Testing is free of cost at all government hospitals.

We will update the test centre locations as and when more information emerges.

For information on where you can get admitted if you tested positive or if you display a sharp possibility of being tested positive, the MCGM have reserved some special locations for such patients. For the full list with details, visit:
http://stopcoronavirus.mcgm.gov.in/where-to-get-help

# ABOUT UNITED WAY MUMBAI

**United Way Mumbai is a part of the 130+ year old United Way movement spanning 41 countries across the world.**

**Our mission is to improve lives by mobilizing the caring power of communities to advance the common good.**

- Network of **500+ NGOs**
- Partnerships with **300+ companies**
- **100,000+** individual donors
- **19 years**
- **INR 390 crore** invested in community development projects

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**Issued in Public Interest by United Way Mumbai**


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