

FAQs - Frequently Asked Questions during COVID19

1. Why Stay at Home?

- a. Keeps ourselves and our family safe
- b. Breaks the chain that is avoids spreading of the virus

2. What All Can Be Done at Home?

- a. Takeup Challenges:
 - i. #SafeHands Challenge
 - ii. Photo Challenge
 - iii. Group video call to your old friends Challenge
- b. Follow all Government Portals: Update YOURSELF with RIGHT Facts & Info
 - i. World Health Organisation
 - ii. Ministry of Health and Family Welfare
 - iii. Press Information Bureau India - PIB India
 - iv. PIB Fact Check
 - v. BBMP
 - vi. Karnataka Janasnehi
- c. 5 things to follow:
 - i. **HANDS** Wash them often
 - ii. **ELBOW** Cough into it
 - iii. **FACE** Don't touch it
 - iv. **FEET** Stay more than 3ft (1m) apart
 - v. **FEEL** sick? Stay home
- d. Exercise:

WHO recommends all healthy adults do 30 minutes/day physical activity
And children should be physically active for 1hour/day

 - i. Jumping rope
 - ii. Muscle strength & balance training
 - iii. Walk 15-30 mins daily at home
 - iv. Online exercise classes
 - v. Walk up and down the stairs
- e. Playing:
 - i. Board-games
 - ii. Playing active video games
- f. Reading:
 - i. Blogs
 - ii. Storybooks
- g. Host / Join Online Classes:
 - i. Dance
 - ii. Music

- iii. Yoga
- iv. Painting
- v. Fitness
- vi. Story Telling

3. Where to get TRUE FACTS & INFORMATION?

- a. World Health Organisation: <https://www.who.int/>
 - i. Instagram: <https://www.instagram.com/who/>
 - ii. Twitter: <https://twitter.com/WHO>
- b. Update on number of Cases:
 - i. Covid India Org: <https://covidindia.org/>
 - ii. Ministry of Health & Family Welfare: <https://www.mohfw.gov.in/>
 - iii. covid.bbmpgov.in
- c. PIB India:
 - i. Twitter: https://twitter.com/PIB_India
 - ii. **Fact** Check: <https://twitter.com/PIBFactCheck>
- d. Karnataka DIPR:
 - i. Twitter: https://twitter.com/Karnataka_DIPR
- e. BBMP:
 - i. Twitter: <https://twitter.com/BBMPCOMM>
 - ii. Facebook: <https://www.facebook.com/bbmp.comm1/>
 - iii.

4. What is Self-Quarantine?

- a. People who have been exposed to the new coronavirus and who are at risk for coming down with COVID-19 might practice self-quarantine
- b. Health experts recommend that self-quarantine lasts 14 days
- c. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people
- d. You might be asked to practice self-quarantine if you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person
- e. Self-quarantine involves:
 - i. Using standard hygiene and washing hands frequently
 - ii. Not sharing things like towels and utensils
 - iii. Staying at home
 - iv. Not having visitors
 - v. Staying at least 6 feet away from other people in your household
- f. Once your quarantine period has ended, if you do not have symptoms, follow your doctor's instruction on how to return to your normal routine

5. What is Isolation?

- a. For people who are confirmed to have COVID-19, isolation is appropriate
- b. It is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected
- c. Isolation can take place at home or at hospital or care facility

- d. Special personal protective equipment will be used to care for these patients in health care settings.

6. Why shouldn't we share forward messages BLINDLY?

- a. Bad Consequence
- b. False information conveyed to people
- c. Government True Facts won't reach out
- d. People / Loved ones panic
- e. Spread of Fake News

7. Whom to contact if you are not feeling well?

- a. Karnataka Janasnehi
- b. Family doctor
- c. **Doctor Suggestion:** Look for the symptoms - fever, cough, sneeze, breathlessness. Self Quarantine yourself at home and avoid contact with others. Wait for 2-3 days taking symptomatic treatment. If it still doesn't get better get corona testing done

D.31 FEVER CLINICS have been set up to check the spread of Covid19.

8. If you wish to Volunteer and work with the Government! What you can do?

- a. Karnataka Janasnehi <https://covid19.karnataka.gov.in/coronawarrior.html>

9. How to quarantine waste at home?

- a. Waste workers are most susceptible to become the carrier of it. I am sure by now their immune system might be strong enough to sustain this virus too but they can easily pass it on.
- b. **Curfew is not complete if waste is going out:**
 - If you still haven't started composting, Wet waste, just layer with cocopeat, dry leaves and leave the lid loose. If possible, have some old bucket and make some holes in it
 - Dry waste - Reduce, Reuse and then segregate properly. Wash all food particles or whatever and dry it before adding to the bag.
 - Reject waste - use cloth diapers, cloth pads, menstrual cups to reduce sanitary waste. Rest keep in a closed lid bin.

10. DIYs to do at Home?

a) **DIY SANITIZER**

b) **DIY MASK**

c) Feed and quench the thirst of birds and stray dogs.

11. What masks to wear?

Any type of general mask is likely to decrease viral exposure and infection risk on a population level. Though N95 masks are recommended.

12. How often do you wash hands?

Use alcohol-based sanitizer as directed by W.H.O before and after meals, after using the washroom, if you touch door knobs, metallic surfaces touched by others, after reading paper, after buying groceries.

13. What precautions to be taken while shopping?

- a. Make sure you visit the store when it is not crowded.
- b. Carry along your sanitizing wipes or gloves
- c. Disinfect any containers or packages you have brought.
- d. Ensure you do have to visit the store often and buy all items you need at one go.
- e. Make electronic payment to avoid contact.
- f. Make sure you wear a mask every time you step out of home.

14. Why shouldn't you panic buy?

If you think you would get or ARE having symptoms of corona,

- a) Panicking would only add on to stress and this time is the most important time that needs your confidence, so be strong, physically and mentally.
- b) Isolate yourself until you get your report as negative and keep yourself and your surroundings clean so your loved ones wouldn't be tensed.
- c) Divert your mind from negative thoughts and concentrate on something productive and something you loved to do, in the meanwhile don't take anyone's life for granted.

15. Steps taken by govt?

- a)Fever clinics have been set up as a first line of defence against the virus. People with least symptoms can visit these clinics and need to go to hospitals for getting their samples tested.
- b)Govt has launched a toll free helpline no 0804611007 for people who face any mental health issue due to the ongoing lockdown.
- c)Free food distribution centres in #Bengaluru. Call hunger helpline 155214
- d)

FAQ! UPDATES FROM WHO

1. What can countries do to take proper measures to protect their citizens?

- >To protect citizens they have to provide the testing facilities(have Sent picture of cost mentioning it)
- >To flatten the curve and take Fundamental aggressive actions.
- >Solidarity
- >Strength
- >Corange

2. What can we do to protect as individuals?

By following WETDF

- > **Wash** your hands oftens
- > Use your **Elbows** while sneezing
- > Don't **Touch** your T shaped part of your face with hands
- > Social **Distancing**
- > Check on How your **Feeling**.
- > Fundamental aggressive action.
- > Be informed and take updates from the government.
- > Take care of elderly ones at home. (Diabetics who are 60+ aged)

3. Is this 21days lockdown going to work 1.3billions doing enough(Government)?

>not enough

Things that are required to fight with this battle.

- > Test these suspected cases.
- > Isolation is important.
- > Social distancing
- > Quarantine
- > Strong Fundamental actions

4. What if there is a lack of economy to test cases?

> international solidarity to help them (high economy country helping low economy country)

5. How quarantine helps to flatten the curve?

>Ex: Feb 22nd South Korea has tested positive 1000/ cases per day,
After the fundamental actions(Quarantine and necessary actions) by March 22nd the positive confirmation of the case was 64/ per day.
Social distancing helps to flatten the curve.

6. Can viruses catch from air?

> No! its droplets(liquid which can enter through your nose eyes mouth into your body).
400 thousand recovered. To get the proper Vaccine it takes 18 months to come out.

7. Where do all viruses survive and how long?

> it depends on the surfaces (chair, table,steels)

8. Does the virus survive in hot surfaces?

> its virus not bacteria, so depending on the surfaces possible chances are there.

What do I do when I come in contact with someone who is a confirmed case of COVID-19?

1. Monitor self for 28 days starting from the day you came in contact with infected person
2. Watch out for -
 - ❖ Cough
 - ❖ Fever
 - ❖ Difficulty in breathing
3. Have symptoms? Immediately...
 - ❖ Visit the nearest health facility
 - ❖ Seek advice / treatment
 - ❖ Furnish details of people you've been in close contact with

(source: PIB India Twitter)

COVID-19 Testing - When & Whom?

WHEN To Test?

All individuals need not be tested, because Disease is primarily reported in individuals with travel history to the affected countries or close contacts of positive cases.

WHOM TO Test?

All symptomatic people who

- ❖ Have history of international travel in last 14 days
- ❖ Had come in contact with confirmed cases
- ❖ Those living in same household with a confirmed case
- ❖ All hospitalized patients with Severe Acute Respiratory Illness(SARI) or Influenza Like Illness(ILI) or severe Pneumonia
- ❖ All healthcare workers
- ❖ All healthcare workers who examined a confirmed case without adequate protection as per WHO recommendations

(source: PIB India Twitter)

What will stay closed all over India during the lockdown period of 21 days?

- ❖ All offices will remain closed allowing employees to work from home
- ❖ All transport services - Road, Rail & Airways will remain suspended
- ❖ All educational, training, research, coaching institutes, etc will remain closed
- ❖ All places of worship will remain closed for public
- ❖ All social, political, sports, entertainment, academic, cultural, religious functions/ gathering will be barred

(source: Ravi Shankar Prasad Twitter)

7 Steps to prevent the spread of the CoronaVirus

1. Wash your hands regularly
2. Avoid touching your nose, eyes and mouth
3. Cover your cough with bend of your elbow or tissue
4. Avoid crowded places
5. Stay at home
6. If you have cough, fever, difficulty in breathing - seek immediate medical support
7. Stay aware of the latest information from reliable sources

(source: WHO twitter)

How is a person susceptible to COVID-19 through a noncommunicable disease / from a pre-existing condition?

- ❖ High blood pressure
- ❖ Diabetes
- ❖ Heart disease
- ❖ Heart attack / Stroke
- ❖ Cancer
- ❖ Chronic respiratory disease
- ❖ HIV-AIDS

(source: WHO Twitter)

Facts & Myths

1. **Statement:** Is the Coronavirus Airborne
Fact: According to WHO, in normal conditions Coronavirus is not Airborne. It is transmitted through droplets when people touch their Eyes, Nose and Mouth with contaminated hands. and
2. **Statement:** With the summers coming up, the Coronavirus will be killed
Fact: The Covid-19 virus can be transmitted in all areas, including areas with hot weather. The best way to protect yourself against Covid-19 is by frequently washing your hands with soap and water. Covering your coughs and sneezes and avoiding crowded places.
3. **Statement:** having a hot water bath will kill the virus
Fact: The virus lives inside the body where the temperature is maintained at 37°C and is not affected by a hot water bath that you have.
4. **Statement:** Eating raw garlic and sesame seeds will protect you against the virus
Fact: Garlic is a healthy food that has other benefits but does not protect you against the virus
5. **Statement:** Getting the pneumonia vaccine will protect you against the virus

Fact: While vaccines for Pneumonia will certainly protect you against Pneumonia, it will not protect you against the Novel Coronavirus

6. **Statement:** You can get Covid-19 through mosquito bites
Fact: The coronavirus cannot be spread through the mosquito bite. It is spread through the droplets when an infected person sneezes or coughs.
7. **Statement:** Spraying alcohol or disinfectant over your body can prevent infection
Fact: Spraying with alcohol or sanitizer on clothes and body or consuming alcohol will not prevent you from getting infection. Infection spreads when the virus enters your body through Nose, Eyes and Mouth. Cleaning and wiping hands with alcohol based sanitizer is to prevent virus from entering your system through infected hands when you touch your Nose, Eyes and Mouth or you eat food with infected hands.
8. **Statement:** Regularly rinsing the nose with saline will prevent the infection
Fact: 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
9. **Statement:** Does sunlight kill the Coronavirus
Fact: According to WHO, there is no evidence that sunlight kills the Coronavirus
10. **Statement:** Does Lemon and Turmeric prevent Coronavirus
Fact: There is no scientific evidence that Lemon and Turmeric prevents the infection. However it is recommended to consume adequate fruits and vegetables as a part of a healthy diet.

(source: PIB Mumbai & PIB Fact Check Twitter)