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NATIONAL SERVICE SCHEME
BIT MESRA, RANCHI - 835215



Information Brochure on
COVID-19



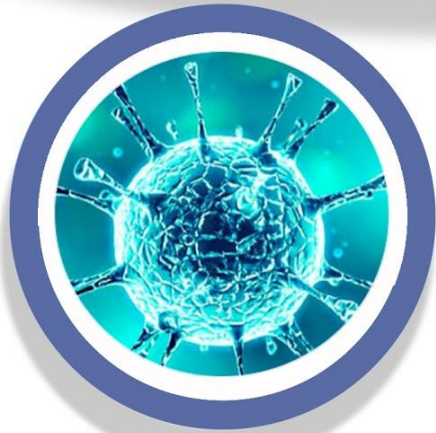
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ABOUT



What is COVID-19?

COVID-19 stands for Corona Virus Disease 2019. It is the name given by WHO (World Health Organization) on February 11th, 2020. On March 11th, 2020, the World Health Organization (WHO) declared COVID-19 a pandemic. A pandemic occurs when a disease that people are not immune spreads across large regions.





Origin of Coronaviruses:

Many health experts believe that the new strain of coronavirus was likely to be originated in bats or pangolins. The first transmission to humans was in Wuhan, China. Since then, the virus has mostly spread from person-to-person.

Transmission:

The disease can spread from person to person through nose or mouth these droplets spread when an infected person coughs or sneezes. People in contact with these infected surfaces may also get affected.





This is why it is important to practice social distancing and follow government guidelines so that transmission of the infection can be avoided. WHO is assessing ongoing research on the ways COVID-19 can spread and is regularly updating guidelines to avoid transmission of the deadly disease.

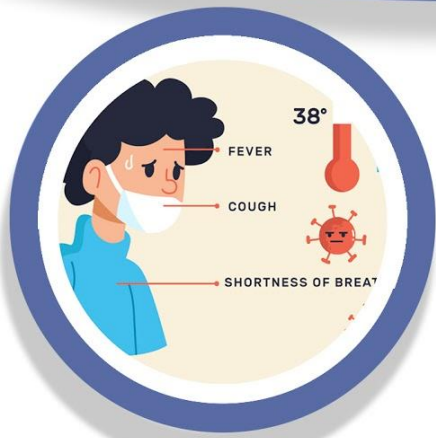
Statistics (State-Wise):

Kindly follow the given link for an update of Coronavirus cases in India:

www.mohfw.gov.in



HOW TO DEAL WITH CORONA



Common symptoms:

Fever, tiredness and dry cough. Some people may experience aches and pains, nasal congestion, runny nose, sore throat and diarrhoea.

On an average, this virus takes 5–6 days to show the symptoms and around 14 days to get detected.

Vulnerable age group:

People of all ages can be infected by the virus. However, older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable.





Precautions to be taken to stay safe from Coronavirus:

1. Wash your hands frequently:
Regularly clean your hands with a sanitizer or wash them with soap and water.

2. Maintain Social Distancing:
Maintain at least 1-metre distance between yourselves and anyone who is coughing or sneezing.

3. Avoid touching eyes, nose and mouth as it may transfer the virus from your hands to inside.





4. **Practice respiratory hygiene**

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze and stay home if you feel unwell. If you have a fever, cough and difficulty in breathing then seek medical attention.

Follow the directions of your local health authority-

1. Wear Masks especially when you move out of your houses.
2. Stay in Home quarantine and move out of your houses only in case of an **emergency**.





How can one suspect to have COVID-19?

- If one has a recent international travel history i.e. out of India.
- Any contact with the COVID-19 infected person.
- Has been a part of a large public gathering.

What should be done after getting suspected?

- Immediately Report to your nearest ICMR centre.
- Get your tests done.
- Follow complete quarantine.



TESTING



ICMR:

The Indian Council of Medical Research (ICMR) is one of the oldest medical research councils in the world. ICMR is being held responsible for testing individuals infected with COVID-19.

Hospitals admitting COVID-19 suspect cases collect nasal and throat samples and transport them to the nearest testing laboratory in the chain. **The list of laboratories** with COVID-19 testing facility can be accessed by clicking the link

<https://covid.icmr.org.in/index.php/testing-facilities>





Personal Protective Equipment (PPE) :

Personal Protective Equipments (PPEs) are protective gears designed to safeguard the health of the medical health care workers battling the war against the deadly disease as the first line of defence by minimizing the exposure to any biological agent.

Components of PPE: The components of PPE include goggles, face-shield, mask, gloves, gowns (with or without aprons), headcover and shoe cover.



TREATMENT



Self-care- The most effective ways to protect yourself and others against COVID-19 is to frequently sanitise your hands, cover your cough with the elbow or tissue and maintain a distance of at least 1 metre from people you find coughing or sneezing.

Medical treatment and Research: No pharmaceutical products have been found yet to be completely effective for the treatment of COVID-19.

Although doctors are using medicines considered for other diseases to cure COVID-19.





Plasma transplant method is being used to cure patients suspected of the infection. The plasma of the recovered patient contains antibodies that can fight the virus and hence are being used in the treatment.

Some of the medicines/drug currently being used to treat COVID-19 are:-

- 1. Remdesivir** (originally developed to fight Ebola)
- 2. Chloroquine** (originally used to treat Malaria)
- 3. Lopinavir and Ritonavir** (It was developed to treat HIV)



Government Initiatives



The government launched a separate prime minister's emergency fund to secure donations for its fight against COVID-19.

BANK DETAILS:-

Name of Account -PM CARES

A/C No. - 2122PM20202

IFSC Code - SBIN0000691

Swift Code - SBININBB104

Bank Name - SBI, New Delhi

UPI ID - pmcares@sbi

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Aarogya Setu application

Aarogya setu is a COVID-19 tracker mobile application launched by the government on 2nd April. It detects and tracks the user's movement and sends out a notification if they come close to an infected person.

Complete Lockdown

PM Narendra Modi has imposed a nationwide lockdown to slow-down the spread of the virus. The lockdown which began on 25th March, earlier scheduled till 14th April, was later extended till 17th May.





Fund Allocation

The Centre released Rs 17,287.08 crore to different states to intensify their financial resources for proper handling of the corona situation.

Government Schemes:

- **CSAS** - (COVID-19 Startup Assistance Scheme).This scheme will assist innovative startups.
- **PM Garib Kalyan Package** -For providing free ration and other utilities and economic support for the economically weaker sections.
- **Ayushman Bharat Scheme**- For testing and treatment of weaker section.





More Initiatives:-

1. There has been an enormous contribution from Indian Railways and Air force in supplying essential commodities.
2. Masks, Sanitizers and Corona test Kits are being Manufactured and distributed.
3. Private Sector industries such as Tata, Reliance and Maruti - Suzuki have made large contributions.



MYTH-BUSTER



The coronavirus has aroused anxiety and fear amongst people all over the globe. A lot of misinformation is available on the internet about the corona.

Enumerated here are some of the common myths and the facts behind them you need to know:

Myth 1. The disease spreads through pets.

Fact: No, the transmission of the disease has not been seen through pets.

Myth 2. The disease spreads by eating food like chicken, egg, meat.

Fact: Evidence shows that properly cooked food does not transmit the disease.





Myth 3. Coronavirus only infects older people.

Fact: People of all ages can be infected by the coronavirus. Although people with pre-existing medical conditions are more vulnerable.

Myth 4. Antibiotics help in treating and preventing people from COVID-19.

Fact: No, antibiotics do not prevent the virus.

Myth 5. Spraying alcohol and chlorine all over our bodies kills coronavirus.

Fact: No, rather spraying alcohol and chlorine can be harmful to the mucous membrane.





Myth 6. Coronavirus can be transmitted through mosquito bites.

Fact: No, till date, there is no evidence to suggest that the coronavirus could be transmitted by mosquitoes.

Myth 7. The dead body of a person infected with Coronavirus transmits the infection.

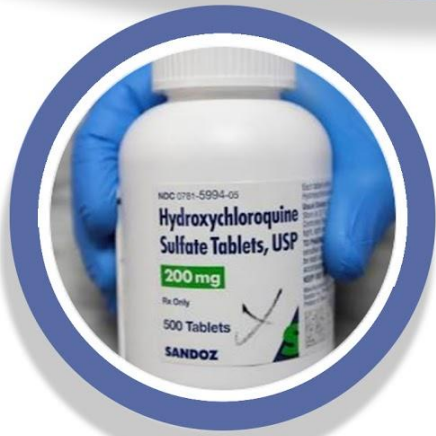
Fact: There is no transmission of coronavirus from the dead body.

Myth 8. Exposing oneself to the sun or temperatures higher than 25 degree Celsius prevents Coronavirus.

Fact: One can catch COVID-19, irrespective of weather condition.



ACHIEVEMENTS



Export of Hydrochloroquine -
India is in the process of supplying anti-malarial drug hydroxychloroquine(HCQ) to coronavirus-hit countries. India is currently supplying the medicine to 55 countries that are totally dependent on India for its HCQ supply. India has globally gained a lot of appreciation for its humanitarian act and timely help when the whole world is grappled with the deadly pandemic.





1. The following states have been declared Corona free till now-

- Goa
- Tripura
- Manipur
- Sikkim
- Arunachal Pradesh

2. India has been successful in curbing the rate of transmission with the implementation of Nationwide lockdown in two phases.



BIT INITIATIVES



1) Chemical Engineering Department (BIT Mesra) in coordination with the district administration has started producing hand sanitizers as per WHO norms on the cheapest rate possible.

2) A team of researchers in the leadership of Dr Venkatesan Jayaprakash (Department of Pharmaceutical Science , BIT Mesra) is working on a project to create a treatment for COVID-19 patients using the currently available medicines which are believed to be helpful for curing this virus.



ABOUT NSS



National Service Scheme (NSS) aims at developing students personality through community service. It is a public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Launched in the year 1969, NSS aims to inculcate social welfare in students in various schools and colleges by organizing different camps and events, providing help in natural and man-made disasters to the needy, helping in increasing the literacy rates and maintaining hygienic living conditions.





NSS BIT MESRA ADMINISTRATIVE BODY :

1) Dr. S. Konar

(Vice Chancellor BIT Mesra)

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(N.S.S Chairperson & Dean(SW))

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(N.S.S Program Coordinator)

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