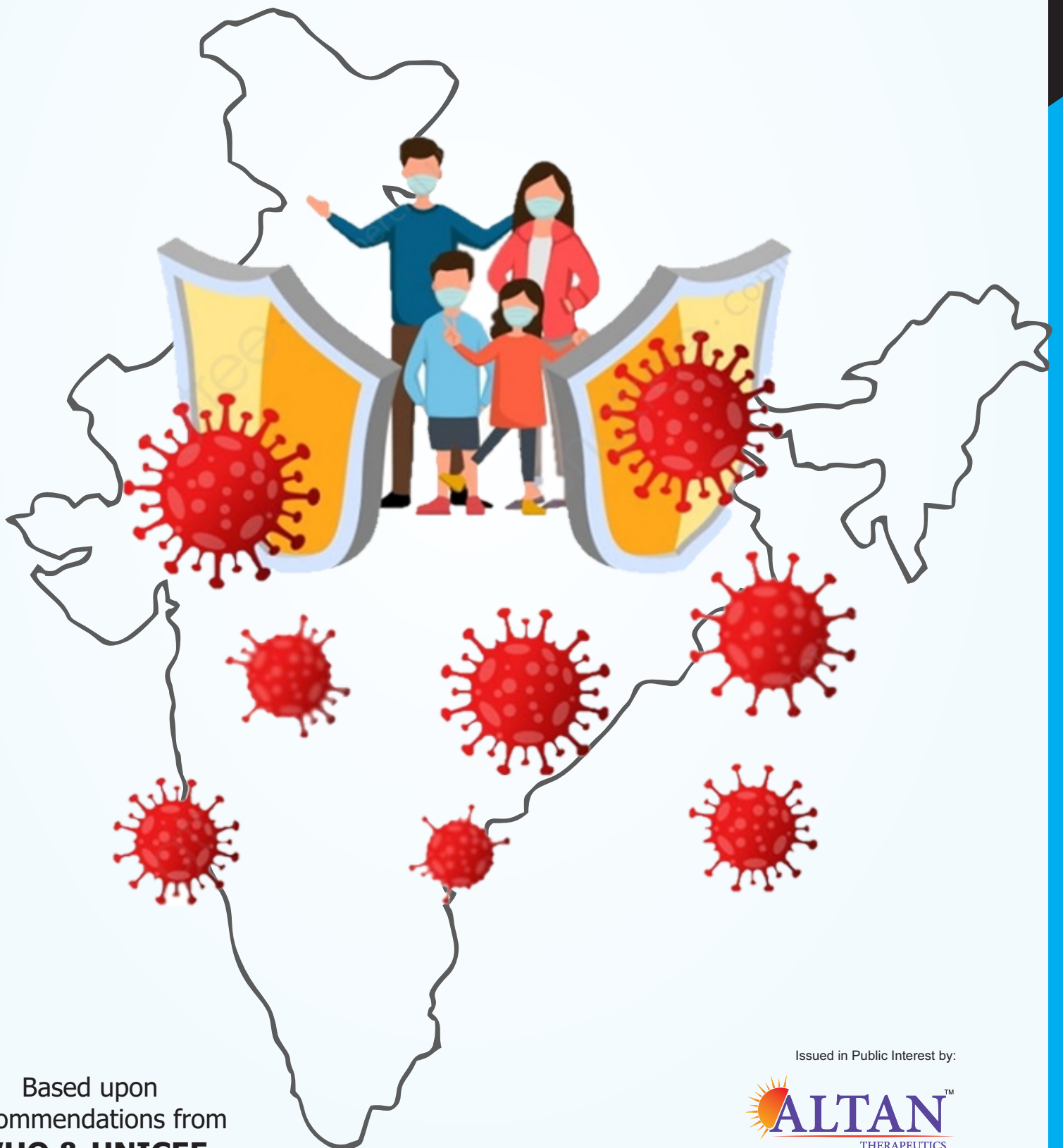


India Unlocking Self Care Guide

**A Comprehensive Guide on Care &
Precautions Post-Lockdown**



Based upon
Recommendations from
WHO & UNICEF

Issued in Public Interest by:

 **ALTAN**TM
THERAPEUTICS
a SUN PHARMA division

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Introduction: COVID-19 – A Pandemic

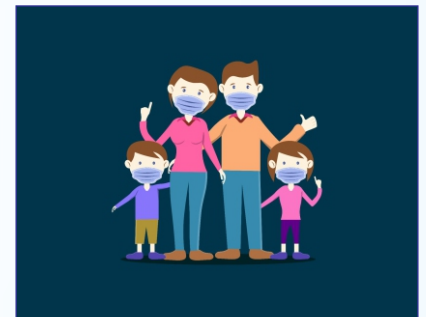
As the nation completes almost 3 months of lockdown, the entire World including India moves on to accept the new Normal. Although difficult, adjusting to the new Normal will allow better and safer living for all of us. With the prevailing uncertainty, this guide will help you understand the existing conditions & prepare yourself for the partial & post lockdown scenario.

Stay Aware:

Through national and local public health authority and refer WHO website.

Protecting yourself and others from the spread:

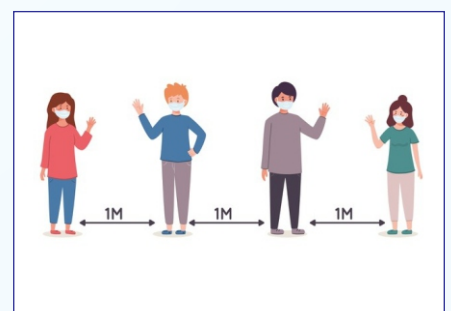
End of Lockdown does not mean End of **CORONA** virus, be self dependent & aware.



Avoid public transports, social gatherings, events & festivals, unless necessary.



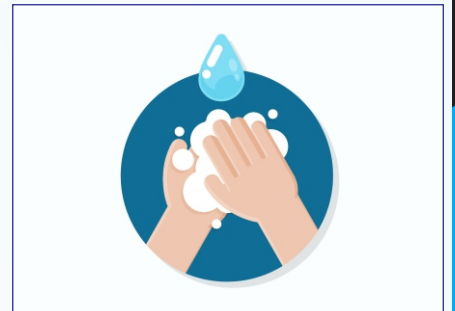
Maintain at least 1 metre (3 feet) distance between yourself and others.



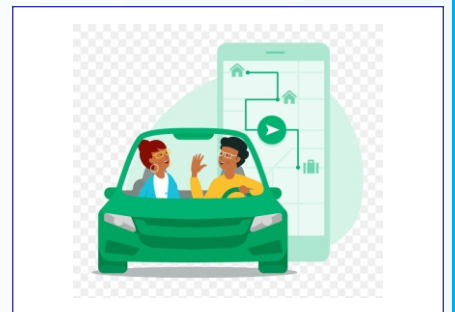
Clean your hands regularly and thoroughly with an alcohol-based hand rub.



Wash them with soap and water.



Avoid car pooling with unknown people.



Resuming work at workplaces- try minimizing touching various surfaces, maintain social distance & hygiene.



Abiding by the rules made by Individual workplaces/offices of your own.



Avoid touching eyes, nose and mouth.



Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.

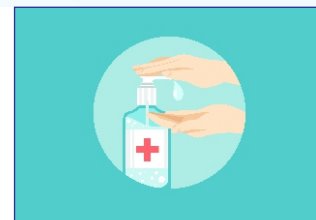
Stay home and self-isolate even with minor symptoms such as cough, headache & mild fever, until you recover.



If you have a fever, cough and difficulty breathing, seek medical attention.

Use Of Alcohol-based Hand Sanitizers

Apply a coin - sized amount on your hands.

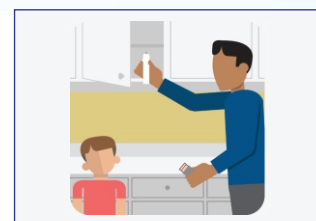


Rub it gently on the hands and fingers.

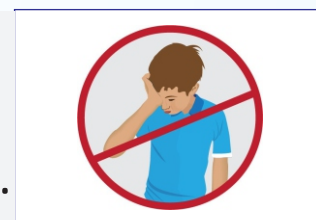


Safety Precautions

Keep alcohol-based hand sanitizers out of children's reach.



Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.



They can be flammable. Do not use before handling fire or cooking.

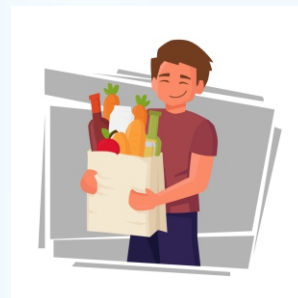


Remember, washing hands with soap and water is equally effective.



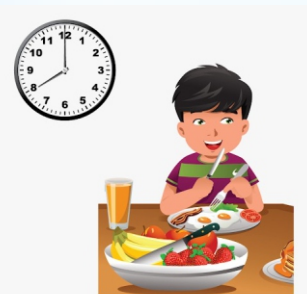
When to Wash Your Hands

Before and after coming from outside.



After coughing or sneezing.

Before and after eating food.



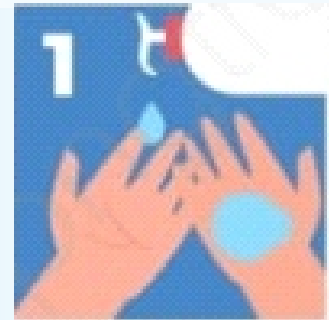
After using toilet.

When hands are visibly dirty.



How to Wash Your Hands?

Wet hands with running water.



Apply enough soap to cover wet hands.



Scrub all surfaces of the hands – for at least 20 seconds.



Rinse thoroughly with running water.



Dry hands with a clean cloth or single-use towel.



Social Distancing

To prevent spread of COVID-19, it is safest to avoid physical contact and practice physical distancing.

Recommendations for Maintaining Social distancing:

Greeting

Safe greetings include a bow, a nod, a wave or Namaste.



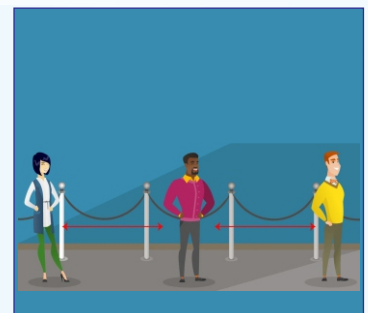
Shaking hands

Strictly avoid shaking hands as infection can spread easily.



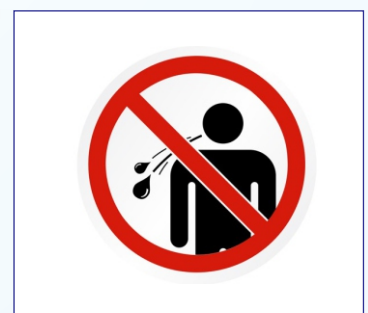
Maintain 1 metre physical distance

Being too close will cause you to contract virus when they cough or sneeze.



Social practice

Avoid spitting or close contact with anyone if you are experiencing fever or cough.

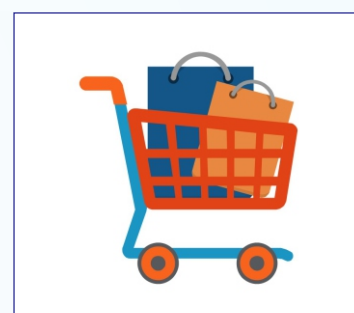


Safe Practices: Grocery Shopping

Keep 1 metre distance from others and avoid touching your eyes, nose and mouth.



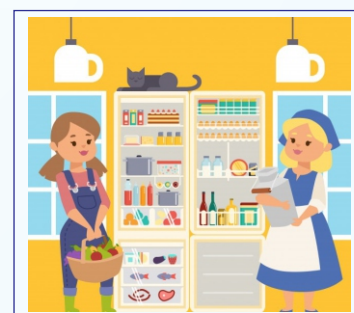
If possible sanitize handles of shopping trolleys or baskets.



After reaching home, wash your hands thoroughly.



Wash hands after handling and storing your purchased products.



Handling Fruits and Vegetables

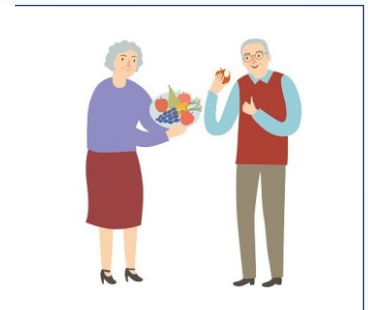
Wash them the normal way as would on any other day.



Wash your hands with soap and water before handling them.

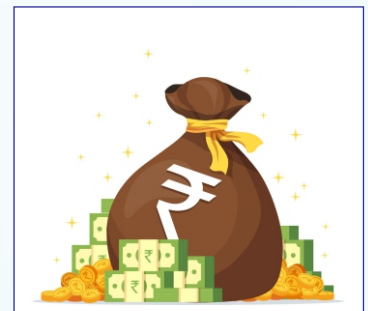


Then wash them thoroughly with clean water, especially if you consume them raw.



There is currently no evidence to confirm or disapprove COVID-19 virus spread via coins or banknotes.

Wash your hands thoroughly after handling coins or banknotes or use e-banking.



Travelling

Before Travelling



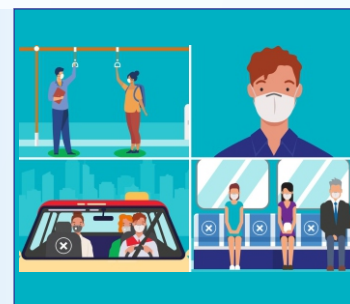
Be aware of all Do's and Don'ts.

Carry a small bottle (100 cL) of hand sanitizer.

Avoid travelling incase you have any comorbidities such as hypertension, heart diseases, diabetes and others.

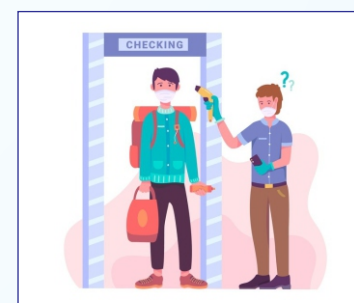
While Travelling

Ensure regular handwashing & social distancing.



Returning Back

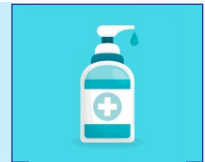
Incise of any mild symptoms, stay home and self-isolate. Seek medical attention if you have symptoms.



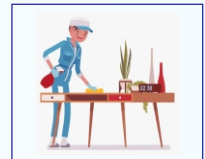
Work & Work Places

While resuming work is economic requirement, being alert and hygiene conscious is the need for the hour. Although every workplace will have their own set of rules & regulations, following are the key recommendations which can be followed at your end:

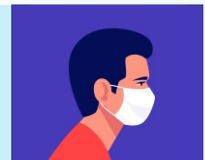
Keep sanitizer handy.



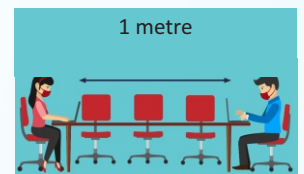
Ensure surfaces and objects including chairs, doors, tables, electronics, etc. are cleaned regularly.



Ensure use of face masks and tissues for hygiene.



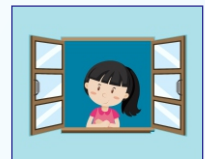
While working, sit at 1 metre distance.



Avoid touching doors and handles; avoid crowding lifts.



Ensure good ventilation.



Try to avoid team meetings, maintain distance while attending meetings or conduct conference calls.



Ref: 1. Getting your workplace ready for COVID-19. WHO. Available at: <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>. Last accessed: May 2020.
2. PREVENTING COVID-19 IN THE WORKPLACE: EMPLOYERS, EMPLOYEES AND ESSENTIAL SERVICE WORKERS. Available at: [preventing-covid-19-workplace-employers-employees-essential-service-workers-eng.pdf](https://www.who.int/docs/default-source/preventing-covid-19-workplace-employers-employees-essential-service-workers-eng.pdf). Last accessed: May 2020.

COVID-19 Parenting Tips



Talk about COVID-19, be open & honest.

Ensure one-on-one time, set aside time to spend with each child.

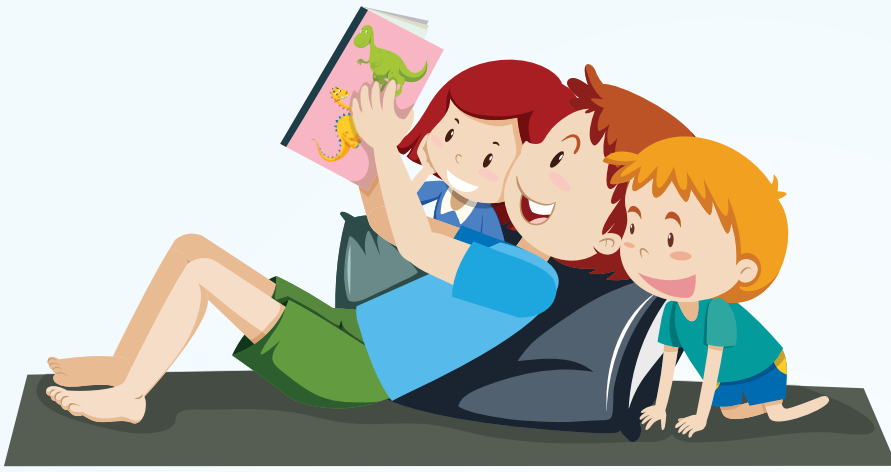
Use positive language, speak in a calm voice.

Create a flexible but consistent daily routine.

Educate through play such as movement games, story telling, memory game, etc.

Create healthy and safe online habits.

Maintain a peaceful and happy family environment during these stressful times.



Keep calm and manage stress from COVID-19.

Take a pause, practice relaxation.

Redirect bad child behavior.

Maintain control, manage our anger and do something positive.

Cut back on drinking or don't drink, especially when the kids are awake.

Involve children and teens in making a family budget.

Make hand washing and hygiene fun!

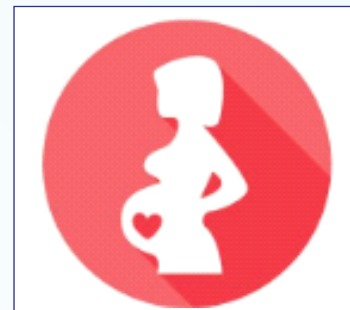
Tips For Care During Pregnancy & Nursing

At this time, there is not enough evidence to determine whether the virus is transmitted from a mother to her baby during pregnancy.

Recommendations for Pregnant & Nursing Mothers:

COVID-19 testing during pregnancy

WHO recommendations are that pregnant women with symptoms of COVID-19 should be prioritized for testing.



If COVID-19 is suspected or confirmed in pregnant women

Health workers should take appropriate precautions to reduce risks of infection to themselves and others.



Women with COVID-19 can breastfeed if they wish to do so.

Close contact and early, exclusive breastfeeding

Breastfeed safely, with good respiratory hygiene, hold your newborn skin-to-skin and share a room with your baby.



If you have COVID-19 and are unwell to breastfeed baby directly

Consider expressing milk, relactation or donor human milk.



Maintaining Mental Health For Teens Facing A New Normal



Recognize that your anxiety is completely normal.

Create distractions, stay occupied.

Find new ways to connect with your friends. Use social media but ensure you work out a screen-time schedule with your parents.

Focus on yourself and finding ways to use your new-found time as a productive way to look after your mental health.

Feel your feelings, actively experience and process them.

Be kind to yourself and others.

Common Myths & Facts Surrounding COVID-19 Infection

Myth 1

Exposing yourself to the sun or to temperatures higher than 25°C degrees prevents COVID-19.



Fact

You can catch COVID-19, no matter how sunny or hot the weather is.

Myth 2

There is a drug for cure or prevention of COVID-19.

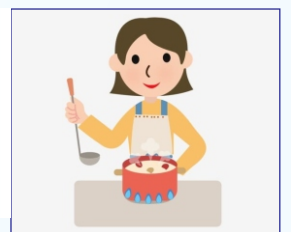


Fact

While several drug trials are ongoing, there is currently no proof that any other drug can cure or prevent COVID-19.

Myth 3

Adding pepper to your soup or other meals can prevent or cure COVID-19.



Fact

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19.

Myth 4

Drinking methanol, ethanol or bleach can prevent or cure COVID-19.

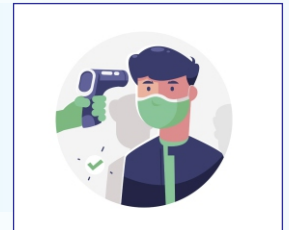


Fact

Drinking methanol, ethanol or bleach DOES NOT prevent or cure COVID-19 and can be extremely dangerous.

Myth 5

Thermal scanners can detect COVID-19.



Fact

Thermal scanners are effective in detecting people who have a fever & cannot detect people who are infected with COVID-19.

Myth 6

COVID-19 can be transmitted by houseflies or mosquitoes.



Fact

COVID-19 spreads primarily through droplets when an infected person coughs, sneezes or speaks and by touching a contaminated surface followed by your eyes, nose or mouth before washing hands.

Your Well-wisher, Your Doctor

An Initiative By:

