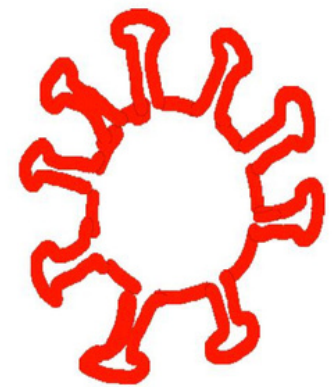
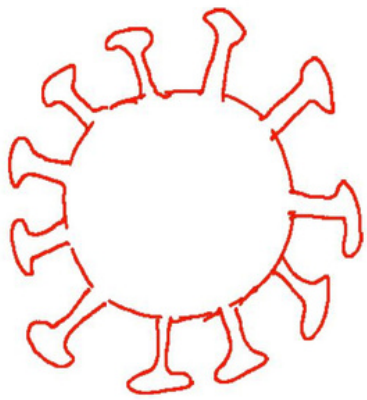
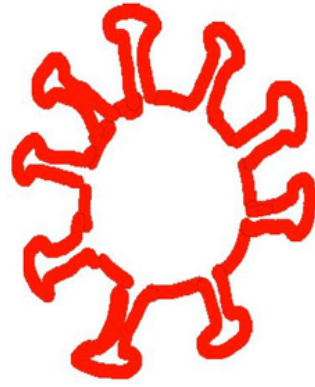
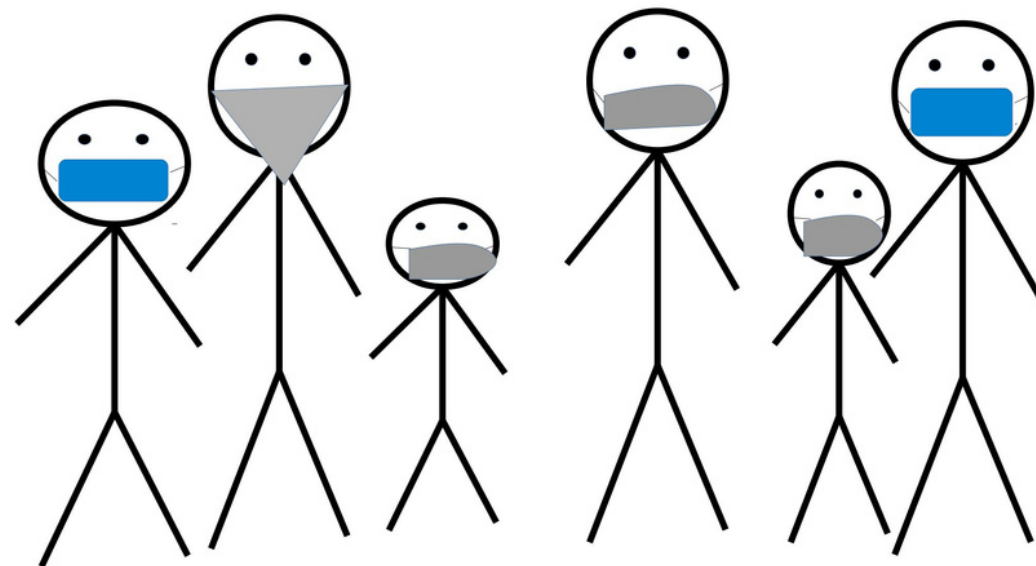


**Let's get to know about COVID-19!**

Let's protect our families, our bastis!!



**Anveshi Research Centre for Women's Studies,  
Hyderabad**



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and R. Srivatsan**

**For more information**

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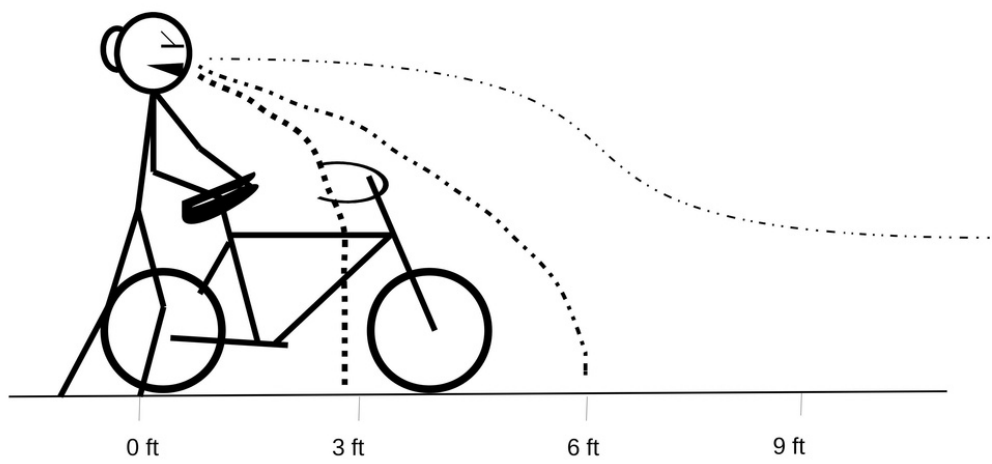
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Secunderabad-500017,  
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# General Information about COVID-19

## What is COVID-19

“Corona” or COVID-19 is a new viral disease and so, our bodies have very little natural immunity to it. It is similar to the common cold or flu, but it spreads faster than that, which is why it is a global pandemic.

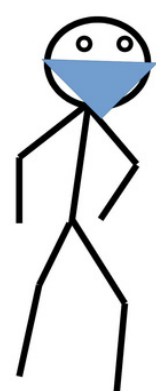
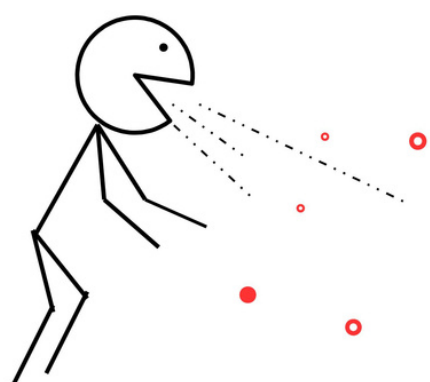


## How does it spread?

This highly infectious disease spreads through droplets or fine mist released by sneezing and coughing. It can also spread through contact with an infected person or contact with an object or surface that has been touched, coughed on, or sneezed on by an infected person.

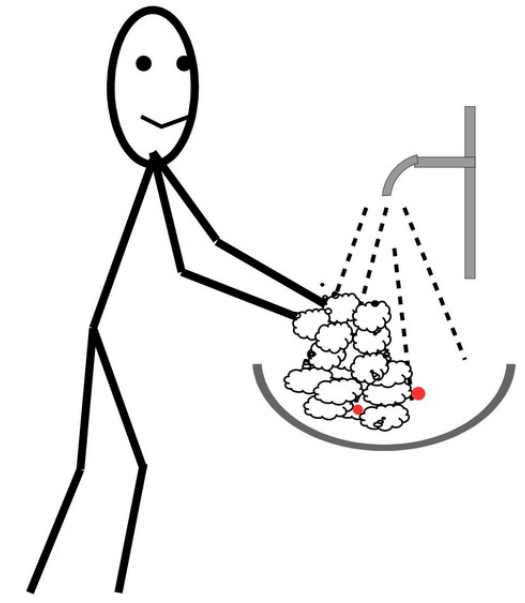
## How should you protect yourself from it?

To prevent the spread, everyone should do the following:

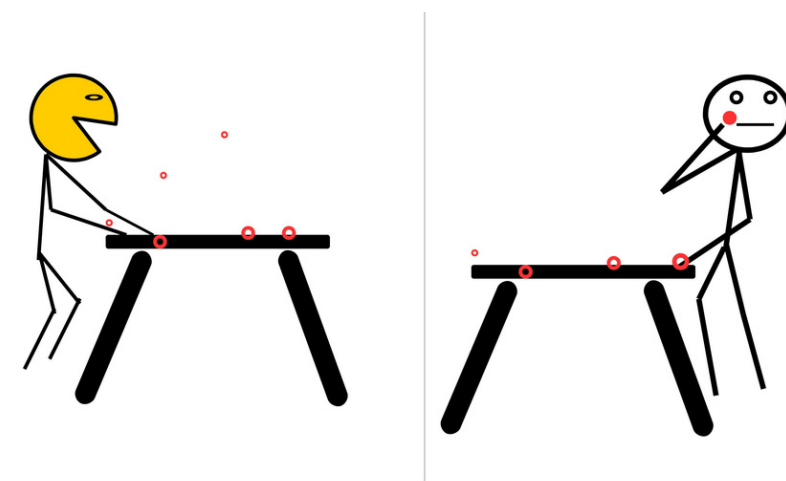


- Wear a mask when interacting with anyone, especially inside a closed space
- Do not remove the mask while you speak
- Follow government guidelines regarding wearing masks outdoors.
- If you notice mild symptoms, wear a mask in the presence of family, and segregate from them.
- Avoid long queues/crowded places. If unavoidable, keep a safe distance (min 2 metres) from others

- Avoid singing, shouting, in confined places
- Wash your hands (with soap) immediately after contact with surfaces used by others.
- Avoid touching your face (the disease transmits through your nose, mouth and eyes). If unavoidable, do so with clean, washed hands

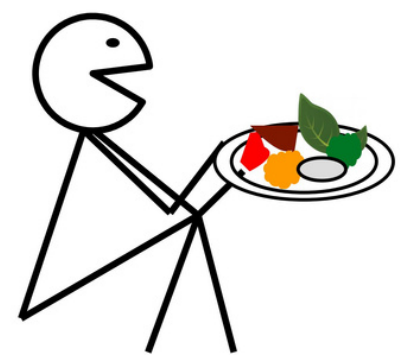


- If you are a right-handed person, do not use your right hand when touching door knobs/handles, phones, computers, lift buttons, doorbells, etc. Similar precaution if you are a left-handed person.



- If anyone of your family, friends, or colleagues have got COVID-19 positive, then take Vitamin C+zinc and Vitamin D.

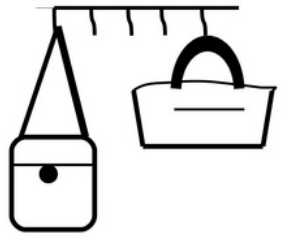
- To enhance immunity, eat healthy! Rice, dal, coloured vegetables, leafy greens, meat, eggs, curd, fruits like oranges, guava, papaya, sweet lime etc. Make sure to drink lots of water and other fluids.



## Precautions to be taken if you are going out of the home

- Take the minimum things that are needed.
- Watches and other common metallic items worn on the hands like rings can be avoided.
- This is so that you minimize the number of items and surfaces that could possibly get contaminated.

## After returning home



- Keep things like keys, pen, purse, bag and other things which you won't need at home in a box/plastic cover separately and take it out only while you are going out the next day. Take care that no one else touches this.

- Soak the mask(s) in soap solution and then wash it.

- After coming back, it is better to take a bath immediately.

- Preferably wash the clothes after coming back from outside with soap water.

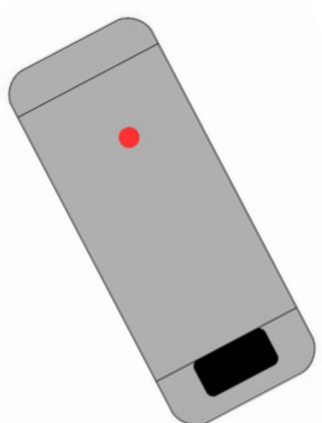
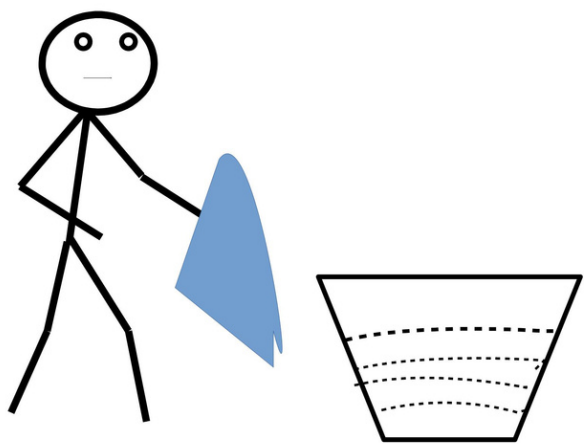
- If not able to do so, then keep the clothes separately in a plastic bag and wear it the next day.

- Try and wash/sanitise all things you had carried outside. Those that you can't wash/sanitise, like paper, notebook– keep it in a place separately.

- Sanitise your phone every time you return from outside– pour a little sanitiser on a piece of cloth or tissue and wipe your phone with it thoroughly.

- Spectacles– either sanitise it or dip it in soap water for five minutes and wash it.

- If there are elderly/children in the house, do avoid touching them or going near them.

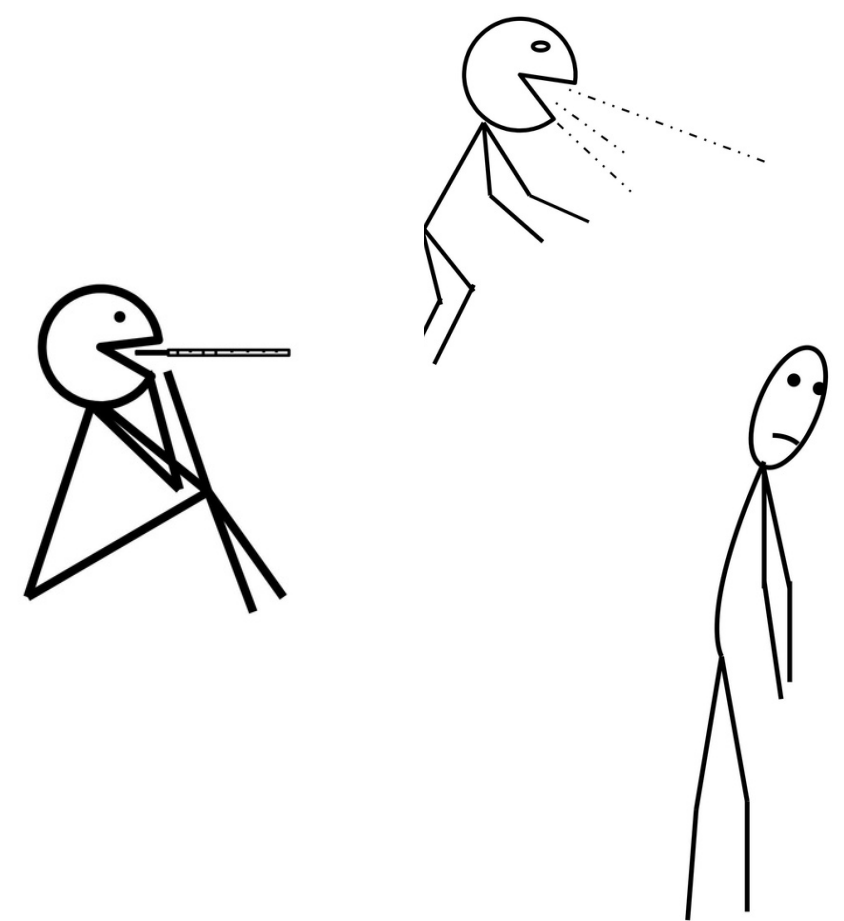


# What are the symptoms you should look out for?

## Mild and early symptoms

If you (or anyone else) have any combination of these symptoms for two to three days, you should suspect that it could be COVID-19. You should go for a test immediately, in the nearby testing centre.

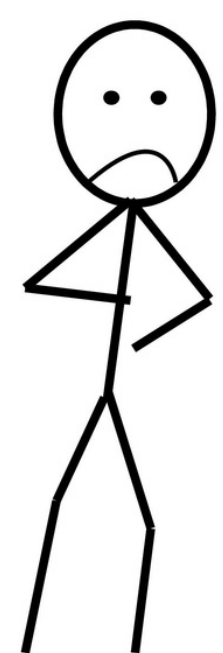
- Cough,
- Fever,
- Body ache/ fatigue
- Loss of smell and taste,
- Diarrhea



## You need immediate hospitalisation in the following situation

If you (or anyone else) get or develop these symptoms of COVID-19 as listed below, they are serious and severe.

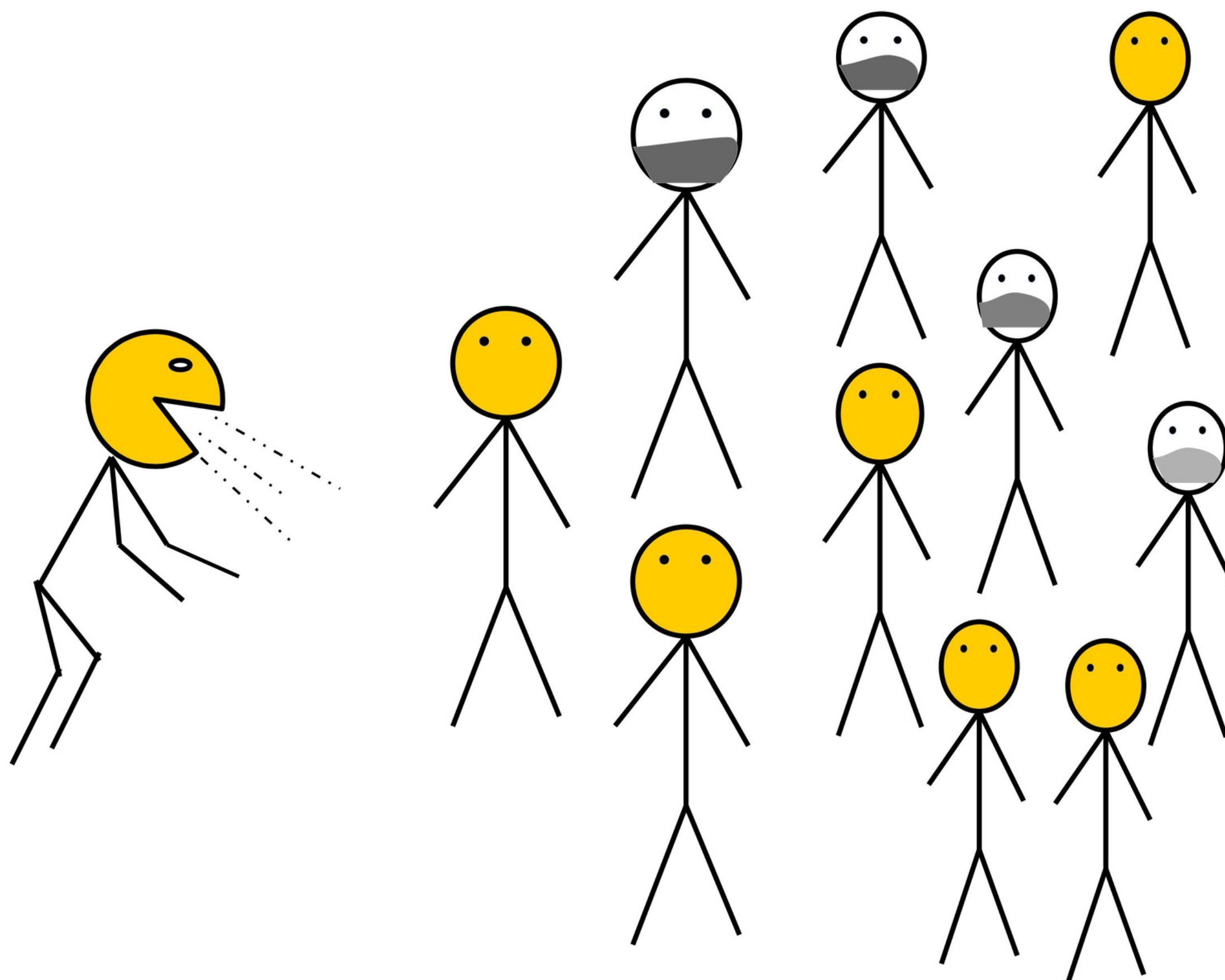
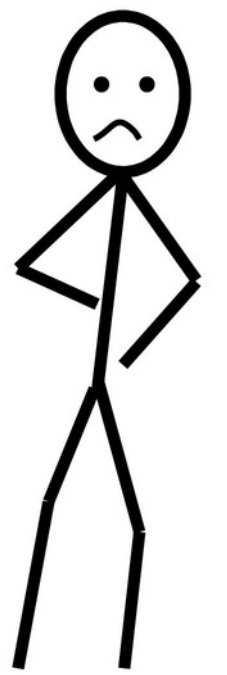
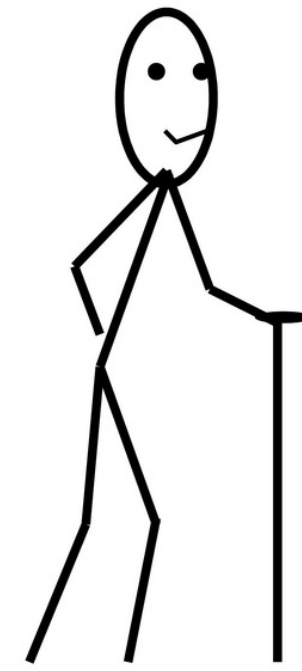
- Breathlessness
- Oxygen level below 95 percent as measure in pulse oximeter
- Chest congestion
- Shock (Disorientation/fainting/feeble pulse)



**You need immediate hospitalization!**

# Who is at a high risk?

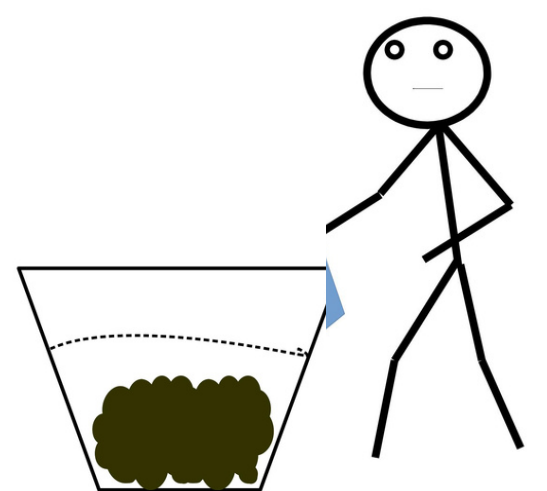
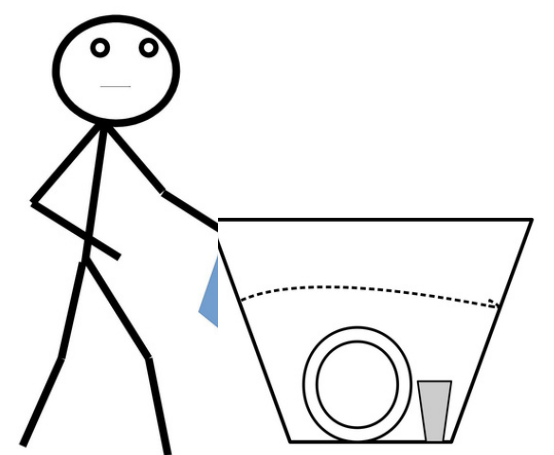
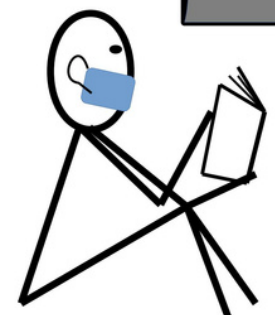
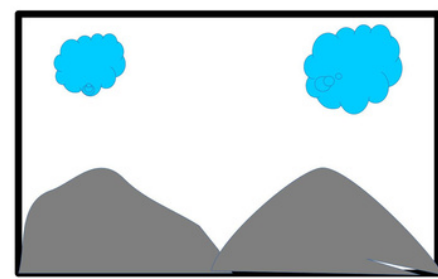
- Elderly people
- People with existing illness like high blood pressure, diabetes, heart disease, any lung disease, cancer, those having kidney transplant, etc. Any existing illness that causes immunity to be compromised.



# If you have a family member who has tested positive for COVID-19, what should you do?

Most people who test positive for COVID-19 do not need hospitalization. They have mild symptoms and recover soon. Doctors advise 'Home isolation' for such positive patients. If you or anyone else gets the above symptoms, you should follow these steps.

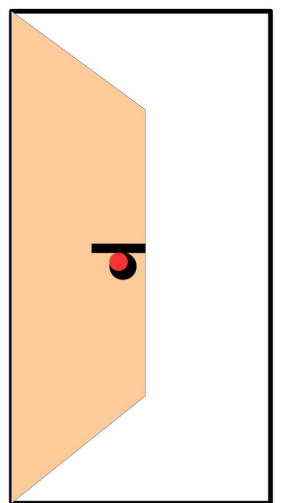
- Whenever mild symptoms are noticed, immediately that person should self-isolate from other family members.
- If tested positive after three days from symptom onset, and are advised home-isolation, they should continue their self-isolation for 14 days.
- Patients should stay in one separate part or section of the house as far as possible. Keep all the windows open at all times and whenever possible the door too.
- Others in the family should provide food in utensils that are exclusive for the patient, from a distance. Talk from a distance. Wear masks.
- Infected people should wash their own clothes, sweep their own room and wash the utensils that they use. If it's not possible, the attendant can do it with sufficient care mentioned below.
- Infected people should not be allowed to mingle with others.
- The elderly and kids of the family should be kept away from the patient and attendant.
- The house should be kept properly ventilated.





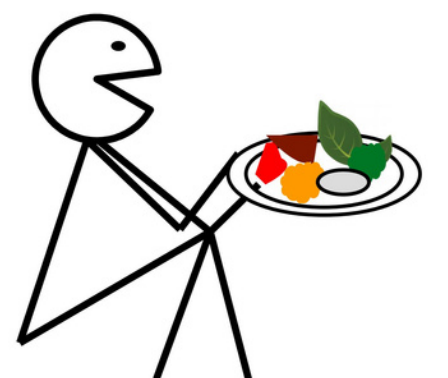
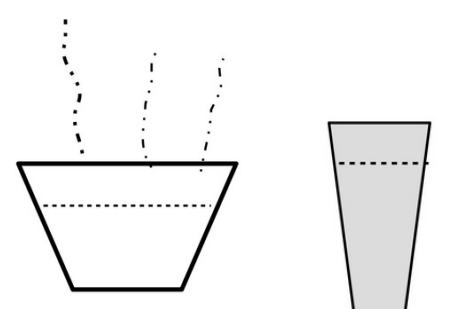
## Bathrooms and wash basins are especially infectious, so

- Keep them well ventilated. Keep the window open, or use a fan.
- After the patient uses the bathroom, the next user should enter after 20–30 minutes. If there is less gap, then use a mask.
- Commonly touched surfaces (toilet, flush handle, washbasin, mugs, taps, etc.) should be washed before & after each use with soapy water



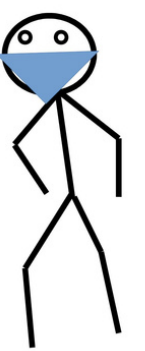
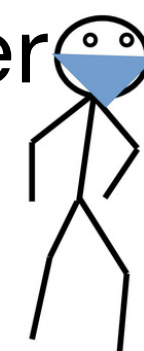
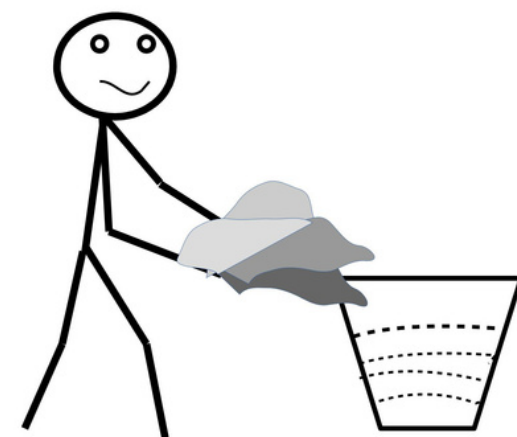
## Give normal food to the patient

- Everyday food, a balanced vegetarian or non-vegetarian diet is good.
- Give them plenty of fluids to drink and stay hydrated.
- Use the Corona medicine kit that the government is supplying to every patient.
- If a patient has mild diarrhea, give food according to comfort. Also plenty of fluids with salt, sugar, and lemon.
- If a patient feels fatigued, consult the doctor and give food that is more nourishing and energy rich.



## How should the attendant take care of himself/ herself?

- When you approach the patient, both you and the patient should use a mask.
- Masks should be regularly washed in soapy water. If moist, change the mask immediately.
- After handling a patient's clothes and bedsheets, wash your hands. Soak the clothes immediately in soapy water for 15 minutes. Do not keep them lying anywhere.
- Keep distance– keep the plates and whatever the patient needs at a distance.
- Regularly drink hot fluids, gargle with hot salt water, take steam inhalation.
- Eat your usual balanced diet. Eat fruits like oranges, mosambi, and others that you like.
- Remind the patient to take medicines on time.



## How to wear and wash masks

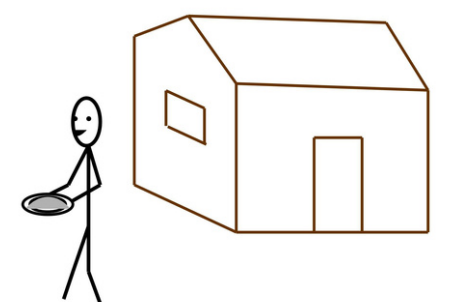
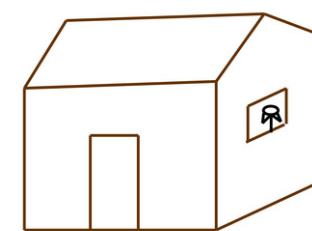
- If you are using cloth masks, there should be a minimum of three layers. This should be washed with soap water after use.
- Wash your hands with soap before handling the mask – before wearing and after taking it off.
- A mask must be washed after 5–6 hours of use or when damp.

- After you wear the mask, do not touch it at all, do not keep adjusting it.
- Always take the mask off from the strings/ elastic and do not touch the front portion of the mask.
- Surgical masks can be used only once after which they have to be thrown off. It has to be put inside a plastic before throwing off in the dust bin.



## **Be kind and supportive to COVID-19 positive people**

- If your neighbour or anyone has tested positive or is a suspect, help them with food or any other requirement they have, keeping a safe distance.
- The distancing will last for 15 days. After this they should be welcomed back and can interact with everyone as usual.
- Do not boycott them. COVID-19 recovered persons are valuable to the community since they can go close to COVID-19 patients if they need to go to the hospital.



# **Emergency Numbers**

## **Teleconsultation Helplines**

- Hum Helpline (Video consultation and supervision by doctors) 7306600600
- Joint Action Committee of Doctors Helpline (through phone) – 7981375626

## **Ambulance Service (Hyderabad limits)**

- Sahara Ambulance Service – 7569600800 (with oxygen cylinder and SPO2 monitoring)

## **Burial and funeral services of Covid patients**

- Youth Welfare Telangana Service – contact Jalauddin 7396969475; Mohammad Waseem – 9700667961

## **For convalescent patients discharged from hospital**

- CHAI Covid Convalescence Centre – contact Sr. Sudeepa Pal 7075738579

# **Websites that help in reaching plasma donors for patients under treatment in hospitals**

<http://coronahelper.in/>

<https://pintnetwork.com/home>

<https://donateplasma.scsc.in/>

<https://www.notion.so/COVID-19-Plasma-therapy-resources-c9e6a39658c44708a9c4a7440f618796>

# Where to get Covid 19 RT PCR test done in Hyderabad?

Government hospitals, labs and testing centres where symptomatic patients or contacts can go for testing

1. Gandhi Medical College and Hospital, Secunderabad.
2. Osmania Medical College, Hyderabad
3. Fever Hospital (Ronald Ross Institute), Koranti, Hyderabad
4. NIMS (Nizam Institute of Medical Sciences) Panjagutta, Hyderabad
5. Institute of Preventive Medicine, Narayanguda, Hyderabad
6. ESIC Medical College, Sanath Nagar, Hyderabad
7. CCMB (Centre for Cellular & Molecular Biology), Tarnaka, Hyderabad
8. Centre for DNA Fingerprinting, Uppal, Hyderabad
9. Railway Hospital, Lalaguda, Secunderabad

Private Testing Labs approved by Indian Council for Medical Research. Some in this list, like Vijaya Diagnostics collect samples from home.

1. Apollo Hospital, Jubilee Hills
2. Vijaya Diagnostics, Himayat Nagar (You can call this number 040- 21000000 or register on this website to get your sample taken from home  
<https://www.vijayadiagnostic.com/sample-collection-enquiry-form>

1. Vimta Labs, Cherlapally
2. Apollo Health, Boyinpally
3. Dr. Remedies Lab, Punjagutta
4. American Institute of Pathology, Serilingampally
5. Medcis Path Labs, New Boyinpally
6. Yashoda Hospital, Secunderabad
7. Biagnosis Technologies, Medchal
8. Tenet Diagnostics, Banjara Hills
9. Mapmygenome, Madhapur
10. Krishna Institute of Medical Sciences (KIMS), Rajbhavan Road, Secunderabad
11. Lepra Society, Cherapally
12. Lucid Diagnostics, Karkhana
13. AIG Hospital, Gachibowli
14. Pathcare Labs, Medchal

## **Government hospitals that treat Covid patients free**

1. Gandhi Hospital, Secunderabad
2. Telangana Institute of Medical Sciences, Gachibowli
3. King Koti District Hospital
4. Fever Hospital, Koranti
5. Chest Hospital
6. ESI Hospital

# **Government facilities that provide Institutional Isolation for Covid + patients**

1. Government Ayurvedic Hospital, Charminar
2. Government Nature Cure Hospital, Begumpet
3. Government Homeo Hospital, Ramanthapur
4. Nizamia Hospital