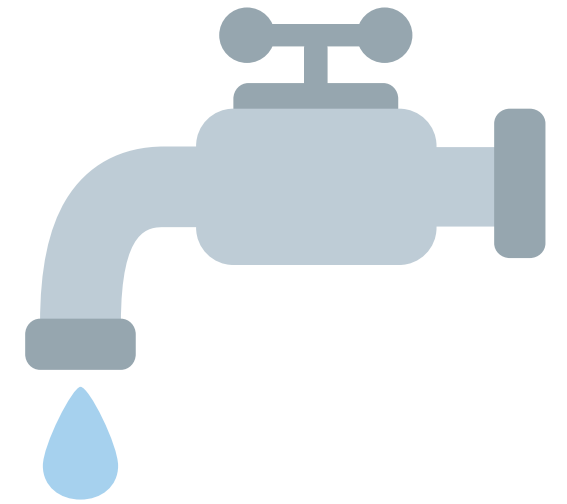# Use of shared bathroom/toilet in Basti

Why special precautions in bathroom/ toilet?

- Spitting, coughing and clearing throat releases large amount of virus in bathrooms.
- Touched surfaces like taps, mug, bucket may carry virus.
- Enclosed spaces, poor ventilation, hold viruses for a long time.
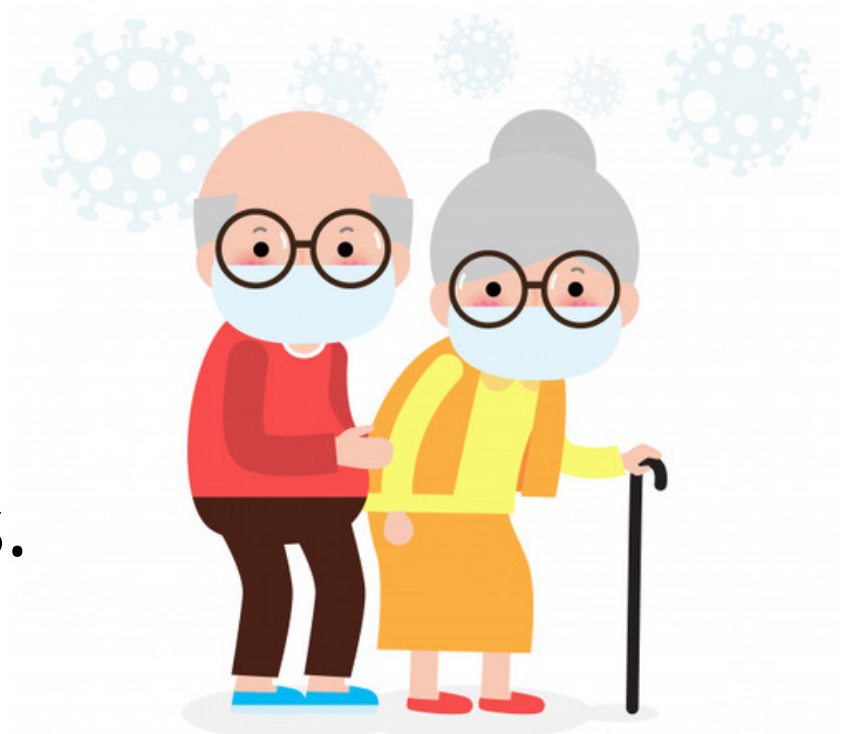
How to take precautions

- Keep toilets well ventilated. Keep the door and window open, and/ or use a fan.
- Gap between users (especially after a patient) should be 20-30 minutes. **If less use a mask**. Everyone should try to wear a mask especially, suspects and patients.
- Commonly touched surfaces (toilet, flush handle, washbasin, mugs, taps, etc.) should be washed before & after each use with soapy water.
- Mix one teaspoon bleaching powder (sodium hypochlorite) in one litre of water and keep it in the bathroom/ toilet to clean the floor.

Those needing assistance

- Pregnant women, the physically challenged, the ill, weak, old or small children using the bathroom/ toilet.
- They need assistance with safety precautions.
- A companion to help and guide them would be desirable.

Give the Correct Phone number at the Testing centre!

Go to your UPHC or mobile van to get tested for COVID-19 when you have any combination of symptoms of cough, fever, diarrhea, loss of smell and taste, fatigue/bodyache!

Always give the correct mobile number to the UPHC/ testing lab/ helpline.

- The lab will be able to give your result only if you provide the correct number.
- Calls from helpline/UPHC to your mobile will help you in getting the correct advice for your symptoms.
- Through telephone calls the champions will also be able to deliver different services at your home and follow up your progress.

Services you get if you test positive

- Tele-medical calls
- Counselling services
- Medical kit
- Dry ration kit
- Hygiene kit
- Ambulance services

Three step process of COVID-19 testing in your UPHC

Step 1

Register yourself in the registration desk

Information sought during registration

- Name
- Age
- Gender
- Address
- Aadhar number/ identification
- Phone number- you will get OTP in your mobile

Step 2

Wait for OTP on your mobile phone

Step 3

Go to the testing booth when your turn comes. The staff will take a swab from your nose

Result of covid test

- Will be announced- if you have tested positive and have a high viral load
- Otherwise sent to your registered mobile number

When should you get tested for COVID-19!

Why getting tested for COVID-19 is important

- Early detection will help in keeping your family and others safe
- In emergency if hospitalization is needed, then test result will be useful

When to get tested

If you have any combination of these symptoms for two to three days,

- Fever
- Cough
- body ache/ fatigue
- loss of smell and taste,
- diarrhea

When to rush to the hospital

If you have any of these symptoms, go to the hospital immediately!

- Breathlessness
- Oxygen level drop below 95%
- Consistent high fever
- Shock and disorientation