

Pocket-Booklet

FAQs related to COVID-19 Appropriate Behaviour and WASH practices in (post) pandemic times



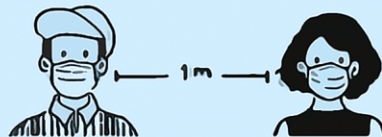
Maharashtra Urban WASH and Environmental Sanitation Coalition

A joint initiative by UNICEF Maharashtra and RCUES of AILSG, Mumbai

Foreword

In the current pandemic situation, there are many things one needs to do to protect themselves from COVID-19. In order to prevent the further spread of the virus, it is imperative that we strictly abide by the orders issued by the Government from time to time regarding the care to be taken at the individual, family, and community levels in the context of COVID-19. This booklet prepared by the Maharashtra Urban WASH and Environment Sanitation Coalition (MAHA UWES-C) at the Regional Centre for Urban and Environment Studies of All India Institute of Local Self Government in collaboration (RCUES of AILSG Mumbai) with UNICEF Maharashtra presents an overview of the doubts, myths and misinformation related to the spread of COVID 19, and guides the readers about COVID appropriate behavior (CAB) and safe practices in water, sanitation and personal hygiene and waste management.

Under the 'Community Outreach for promotion of IPC (Infection Prevention and Control) through WASH supplies and service delivery in vulnerable groups of urban Maharashtra' project of the Maha UWES-C and UNICEF Maharashtra, the key focus has been aiming to facilitate collaborations and support the organizations working in response to COVID-19 with a focus on community outreach, innovative IEC, promotion of IPC and WASH supplies to the targeted vulnerable groups. The booklet presents a compilation of questions and doubts expressed by the residents of urban slums across nine cities of Maharashtra collected over a period of four months through interactions and awareness activities with the communities, with the support of local NGO partners. This approach of gathering information ensures the content of this booklet answers distinguished questions from the people with limited access to information and aids in knowledge sharing and building capacities at the local level.



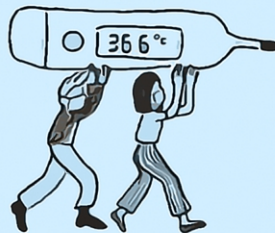
The Purpose of the booklet

The most important factor in preventing the spread of the virus locally is to empower the citizens with the right information, take precautions as per the advisories being issued by the governments.

This booklet thus is an attempt to respond to questions on prevention and control strategies for COVID infection. The booklet gives a brief overview of easy-to-follow measures for sanitation, public health and hygiene in daily life, and suggestions for maintaining good health and immunity. The main purpose is to use this booklet as a guide for users for the vulnerable population to restore life, to maintain health and hygiene.

Topics covered in the booklet:

- ▲ Risk Communication and Community Engagement
- ▲ IPC- Sharing information on COVID Appropriate Behaviour and Infection Prevention and Control strategies
- ▲ Promotion of safe sanitation and good WASH habits and practices.



Need of the the booklet

The pandemic is a common challenge faced by mankind across geographical boundaries. At this moment, sharing resources and experiences is of critical importance wherein cooperation and mutual learning are the best remedy. In this context, this booklet will provide first-level information for people to resist and protect themselves from the spread of the infection. The booklet is a useful guide of the Urban Local Bodies, the NGOs and frontline worker, and other field staff working in the domains of health and hygiene management.




Section

One


Risk Communication and Community Engagement

It is festive season, and with the relaxation of lockdown restrictions, people are organizing social gatherings. Naseema is getting married in 5 days and the wedding ceremonies have already begun. Naseema's friend Rajni is an USHA worker who is also attending the wedding; however, their third friend Laxmi is missing from the party.







How does
Coronavirus
spread?



This is a respiratory virus which
spreads primarily through
droplets generated when an
infected person coughs or
sneezes, or through droplets of
saliva or discharge from the
nose.



How can
we prevent
the spread of
COVID-19



Avoid touching surfaces in
public settings. Clean surfaces
regularly with standard
disinfectants. Frequently clean
your hands with soap and
water, or an alcohol-based hand
rub.

How can we protect ourselves from COVID-19 if it spreads in my community?

Stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue.



A lot of people have common cold and flu this season? How do we make sure someone has COVID?

Many COVID-19 symptoms are similar to those of the flu, the common cold and other conditions, so a test is required to confirm if someone has contracted COVID-19.

THE MOST COMMON SYMPTOMS ARE:

Fever, cough, and tiredness.

Other symptoms can include shortness of breath, chest pain or pressure, muscle or body aches, headache, loss of taste or smell, confusion, sore throat, congestion or runny nose, diarrhoea, nausea and vomiting, abdominal pain, and skin rashes.



When do we develop symptoms of COVID-19

COVID-19 affects different people in different ways. Many will develop mild to moderate illness and recover without hospitalization. Symptoms may appear 2 to 14 days after exposure to the virus and can range from very mild to severe illness. Some people who have been infected don't have any symptoms.



Which type of food we can take during COVID-19 pandemic?

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems.



How can I reduce the risk of getting COVID-19?



Maintain a safe distance from others (at least 1 metre)



Wear a mask in public places



Choose open, well-ventilated spaces



Clean your hands often Use soap and water, or an alcohol-based hand rub.



Follow local guidance



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



Stay home if you feel unwell.

Can asymptomatic people transmit COVID-19?



Yes, infected people can transmit the virus both when they show symptoms or not. This is why it is important that all people who are infected are identified by testing, isolated, and depending on the severity of their disease, receive medical care.



My grandfather is 70-year-old. How can I help the elderly people of his age during the COVID-19 pandemic?

Support for older people, their families and their caregivers are an essential part of the countries' comprehensive response to the pandemic. During times of isolation and quarantine, older people need safe access to nutritious food, basic supplies, money, medicine to support their physical health, and social care.



Can people get infected twice by COVID-19

- ▲ May be possible depending upon individuals' immune system



Section

Two

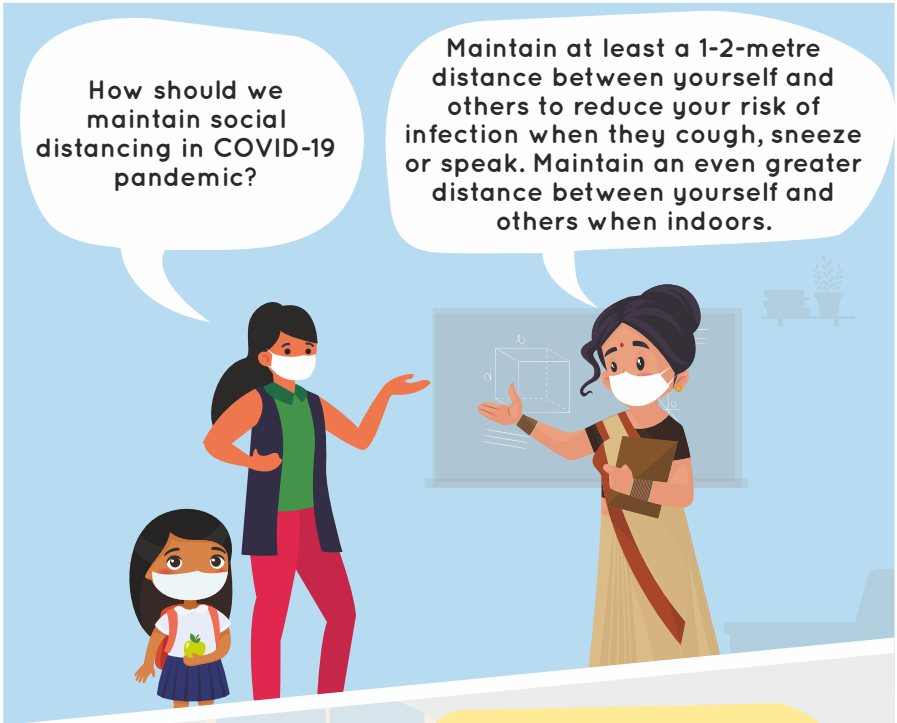
Infection Prevention & Control COVID Appropriate Behavior

Following the government regulations, schools are finally reopening and children are excited to return to school. Parents are worried about safety and COVID appropriate measures taken by the schools' authorities to prevent the spread of infection.

School authorities are concerned that not many parents will send their children to school. Therefore, they have organized a parents-teacher meet to respond to doubts of the parents.

How should we maintain social distancing in COVID-19 pandemic?

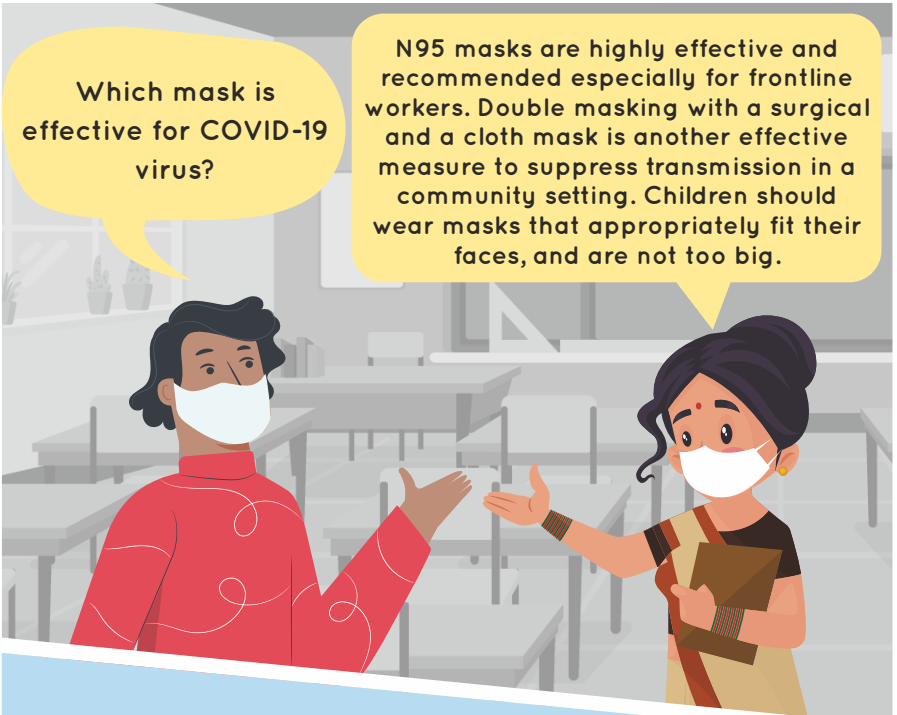
Maintain at least a 1-2-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors.



When should a mask be used?

We should use masks everywhere outside home. Children are expected to wear masks throughout the class.





Which mask is effective for COVID-19 virus?

N95 masks are highly effective and recommended especially for frontline workers. Double masking with a surgical and a cloth mask is another effective measure to suppress transmission in a community setting. Children should wear masks that appropriately fit their faces, and are not too big.



How to wear masks properly ?

- ▲ Wash your hands before you put on the mask and after you remove it.
- ▲ Make sure it covers both your nose, mouth, and chin.
- ▲ When you take off a mask, store it in a clean plastic bag.
- ▲ Wash it every day if it's a fabric mask or toss a medical mask in the trash bin.
- ▲ Don't use masks with valves.

How long can we use N95 masks?

- ▲ The CDC reports that N95 mask use (including between patients) can be safe for up to 8 hours

How often should we wash our masks?

- ▲ Re-usable and washable masks should be washed every day after 8 hours of use.



I am fully vaccinated do I need to wear a mask at home around children?

No, we do not need to wear a mask at home. A mask should be worn daily outside.



Is it safe for children to use sanitizer frequently?

- ⤴ Although it's good to sanitize hands to kill germs, whenever possible, washing hands with soap and water is a healthier alternative.



Should children wear masks while exercising?

- ⤴ Children need not wear masks when exercising, as masks reduce the ability to breathe comfortably, but while not wearing masks, they should avoid crowded spaces.



Section

Three

Water Sanitation & Hygiene

A group of youth volunteers are visiting a neighbourhood to spread awareness on good practices in WASH and hygiene. There is a COVID mascot on display. A youth is walking in the community with a mic answering varied questions from people from the community.

How to manage household waste during the Covid-19 pandemic?

Segregation of bio-medical waste is crucial during the pandemic. COVID-19 positive patients must take precaution to segregate the waste before disposing it, as per the protocol and should disinfect it before handing it over to the waste collector.



Precautions to take while using community toilets in the pandemic

- Always wear a mask.
- Disinfect and flush the toilet before and after use.
- Wash your hand with soap or use a sanitizer.
- Prefer using elbow and pedal operated handwashing stations.



Hand wash hygiene during covid-19 pandemic



Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for handwashing at least for 20- 40 seconds.



Why is clean water important for maintaining hygiene?

Clean water helps prevent exposure to countless diseases. Improving handwashing behavior, good hygiene is also critical during the recovery phase of a disease outbreak to mitigate secondary impacts on community health and wellbeing.

Maintain Social Distancing



How to utilize water optimally?

- ⤴ While washing your hands for at least 20 seconds, we only need water to apply soap and rinse it off afterwards. Turn off the tap when it is not in use or use a small container for handwashing.

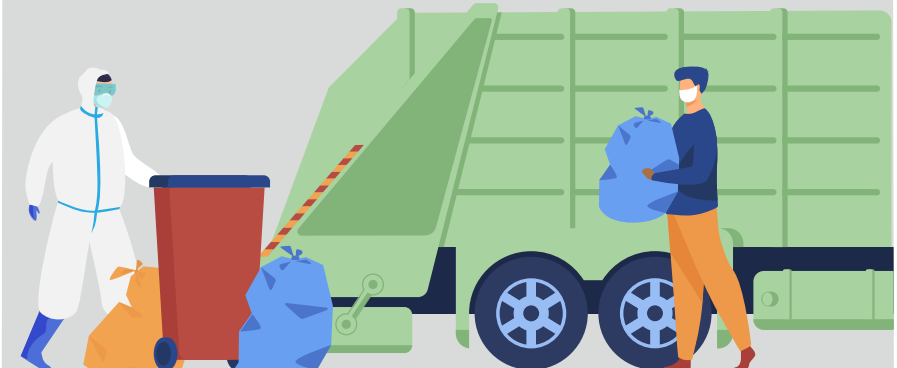
Can the coronavirus disease be transmitted through water?

- ⤴ There is no evidence that COVID-19 spreads through swimming pools, hot tubs and water playgrounds. Yet it is advisable to maintain 2 meters distance from people, as virus spreads when someone has close contact with an infected person.



Why should sanitation workers wear PPE kit, masks or gloves etc.?

- ⤴ Sanitation workers should wear PPE kits for safety of their health and their families as they are exposed to the carriers of disease-causing microorganisms.



Partner Organizations

- ▲ *Citizens Association for Child Rights – Kalyan-Dombivali, Mira-Bhayandar, Mumbai, Navi Mumbai.*
- ▲ *Centre For Youth Development and Activities – Nashik*
- ▲ *Ecosan Services Foundation – Pune*
- ▲ *Society for Action in Creative Education and Development – Aurangabad*
- ▲ *Youth for Unity and Voluntary Action – Akola, Nagpur*

AIIILSG Mumbai

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