

Stay healthy and protected during this current pandemic

As COVID-19 continues to spread across the country and the world, we all should play a responsible role to take care of ourselves and the community. The more steps you can take to prevent the spread of COVID-19, the more you are protected. Following are the few responsible role for everyone.

Practicing regular preventive actions:

- Wear masks around people not living in your household, and in public places.
- Wash your hand frequently with soap and water or use alcohol-based hand rub
- Maintain social distancing- stay 6 feet apart (specially from someone who is coughing or sneezing)
- Limit contact with commonly touched surfaces - disinfect frequently
- Keep items along with you while going out: a mask, tissues, and a hand sanitizer, if possible
- Avoid close contact with visitors at home or office. For example, don't shake hands or hug. Instead verbally greet them.
- Taking care of your physical and mental health: Hearing about the pandemic repeatedly can be upsetting.
- Mental health is an important part of overall health and wellbeing. How do you improve your mental health? Talk with people you trust about your concerns and how you are feeling. Do not hesitate to utilize support services and medical help, including counselling or therapy, whenever needed. Take breaks from watching, reading, or

listening to related news. Try to do some other activities which you enjoy.

Physical activity:

Its importance to stay physically active to cope with stress. Physical activity reduces blood pressure and anxiety and helps you sleep better, improve mood and energy level.

- Eat healthy, well balanced meals
- Get plenty of sleep (more than 7 hours)
- Avoid smoking - smoking increases your risk of severe illness from COVID-19. If you currently smoke, try to quit.
- Who are at increased risk of severe illness from COVID-19 infection?
- Older adults and people with pre-existing health issues like - Heart diseases, COPD/ chronic lung diseases, chronic kidney disease , immunocompromised state from solid organ transplant, Cancer, obesity, pregnancy, smoking, Diabetes, high blood pressure.
- If you have any pre-existing medical conditions: Continue your medicines and do not change your treatment plan without talking to your healthcare provider. Talk to your healthcare provider, whether your vaccinations are up to date. Particularly those are at increased risk of severe illness, it is important to receive recommended vaccinations against influenza and pneumococcal disease.

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- COVID-19 and children: Fewer children have been affected compared to adults. Most children have mild symptoms or no symptoms at all. However, infants and children with certain underlying medical conditions, might be at increased risk for severe illness from COVID-19. Well-child visits and vaccines are still important during the COVID-19 pandemic. Stay in contact with your child's healthcare provider and make sure your child is up to date with vaccines to prevent other diseases.
- COVID-19 And Pregnancy: Based on what we know at this time, pregnant women are at increased risk for severe illness from COVID-19, compared to non-pregnant. There might be an increased risk of adverse pregnancy outcomes, such as preterm birth.
- Do not skip your healthcare appointments during and after pregnancy.

Some Facts against myths about COVID-19

- Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system but cannot cure COVID-19.
- The prolonged use of medical masks does not lead to CO2 intoxication nor oxygen deficiency.

Who should NOT use masks?

- Children younger than 2 years old
- Anyone who has trouble breathing, unconscious, or unable to remove the mask without assistance
- While exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet, makes it difficult to breathe and promotes the growth of microorganisms, maintain physical distance of at least one meter from others.
- ID-19 VA

Reference:

- <https://www.mohfw.gov.in/>
- <https://covid19.who.int/>
- <https://www.cdc.gov/>

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