

Protection against COVID-19



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Protection from COVID19

Face masks and respiratory hygiene



Face masks are an additional step to help prevent people from getting and spreading COVID-19. They provide a barrier that keeps respiratory droplets from spreading.



Masks are a two-way street. When you wear a mask, you protect others as well as yourself. When we all wear masks, we take care of each other and everyone is protected.



A mask is **NOT** a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart.



Wear a mask inside your home if someone you live with is sick with symptoms of COVID-19 or has tested positive for COVID-19.



Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol after touching or removing your mask.



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Wear a mask correctly and consistently for the best protection.



Do NOT touch the mask when wearing it. If you have to often touch/adjust your mask, it doesn't fit you properly, and you may need to find a different mask or make adjustments.



Ways to have better fit and extra protection: Wear two masks (disposable mask underneath AND cloth mask on top)



Children who are in general good health can wear a non-medical or fabric mask.



Children with underlying health conditions such as cystic fibrosis, cancer or immunosuppression, should wear a medical mask. A medical mask is recommended for any child who is at higher risk of getting seriously ill from COVID-19.

Choose masks that:

- Have two or more layers of washable, breathable fabric.
- Completely cover your nose and mouth.
- Fit snugly against the sides of your face and do not have gaps.
- Preferably, have a nose wire to prevent air from leaking out of the top of the mask.
- Certain types of facial hair, like beards, can make mask fitting difficult. Masks that fit well protect you better. To have a better fit, people with beards can shave their beards or trim their beards close to the face.
- If wearing a cloth mask, it should block light when held up to bright light source.



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Avoiding crowded outdoor and indoor spaces



It is safest to avoid crowded places where it may be difficult to stay at least 6 feet away from others who are not from your household.



If you are in a crowded space, try to keep 6 feet of space between yourself and others at all times, and wear a mask.



Masks are especially important in times when physical distancing is difficult.



Crowded indoor spaces should be avoided. When indoors, increasing the rate of air change, decreasing recirculation of air and increasing the flow of outdoor air can reduce risk of transmission.



The risk of COVID-19 infection increases especially in spaces where people engage in physical exertion or raise their voice (e.g., exercising, shouting, singing) as this increases exhalation of respiratory droplets.



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Handwashing and hygiene



Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick



Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands



Use soap and water for hand washing for at least 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.



After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.



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1 **Wet Your Hands**
Remove rings or bracelets before you begin because they trap germs. 30 sec.

2 **Apply Soap**
Take hands out of the water to add quarter-sized portion soap.

3 **Rub Palms Together**
Create a rich lather for 5 seconds. 5 sec.

4 **Rub Backs of Hands**
Use your right palm to massage the back of your left hand. Switch hands after 3 seconds. 3 sec.

5 **Interlace Fingers**
Rub palms together. With fingers interlaced, clean the underside of your fingers by rubbing them along your knuckles. 3 sec.

6 **Scrub Thumbs**
Clasp right hand over the left thumb and rotate for 3 seconds. Repeat on the right thumb. 3 sec.

7 **Rub Palms With Fingertips**
Rotate your right-hand fingers clockwise and then counterclockwise on the left palm. Switch hands after 3 seconds. 3 sec.

8 **Rinse**
Wash soap away until the water runs clear and you no longer see suds. Turn the faucet off with elbow or paper towel. 20-30 sec.

9 **Dry**
Use a paper towel or hand dryer to dry your hands — not your scrubs!



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Self-isolation

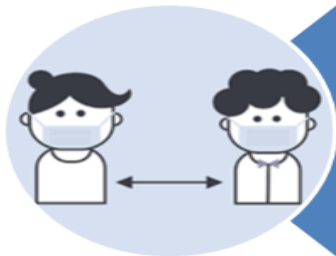


Self-isolation at home has been recommended for those diagnosed with COVID-19 and those who suspect they have been infected.

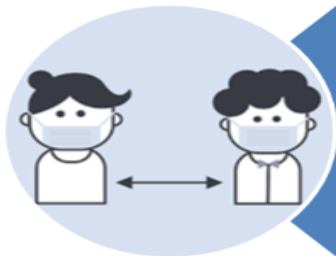


Refer to the document on home isolation on the RICPHI website for further reading.

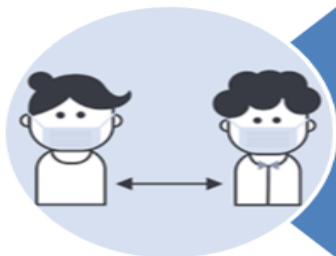
Social distancing



COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period.



Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you—or they—do not have any symptoms.



Social distancing, also called “physical distancing,” means keeping a safe space (at least 6 feet or about 2 arm lengths) between yourself and other people who are not from your household in both indoor and outdoor spaces.



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Healthy diet and lifestyle



A balanced healthy diet having all the essential nutrients in the right quantity helps in maintaining a good immune system for everyone during the course of COVID-19 pandemic.



In addition to healthy diet, regular exercises and an active lifestyle even if quarantined or isolated, along with meditation, good sleep and avoiding known stressors can benefit the individual in dealing with the difficult times during the pandemic.

Surface cleaning



After being expelled from the body, corona viruses can survive on surfaces for hours to days. If a person touches the dirty surface, they may deposit the virus at the eyes, nose, or mouth where it can enter the body and cause infection.



In most situations, cleaning surfaces with soap or detergent is enough to reduce risk of transmission. If a COVID-19 case is suspected or confirmed at a facility such as an office or day care, all areas such as bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines used by the ill persons should be disinfected.



Vaccines



Vaccines contain weakened or inactive parts of a particular disease-causing organism (antigen) that triggers an immune response within the body.



This weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.



All covid vaccines are safe and have the same efficacy. COVID-19 vaccines have undergone rigorous testing in clinical trials to prove that they meet internationally agreed benchmarks for safety and effectiveness



Get vaccinated at the earliest possible time and encourage others to vaccinate themselves.



For more information, please refer to the “Vaccines and Vaccination” page on the RICPHI website



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References

- https://www.mohfw.gov.in/covid_vaccination/vaccination/faqs.html
- <https://www.mohfw.gov.in/pdf/RevisedGuidelineshomeisolation4.pdf>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-masks>

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