

# Coronavirus Awareness



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कोई हाथ मिलाना नहीं, केवल नमस्ते



# Coronavirus



- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).
- Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.
- Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

# Report only Suspected or Confirmed cases!!



## How to report??

External Link for Incident Reporting : [Global EHS Incident Reporting Tool](#).

### › Using Mobile Phone through “IA” app (Download from Google Play Store)

Search “AFA Försäkring”

Logo:



Mobile user: Ericsson-app

Password: Ericsson-OHStool

- › All cases must be reported as “Risk Observations” category in the tool.
- › Even cases at customer location where Ericsson employees are working – must be reported to line manager and in the Incident Reporting Tool, so as proactive actions can be taken.

# Do's



**Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean**



**बार-बार हाथ धोएं। जब आपके हाथ स्पष्ट रूप से गंदे न हों, तब भी अपने हाथों को अल्कोहल - आधारित हैंड वॉश या साबुन और पानी से साफ करें**

# Do's



**Cover your nose and mouth with handkerchief/tissue while sneezing and coughing**



**छींकते और खांसते समय,  
अपना मुंह व नाक टिशू/रूमाल  
से ढकें**

# Do's



**Throw used tissues into closed bins immediately after use**



**प्रयोग के तुरंत बाद टिशू को किसी बंद डिब्बे में फेंक दें**



# Do's



**See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose**



**अगर आपको बुखार, खांसी और सांस लेने में कठिनाई है तो डॉक्टर से संपर्क करें। डॉक्टर से मिलने के दौरान अपने मुंह और नाक को ढंकने के लिए मास्क/कपड़े का प्रयोग करें**

# Do's



**Avoid participating  
in large gatherings**



**भीड़-भाड़ वाली  
जगहों पर जाने  
से बचें**

# Do's



**If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046**



**अगर आप में कोरोना वायरस के लक्षण हैं, तो कृपया राज्य हेल्पलाइन नंबर या स्वास्थ्य मंत्रालय की 24X7 हेल्पलाइन नंबर 011-23978046 पर कॉल करें**

# Don'ts



**Have a close contact with anyone, if you're experiencing cough and fever**



**यदि आपको खांसी और बुखार का अनुभव हो रहा हो, तो किसी के साथ संपर्क में ना आये**

# Don'ts



**Touch your eyes,  
nose and mouth**



**अपनी आंख, नाक  
या मुंह को ना छूयें**

# Don'ts



**Spit in public**



**सार्वजनिक स्थानों  
पर ना थूकें**

## What should I do if an employee displays symptoms



- Ask the person to stay in isolated room.
- Call for medical assistance.
- Alert other members of the office about the case.
- Ask the person about his/her movement/contacts in entire day and over past few days and advise the concerns to seek medical advice at the earliest.
- Report the case to health department for further process.

यदि कोई कर्मचारी लक्षण प्रदर्शित करता है तो मुझे क्या करना चाहिए

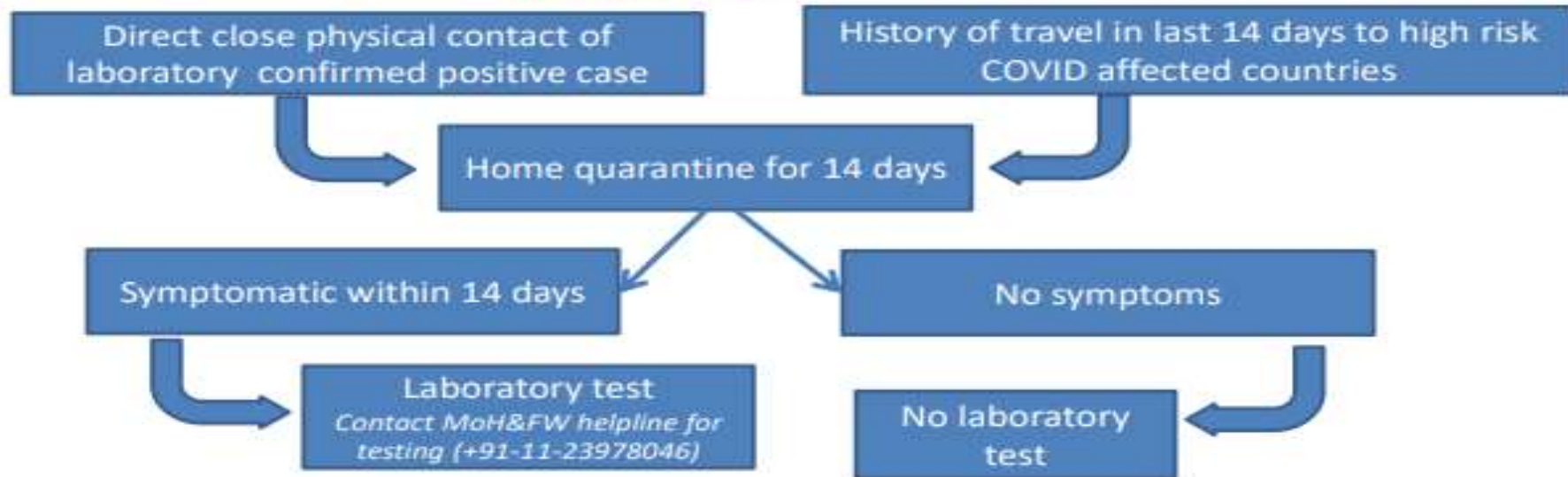
- व्यक्ति को isolated room में रहने के लिए कहें।
- चिकित्सा सहायता के लिए कॉल करें।
- मामले के बारे में कार्यालय के अन्य सदस्यों को सचेत करें।
- पूरे दिन और पिछले कुछ दिनों में व्यक्ति से उसके संपर्कों के बारे में पूछें और जल्द से जल्द चिकित्सा सलाह लेने की सलाह दें।
- आगे की प्रक्रिया के लिए स्वास्थ्य विभाग को मामले की रिपोर्ट करें।



# COVID19 Testing Strategy in India: 09/03/2020

- There is currently no community transmission of COVID19.
- Disease is primarily reported in individuals with travel history to the affected countries or close contacts of positive cases.
- Therefore all individuals **need not be** tested

## WHOM TO TEST:



Throat swab + nasal swabs taken in Viral Transport Medium in one tube in cold chain.  
List of testing facilities: [www.icmr.nic.in/content/covid-19](http://www.icmr.nic.in/content/covid-19)



# Case Definitions

## **Suspect Case:**

A patient with acute respiratory illness {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)}, AND a history of travel to or residence in a country/area or territory reporting local transmission (See NCDC website for updated list) of COVID-19 disease during the 14 days prior to symptom onset;  
OR

A patient/Health care worker with any acute respiratory illness AND having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;  
OR

A patient with severe acute respiratory infection {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)} AND requiring hospitalization AND with no other etiology that fully explains the clinical presentation;  
OR

A case for whom testing for COVID-19 is inconclusive

## **Laboratory Confirmed case:**

A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

## WHEN TO GET TESTED FOR COVID-19?

- You are **not required to get tested** for COVID-19 if you **do not have any symptoms** (Cough, fever or difficulty in breathing)
- If you have any of the above symptoms and have travelled to any of the COVID-19 affected countries including Italy, Iran, Republic of Korea, France, Spain, Germany, UAE etc or you are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India's **24x7 helpline 011-2397 8046**
- The helpline service will note down your contact details and contact you with the **testing protocols** of COVID-19
- If you qualify as a case for testing as per the protocol, you will be tested at a **Government approved lab only**.

## क्या आपको COVID-19 की जाँच की आवश्यकता है?

- यदि आपको खाँसी, बुखार या सांस लेने में कठिनाई जैसे लक्षण नहीं हैं तो आपको **COVID-19** की जाँच करवाने की आवश्यकता नहीं है
- यदि आपमें उपरोक्त लक्षण हैं और आपने इटली, ईरान, कोरिया गणराज्य, फ्रांस, स्पेन, जर्मनी, या संयुक्त अरब अमीरात, आदि किसी भी **COVID-19** प्रभावित देश की यात्रा की है या आप प्रयोगशाला से प्रमाणित **COVID-19** के किसी रोगी के संपर्क में आये हैं, तो तुरंत राज्य हेल्पलाइन नंबर या स्वास्थ्य और परिवार कल्याण मंत्रालय, भारत सरकार की **24x7 हेल्पलाइन 011-2397 8046** पर सम्पर्क करें
- हेल्पलाइन सेवा आपके संपर्क विवरणों को नोट करेगी और **COVID-19** के **परीक्षण प्रोटोकॉल** के साथ आपसे संपर्क करेगी
- प्रोटोकॉल के अनुसार यदि आपको जाँच की आवश्यकता है तो आपकी जाँच केवल **सरकार द्वारा अनुमोदित प्रयोगशाला** में की जायेगी

# State wise Helpline numbers for COVID-19



S. No	State / UT	State Helpline No.
1	Andhra Pradesh	0866-2410978
2	Arunachal Pradesh	9436055743
3	Assam	6913347770
4	Bihar	104
5	Chhattisgarh	077122-35091
6	Goa	104
7	Gujarat	104
8	Haryana	8558893911
9	Himachal Pradesh	104
10	Jharkhand	104
11	Karnataka	104
12	Kerala	0471-2552056
13	Madhya Pradesh	0755-2527177
14	Maharashtra	020-26127394
15	Manipur	3852411668
16	Meghalaya	108
17	Mizoram	102
18	Nagaland	7005539653
19	Odisha	9439994859
20	Punjab	104

S. No	State / UT	State Helpline No.
21	Rajasthan	0141-2225624
22	Sikkim	104
23	Tamil Nadu	044-29510500
24	Telangana	104
25	Tripura	0381-2315879
26	Uttarakhand	104
27	Uttar Pradesh	18001805145
28	West Bengal	3323412600
29	Andaman and Nicobar Islands	03192-232102
30	Chandigarh	9779558282
31	Dadra and Nagar Haveli and Daman & Diu	104
32	Delhi	011-22307145
33	Jammu	01912520982
	Kashmir	01942440283
34	Ladakh	01982256462
35	Lakshadweep	104
36	Puducherry	104

Central Helpline Number : +91-11-23978046, 1075

# How to Stay Safe at Guest House/Hotels



- Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.
- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health Centre or call 011-23978046.

# Work from Home



- If you have any symptoms of cold, cough, fever and flu, either work from home or take leave.
- Refrain from attending large gatherings. Avoid crowded places.
- Follow basic and respiratory hygiene, wash your hands regularly and cover your mouth and nose when sneezing or coughing.
- Offer regular guidance to your domestic support staff (maids, drivers, etc.) and advise them to follow the basic and respiratory hygiene.
- Refrain from forwarding unofficial reports/ rumors through WhatsApp, messaging services or on social media.

## General Rules for Field Works:



- Limit interaction with a lot of people.
- Limit trips to home-site, and decrease the number of stop for coffee/lunch in other places.
- Store as much as possible spare parts kit and tools in the car (while taking into account security concerns where applicable)
- Drivers clean any areas of their vehicle that come into contact with the driver and/or passenger and therefore should be cleaned regularly to maintain a safe working environment. This could be achieved by the use of anti-viral (disinfectant) wipes or spray. Do not use air con on recirculate mode keep vehicle well ventilated when in use.
- As we so far have limited amount of masks we need to be wise and use the mask only when necessary and requested (red zone, hospital setting, retirement home etc.).
- If site activity with no human contact or outside red zone, no need for masks, overall etc. (Follow the local governmental authorities instructions for defining mask usage principles)

## Commuting

- Avoid unnecessary travels (personal and official both)
- Before starting from home ensure that you are not ill (No Coughing/Sneezing/Fever)
- Avoid touching various surfaces while travelling
- Stay away from coughing/sneezing peoples
- Avoid public transport if possible.
- Never touch your face/ear/nose while travelling.
- Immediately wash your hands with soap for at least 20 seconds after each travel.
- Follow all do's and don'ts for coronavirus prevention.



## आवागमन

- अनावश्यक यात्रा से बचें (व्यक्तिगत और आधिकारिक दोनों)
- घर से शुरू करने से पहले सुनिश्चित करें कि आपके बीमार नहीं हैं (कोई खांसी / छींकने / बुखार नहीं)
- यात्रा करते समय विभिन्न सतहों को छूने से बचें
- खांसने / छींकने वाले लोगों से दूर रहें
- यदि संभव हो तो सार्वजनिक परिवहन से बचें।
- यात्रा करते समय कभी भी अपना चेहरा / कान / नाक न छुएं।
- प्रत्येक यात्रा के बाद कम से कम 20 सेकंड के लिए अपने हाथों को साबुन से तुरंत धोएं।
- कोरोनोवायरस की रोकथाम के लिए सभी "क्या करें" और "क्या न करें" का पालन करें।





## At Site

- Use half cap of Dettol/Savlon to sanitize your hands or wash your hands with soap for at least 20 seconds after reaching at site
- Ensure no unauthorized entry at site.
- Authorized visiting resources must not be coughing/sneezing and stay away from them if they have any of these symptoms and inform your manager.
- Wash your hands with soap for at least 20 seconds before lunch.
- Maintain social distancing while at lunch.
- Use half cap of Dettol/Savlon to sanitize your hands or wash your hands with soap for at least 20 seconds after lunch.

## साइट पर

- अपने हाथों को साफ करने के लिए डेटॉल / सैवलॉन के आधे ढक्कन का उपयोग करें या साइट पर पहुंचने के बाद कम से कम 20 सेकंड के लिए अपने हाथों को साबुन से धोएं
- साइट पर कोई अनधिकृत व्यक्ति प्रवेश न करें।
- प्राधिकृत विज़िटिंग व्यक्ति को खाँसना / छींकना नहीं चाहिए और यदि इनमें से कोई भी लक्षण है तो उनसे दूर रहें और अपने मैनेजर को सूचित करें।
- दोपहर के भोजन से कम से कम 20 सेकंड पहले अपने हाथों को साबुन से धोएं।
- दोपहर के भोजन के समय सामाजिक दूरी बनाए रखें।
- अपने हाथों को साफ करने के लिए डेटोल / सैवलॉन के आधे ढक्कन का उपयोग करें या दोपहर के भोजन के बाद कम से कम 20 सेकंड के लिए अपने हाथों को साबुन से धोएं।



## Personal Protective Equipments and Sanitization



- Surgical Mask are to be worn by resources who are coughing or sneezing.
- Resources who are not coughing or sneezing are not required to use mask.

### To sanitize your hand.

- Use soap and water
- Use half cap of Dettol/Savlon to sanitize to your hand (Rub on both hands & both sides)
- Use hand sanitizers

### व्यक्तिगत सुरक्षा उपकरण और स्वच्छता

- सर्जिकल मास्क उन व्यक्तियों को पहना जाना है जो खांसी या छींक रहे हैं।
- ऐसे व्यक्ति जिन्हें खांसी या छींक नहीं आ रही है, उन्हें मास्क का उपयोग करने की आवश्यकता नहीं होती है।

### अपने हाथों को साफ रखने के लिए।

- साबुन और पानी का उपयोग करें।
- अपने हाथ को साफ करने के लिए डेटॉल / सैवलॉन के आधे ढक्कन का उपयोग करें (दोनों हाथों पर रगड़ें)
- हैंड सैनिटाइजर का इस्तेमाल करें।



## Related Link

### संबंधित लिंक

- [TV and Radio Spots \(English & Hindi\) for COVID-19](#)
- [Advisory - Social Distancing](#)
- [Mass Gatherings](#)
- [Comic book for children to provide correct information about COVID-19](#)

# World Health Organization (WHO) and Center for Disease Control (CDC) Guidance:



## Face Mask Usage

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection
- Wear a mask if you are coughing or sneezing
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap & water
- If you wear a mask, then you must know how to use it and dispose of it properly (Follow slide 9)

## How Does Covid-19 Spread?

- Between people who are in close contact with one another (within about 2m/6ft)
- Through respiratory droplets produced when an infected person coughs or sneezes

## Most Effective Ways to Stop Spreading

- Wash your hands often with soap and water for at least 20 seconds
  - If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose and mouth
- Stay at home if you are sick, except to seek medical care
- Cover coughs and sneezes by using the inside of your elbow
- Avoid close contact with people who are sick
- Practice social distancing
- Always inform your manager in case of COVID-19 infection or if you suspect you have been infected

# Guidelines for Home Quarantine



## Definition of contact:

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

- **A contact in the context of COVID-19 is:**

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;
- The epidemiological link may have occurred within a 14-day period before the onset of
- illness in the case under consideration.

# Guidelines for Home Quarantine-contd.



- Instructions for contacts being home quarantined
- The home quarantined person should:
  - Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.
  - Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
  - Restrict his/her movement within the house.
  - Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

- He should also follow the under mentioned public health measures at all times:
  - Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
  - Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
  - Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
  - Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
  - Used mask should be considered as potentially infected.
  - If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health Centre or call 011-23978046.

# Guidelines for Home Quarantine -contd.



- **Instructions for the family members of persons being home quarantined:**

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14days or till the report of such case turns out negative on lab testing

- **Environmental sanitation:**

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.

- **Duration of home quarantine:**

- The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing

