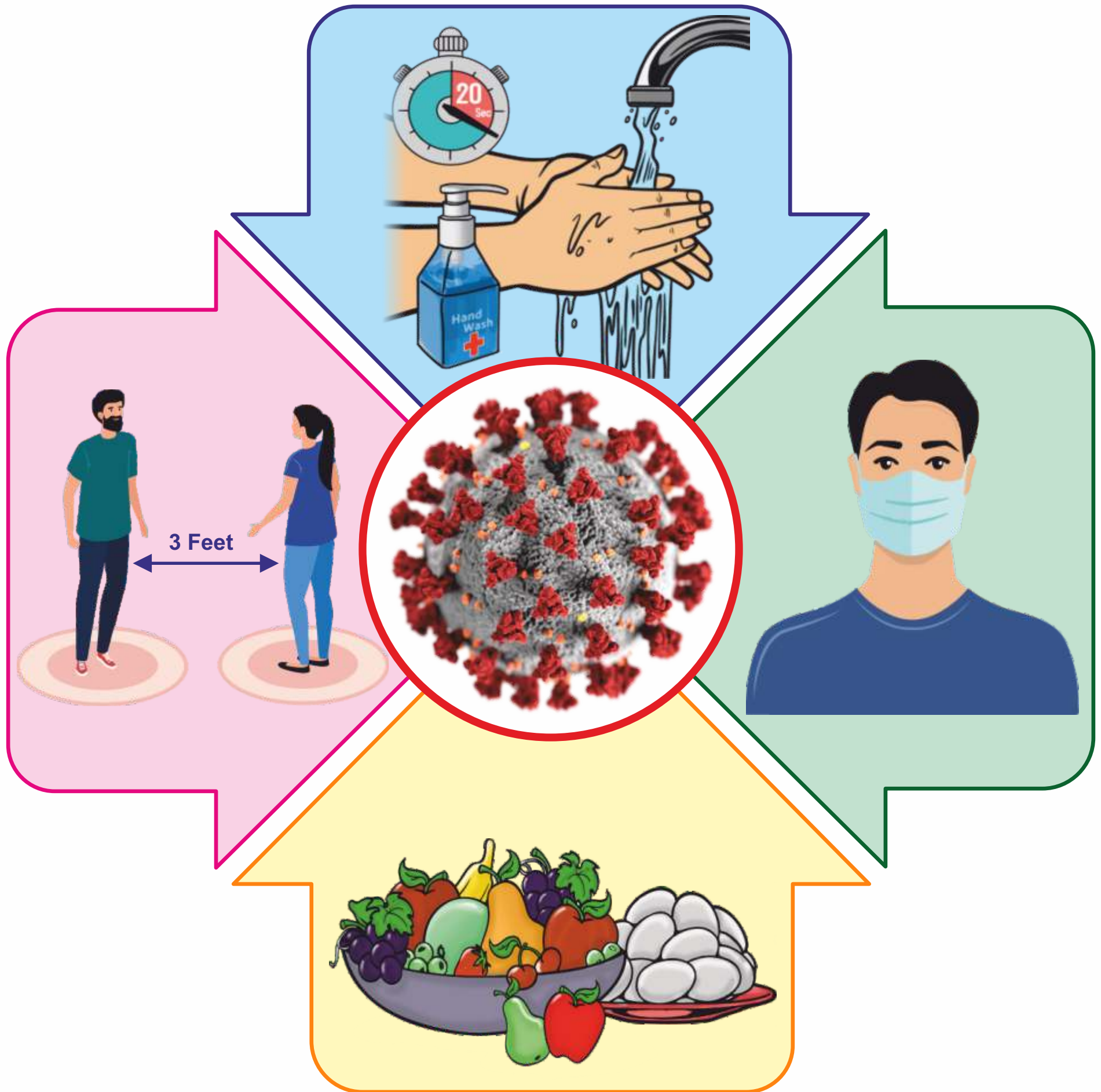




Covid-19

Sustainable Behavioural Change Communication (SBCC) Tool



Adapt Behavioural Changes ... Combat Coronavirus!



Community Healthcare for Women and Children
Sustainable Healthcare Advancement (SUHAM) Trust
 (A Healthcare Vertical of DHAN Foundation)
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Covid-19

SBCC Tool: User Guidelines

The Coronavirus disease 2019, abbreviated to COVID-19, is an emerging global pandemic caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). As the number of individuals infected with COVID-19 continues to rise globally and healthcare systems become increasingly stressed. The community is affected with multidimensional perspectives such as health, economic and livelihoods. This SBCC tool is developed to build the knowledge towards behavior and practice change on COVID-19 among the community.

This tool has three objectives

1. Provide Health Education for knowledge building on Coronavirus
2. Attitude building for complete understanding about Covid-19 for behaviour changes
3. Promote sustainable behaviour and practice changes towards control, avoid and eradicate Coronavirus.

The tool has 11 posters which has contents on Virus, understanding about Coronavirus, symptoms, mode of spread, ways to control, avoid and eradicate, treatment process, comprehensive health practices etc.

The Trainers must undergo training before providing health education on Covid-19. The SBCC tool to be used in the given order using pictures and messages. Two-way communication must be ensured for providing education towards behaviour and practice change. The behavioural change process must be implemented after understanding their knowledge practices on Corona, participants' education status and their living environment. The participant must be followed up their behaviour and practice changes after education process.



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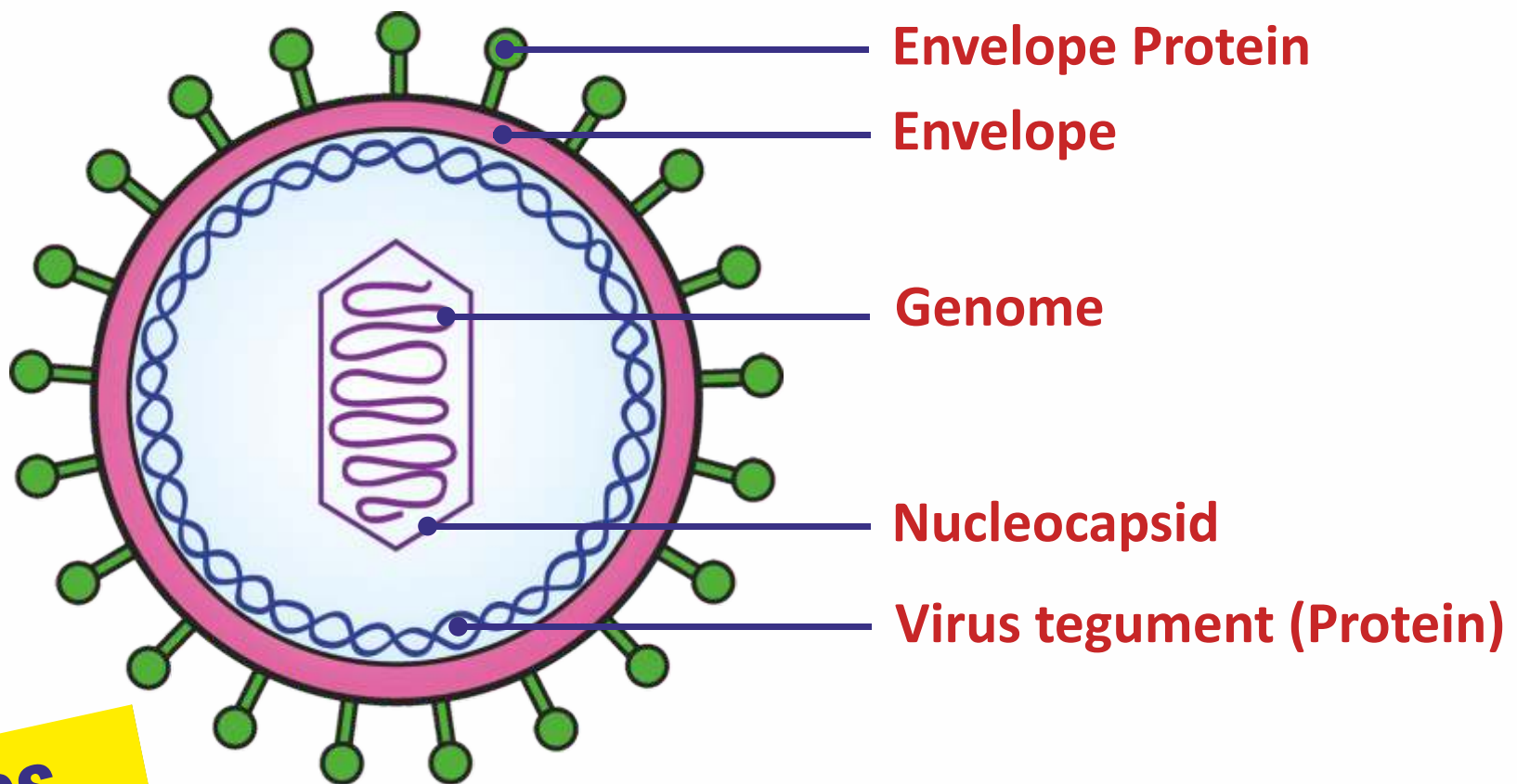
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Virus

Is an infectious agent?



Yes

A virus is a submicroscopic infectious agent that replicates only inside the living cells of an organism like plants or animals.

Viruses display a wide diversity of shapes and sizes. In general, viruses are much smaller than bacteria and have a diameter between 20 and 300 nanometres

Virus spread through insects, plants, food materials, water, air, blood transfusion, needle sharing, sexual contact, respiratory infection and faecal oral route.

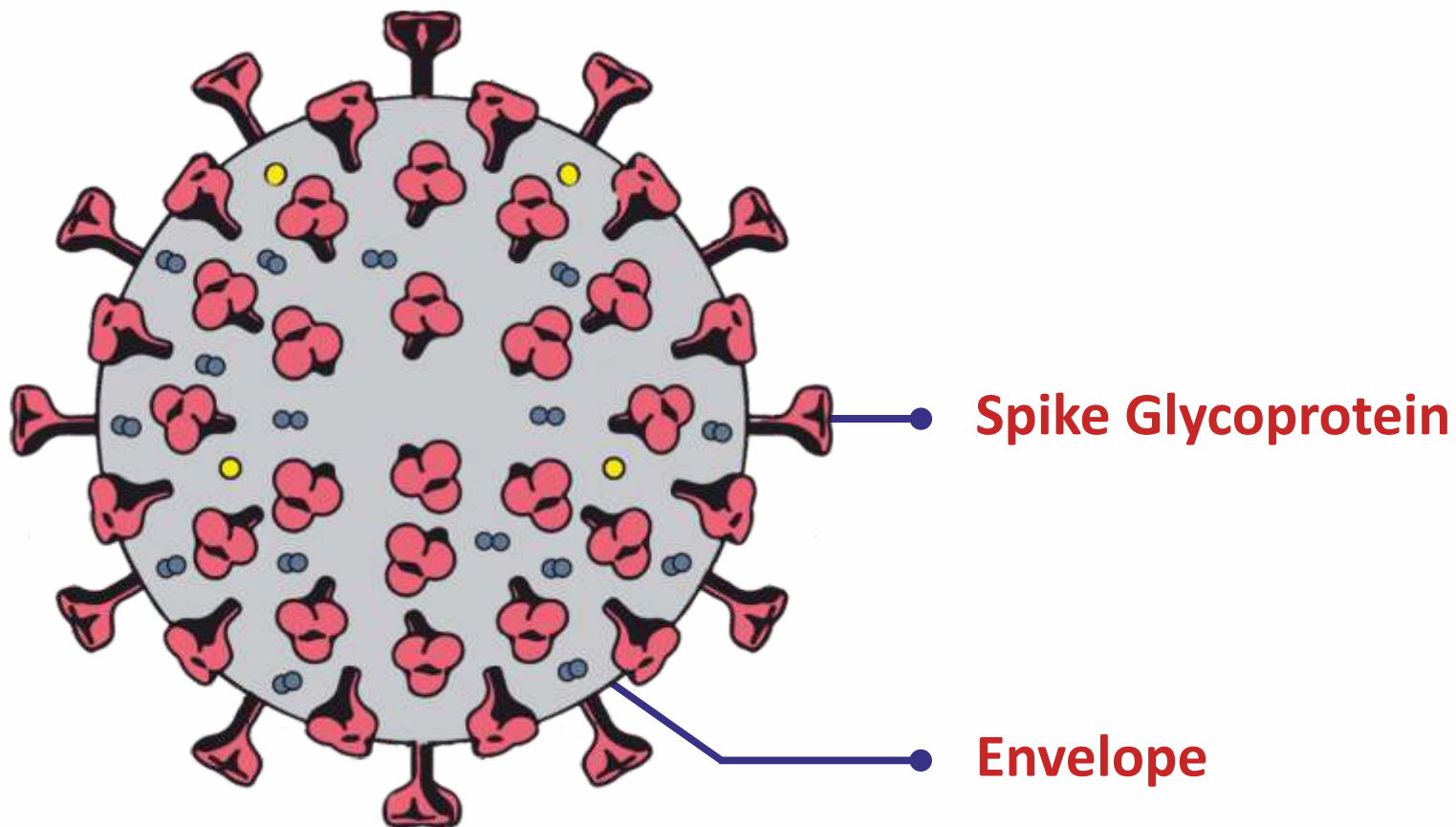
Common Cold, Some kinds of cancers, Rabies, Ebola, AIDS, Chickenpox, Hepatitis, Severe Acute Respiratory Syndrome Liver Cancer are the major diseases caused by various types of Viruses.

Size is Micro... Action is Macro!

Source: Wikipedia

Coronavirus

Shall we understand?



Covid-19 are the large family of viruses which may cause illness in animals or humans. SARS-CoV-2 also named as Coronavirus due to its spiky crown (or corona in Latin) in the surface of the body

This crown shaped spike structure helps to enter into the body of living organism for infecting human beings

In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases which is leading to mortality

World Health Organisation announced this Coronavirus disease as 'Pandemic' affecting many countries globally

Understand this as Pandemic... Avoid Disasters carefully!

Source: World Health Organisation



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Coronavirus

Is spread through Air?



No

Coronavirus stay in the air for some time and may not spread through air. But WHO says Indoor airborne spread of virus is possible. Airborne spread “particularly in specific indoor locations, such as crowded and inadequately ventilated spaces over a prolonged period of time with infected persons cannot be ruled out.

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks.

These droplets are relatively heavy, do not travel far and quickly sink to the ground. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.



Be cautious... Corona may stay in your air!

Source: World Health Organisation



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Social Distancing

Is this avoiding the spread of virus?

Yes



While infected person coughs, sneezes or speaks, the droplets may infect other nearby. The droplets may travel up to one meter. It may spread the infection those who present within two meters distance

Following at least one meter (3 feet) social distancing would be the best way to avoid and control coronavirus spread.

Wearing masks while going outside would be helpful for avoiding the spread from infected person to others

Be cautious with others nearby. Some reports have indicated that people with no symptoms can transmit the virus.

Learn to live with Corona.... Follow Social distancing without fail!

Source: World Health Organisation



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Hand Washing

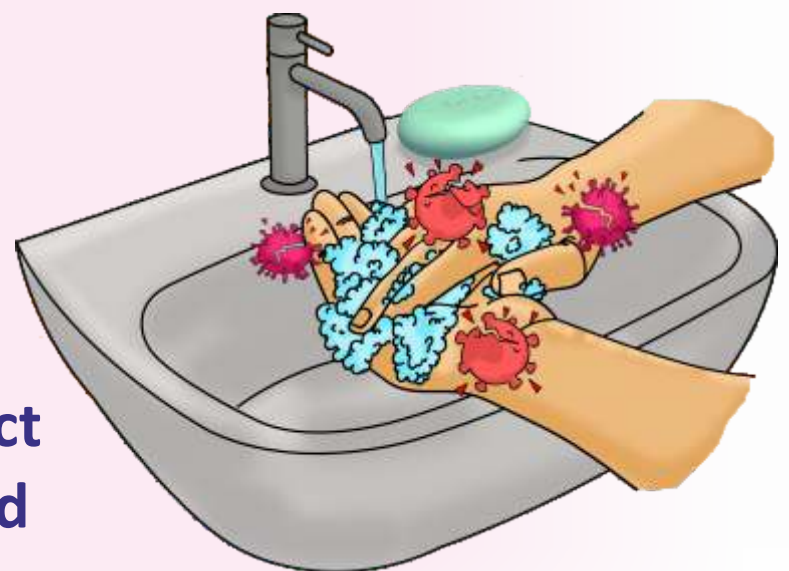
Will it be helpful to kill the Coronavirus?

Yes



20 seconds Hand washing not only kills the Pandemic Coronavirus and also wash them properly

Soap is made up of two-sided molecules. One side is attracted to water; the other side is attracted to fat. And viruses are made up of material surrounded by a coating of proteins and fat. When viruses interact with soap, that fat coating gets ripped out by the soap molecules. Soap literally demolishes viruses.



At least 60% alcohol rich hand sanitizers kill the viruses effectively. But hand sanitizers may not kill the viruses in dirty hands. Any soap can kill and wash even dirty hands

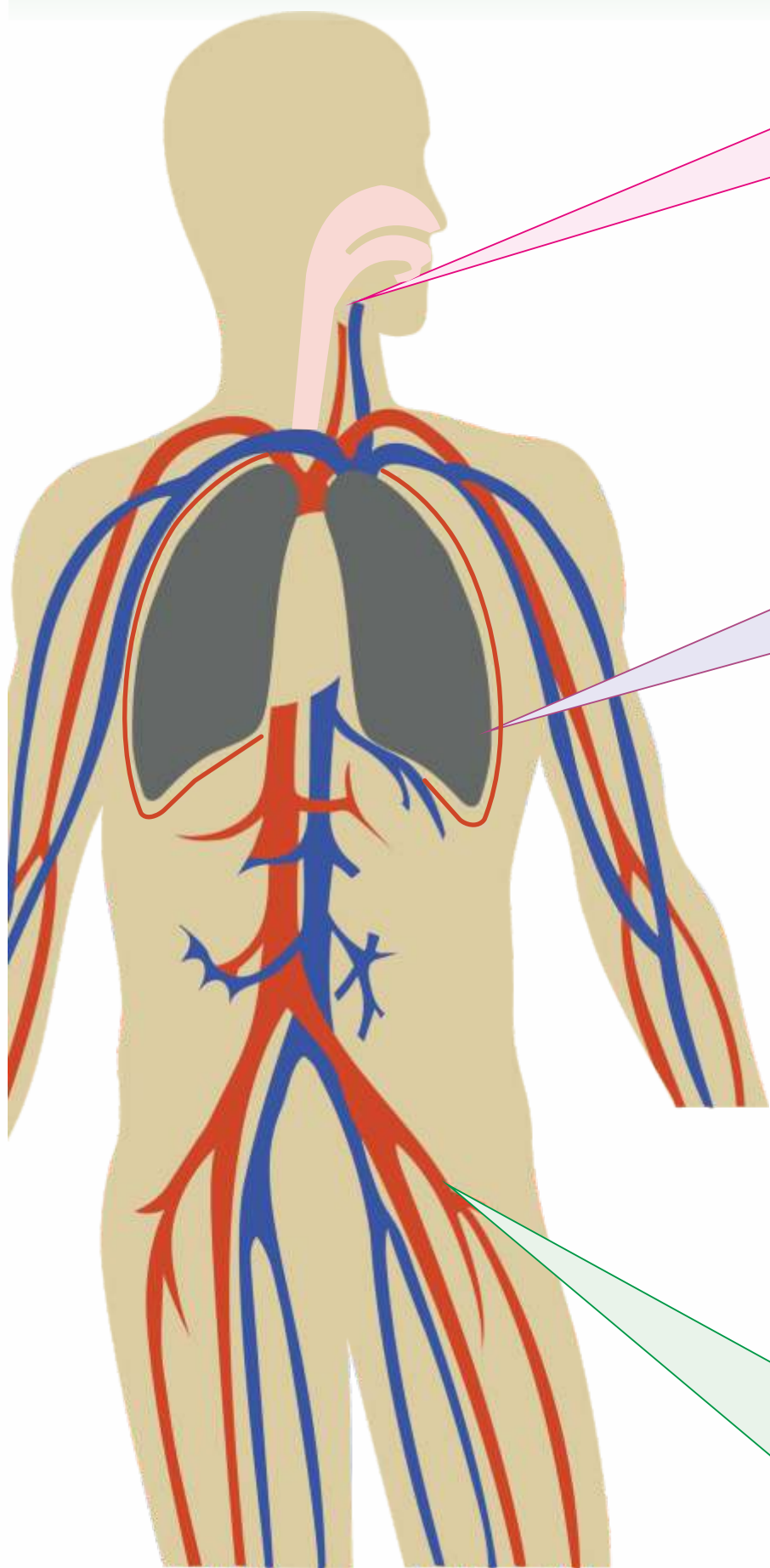
20 seconds hand washing... Leading to Life saving!

Source: World Health Organisation

Coronavirus

How to monitor the intensity of infection?

The close monitoring of Coronavirus disease helps to reduce the intensity of spread of infection and avoid further infections



Primary level infections

- Generally, fever symptom occurs in the first day
- Cough and throat pain may occur as part of Upper Respiratory infection during third day

Lung Infections

- During third or fourth day, the infection may reach lungs
- During 4th to 9th day, breathing trouble may happen. The swelling in lungs leads to respiratory problem

Infection in blood

- At severe level, the infection may spread from lungs to blood
- During second week. Infection may be intensified which leads to death

**Understand severity...
Facing successfully!**

Source: World Health Organisation



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Coronavirus

Is this treatable?



As of now, there are no medicines or vaccines to prevent or cure the disease.
But, the diseases can be treated through treating symptoms of Covid-19.



The symptoms of Coronavirus disease should be treated for reducing the intensity of problem



People with severe symptoms should be admitted in the hospital immediately

Curing Coronavirus disease by reducing the intensity of symptoms



Food for Immunity Building



Comprehensive Medicine



Counselling to the patients



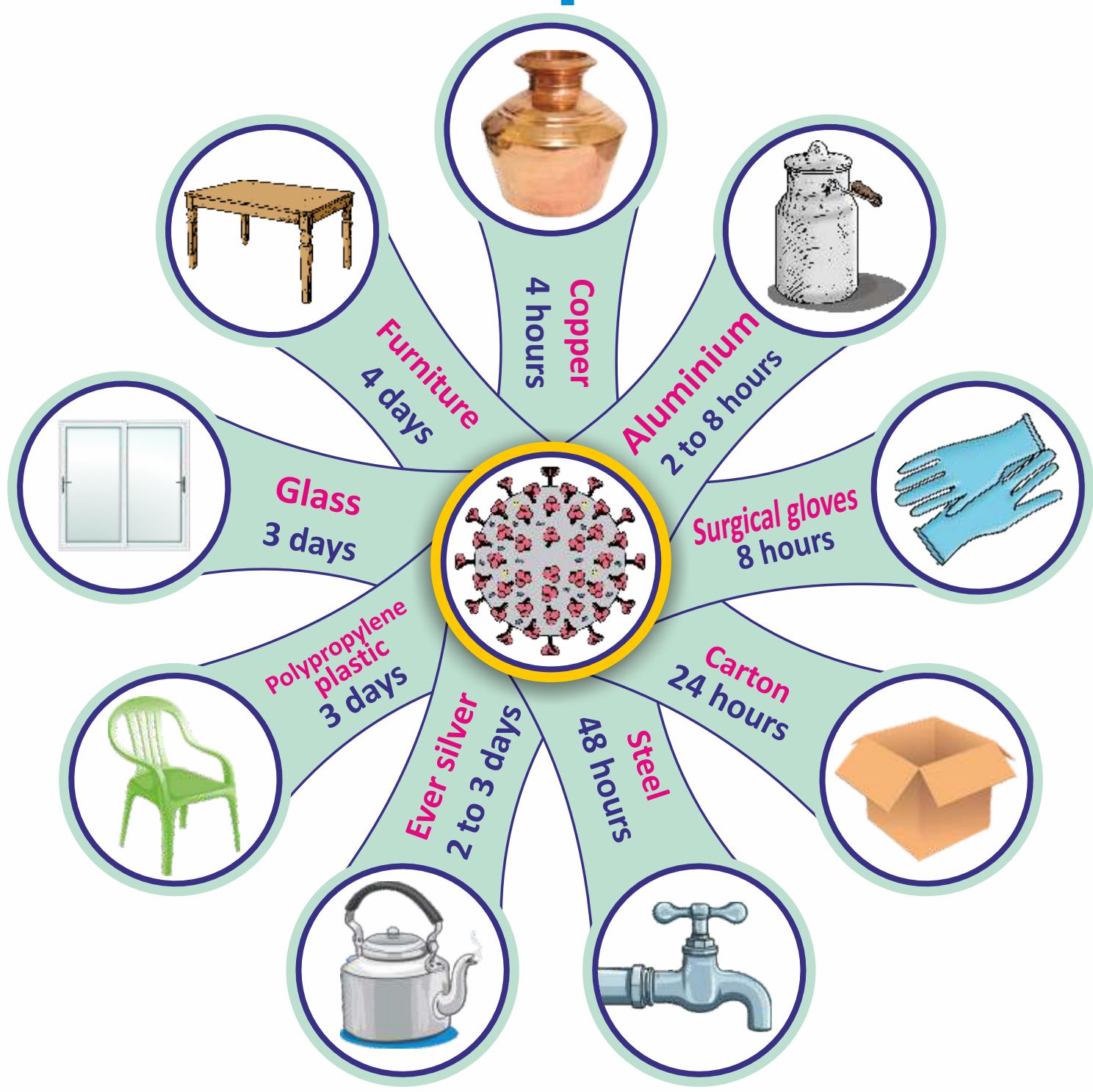
Proper Medical Management

**Know your Symptoms...
Manage the diseases properly!**

Source: WHO & Govt. of India

Coronavirus

You decide the lifespan of coronavirus!



The lifespan of the coronavirus is determined by the materials upon which it stick

The lifespan of the virus on a surface depends on myriad factors, including the surrounding temperature, humidity, and type of surface.

The spread of coronavirus through air and materials can be prevented by using handkerchief/tissue paper during cough and sneezing

**Use the handkerchief...
 Protect you from the pandemic!**

Source: The New England Journal of Medicine



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Immunity Building

Can reduce the risk of coronavirus?



Food items which are rich in Protein and **Vitamin A & C** improves our immunity level and thereby reduces the risk of coronavirus

Fruits

Orange, Sweet lime, Berry, Tomato, Guava, Kivi, Papaya and Pine apple



Vegetables

Carrot, beetroot, cauliflower, capsicum, Greens, Brinjal, Broccoli and Cabbage

Traditional food items

Green tea, Ginger, Lime, Amla, Garlic, Pepper and Turmeric



Protein rich food items

Egg, Non Vegetarian, Dhal items, Almonds and Walnuts

**Prevention is better than cure...
Immune food stuffs protect us for sure!**

Source: WHO & Govt. of India



Integrated Medicine

Can reduce the risk of coronavirus?

Yes

The primary approach of integrated medical care is to integrate Allopathy with AYUSH medical care and also to bring changes in the lifestyle of individuals especially in food habits to gain immunity as well as to get prevented from the risk of coronavirus.



Allopathy

- Consuming the multi vitamin tablets in morning hours to gain immunity
- Consuming the Zinc tablets in the night to bring down the intensity of coronavirus spread

Ayurveda

- Consuming SamshamaniVati 500 mg twice in a day for fifteen days as preventive care
- Those who are suffering from cough and cold are to consume AYUSH 64 tablets twice in a day



Siddha

- Consuming 60 ml of Nilavembukasayam twice in a day for 14 days as preventive as well as early stage care
- Those who are with symptoms are to consume 30 to 60 ml of KabasuraKudineer depending upon their age

Homeopathy

- Consuming Arsenic Album 30 tablets in morning with empty stomach for prevention as well as to control infection at early stage



Food is the best medicine...

Traditional wisdom is the best way to lead the life!

Source: Govt. of India



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10 Commandments to keep us away from the coronavirus



Keep social distance for minimum 1m (3 feet)



Wash the hands for 20 seconds with soap or 60% alcohol based sanitizer



People with the symptoms like cold, cough, and fever are to be home quarantined

Avoid touching eyes, nose and mouth by hands



Cover the nose and mouth during cough and sneezing by using handkerchief



Mask wearing is compulsory during outdoor movements



Approach the doctor when there is trouble in breathing along with cough, cold and fever.



Wash the hands and legs before entering home every time



Since the virus is contagious through materials and floor, should be sanitized often

Consume the food items and medicine which improves our immunity level



Ten commandments... Safety steps for every human being!

Source: World Health Organisation



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