



COVID-19 – An Overview

Learning Resource Package for ANMs



USAID
FROM THE AMERICAN PEOPLE



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We can stop Coronavirus!

Objectives

At the end of this orientation, the ANMs will be able to:

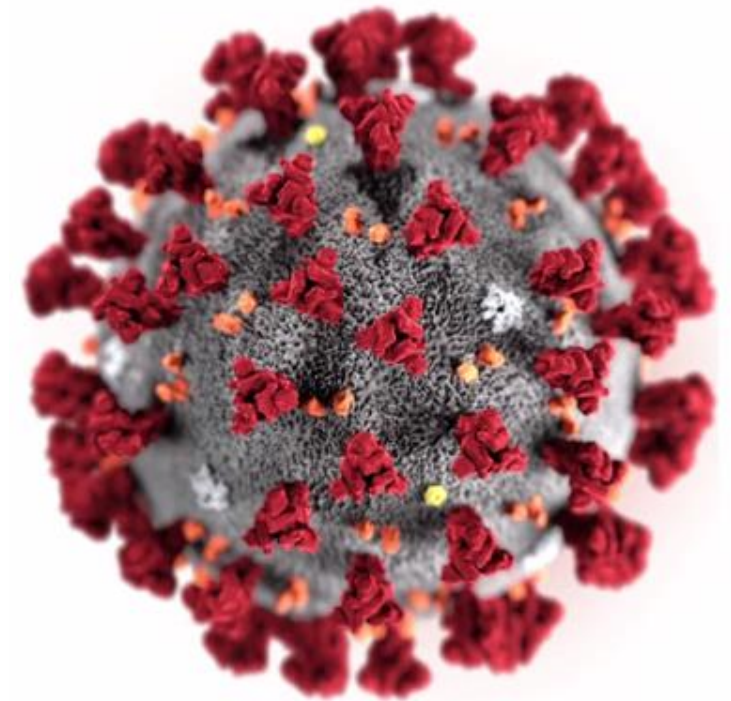
- Describe the definition of COVID-19
- Describe symptoms and signs of COVID-19
- Explain preventive measures by health personnel and people from getting infected
- Educate the community regarding COVID-19, its prevention, self-protection and informing ASHA or AWW if symptoms arise
- Coordinate with ASHAs and AWWs to link suspected persons with health care facility for confirmation and care



What is COVID-19?

COVID-19 is a respiratory illness caused by a new coronavirus. This virus has not been previously identified in humans.

Coronaviruses are a large group of viruses, some causing respiratory illness in humans and others that circulate among animals-camels, cats and bats



Novel Coronavirus

How it spread?

- First detected in Wuhan City, China in December 2019
- Mode of spread not clear, linked to spread from livestock food market to humans in China
- Continues to spread locally and worldwide now from person-to-person due to international travel
- Has spread to all continents except Antarctica (WHO, March 2020)
- In India the infection is in people coming from COVID-19 infected countries and their close contacts



The WHO has declared it a pandemic

<https://www.theguardian.com/world/ng-interactive/2020/mar/16/coronavirus-map-how-covid-19-is-spreading-across-the-world>

Person-to-person spread

1. Respiratory droplets from an infected person by coughing, sneezing or talking near a person (within 1 meter)
 - Main way COVID-19 is spread
 - These droplets can land in mouths or noses of people who are nearby or inhaled in lungs
2. Close contact (touching, shaking hands) with an infected person
3. Touching the surface or object contaminated by virus and then touching own mouth, nose, eyes



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Who can get infected?

**Everyone is
at risk of
infection**



People living in or have recently traveled to any area with ongoing active spread of COVID-19



People who had close contact with a person who has laboratory-confirmed or suspected case of COVID-19 virus



Older adults above 60 years



People with severe underlying chronic medical conditions like heart or lung disease, diabetes, people with weak immune system

No evidence if:

- Children are at lesser risk than adults
- Pregnant women have a greater chance of getting sick from COVID-19 than general public

Symptoms and Signs

- Symptoms of COVID-19 appear within one to 14 days after exposure:
 - Fever
 - Cough
 - Difficulty in breathing
- Symptoms can range in severity from very mild to severe
- 80% patients have mild symptoms



Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Emergency warning signs for COVID-19

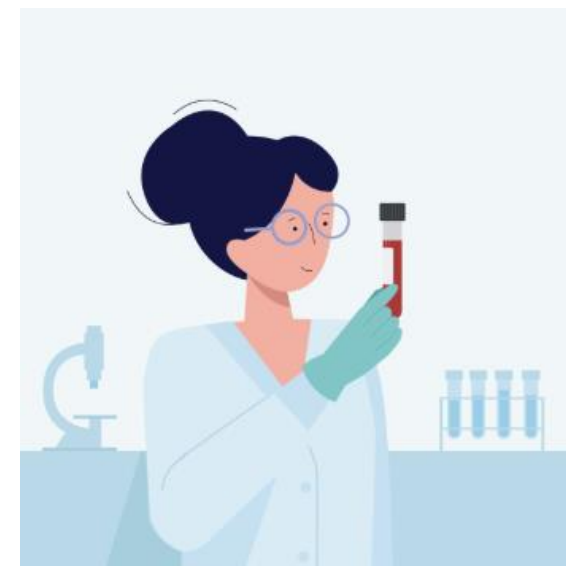
- Difficulty in breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face



If above signs present, the person must get immediate medical attention. So far, the death rate from the COVID-19 virus is about 3%. However, this may change over time

Test for confirmation of COVID-19

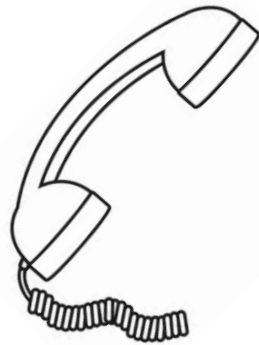
- GOI recommends diagnosis with a lab test at government approved labs
- Nasal swab, throat swab, secretions from respiratory tract taken by special techniques are tested
- Currently, no private hospital/private laboratory is authorized to test for COVID-19
- All health care providers must be aware of the government helpline, email and details of the hospitals of their state and area for collecting samples, treatment and isolation of patients and suspected cases and the laboratories performing these tests (Job-aid 2)



https://www.mohfw.gov.in/pdf/FINAL_14_03_2020_ENg.pdf

Who needs to get tested for COVID-19?

- Test not required if no symptoms-cough, fever, difficulty breathing
- If the person has any of the above symptoms and
 - Has travelled to any of the COVID-19 affected countries or
 - Is a contact of a laboratory confirmed positive case, then
- If the person has symptoms, he must inform the ASHA or ANM of his village



**Immediately call the State Helpline
Number or MoHFW 24x7 helpline
011-2397 8046**



Prevention

From COVID-19



Prevention

- Persons having COVID-19 but with no symptoms can also infect healthy persons
- People returning from affected areas or have been in contact with an infected case must be isolated for 14-days
- Greet people with a friendly gesture like namaste, waving hand or nodding instead of shaking hands
- Get enough sleep, eat a healthy diet, drink plenty of liquids and exercise



Till date there is no available vaccine. Best way to prevent COVID-19 is to avoid being exposed to this virus

Steps for prevention and protection

I. Clean hands frequently

- Wash hands with soap and water for at least 20 seconds around the back, between fingers and nails
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands



Steps for prevention and protection

2. Avoid close contact

- with people who are sick
- keep distance of at least one meter between you and other people if COVID-19 is spreading in the community
- avoid crowded places



3. Protect others

- Stay home if you're sick except to get medical care

Steps for prevention and protection

4. Cover coughs and sneezes

- Cover your mouth and nose with a handkerchief/tissue when you cough or sneeze, throw used tissues in closed waste bin OR
- Cough or sneeze on your covered arm with flexed elbow
- Immediately wash hands with soap and water for at least 20 seconds or use 60% alcohol based hand sanitizer



Steps for prevention and protection

5. Wear a face mask

- If you have symptoms-cough, fever, difficulty in breathing
- You are caring for a COVID-19 suspect/confirmed patient
- You are a health worker attending to patients with respiratory symptoms



Everyone does not need to wear a mask!

<https://www.mohfw.gov.in/pdf/Mask-Eng.pdf>

Steps for prevention and protection

6. Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection



Management of COVID-19



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COVID-19 Management



There is currently no specific medication for COVID-19



Treatment is supportive care of the patient to help relieve symptoms such as rest, fluids, fever control



All health care providers must be aware of the details of hospitals for collecting samples, treatment and isolation of patients and suspected cases for appropriate referral

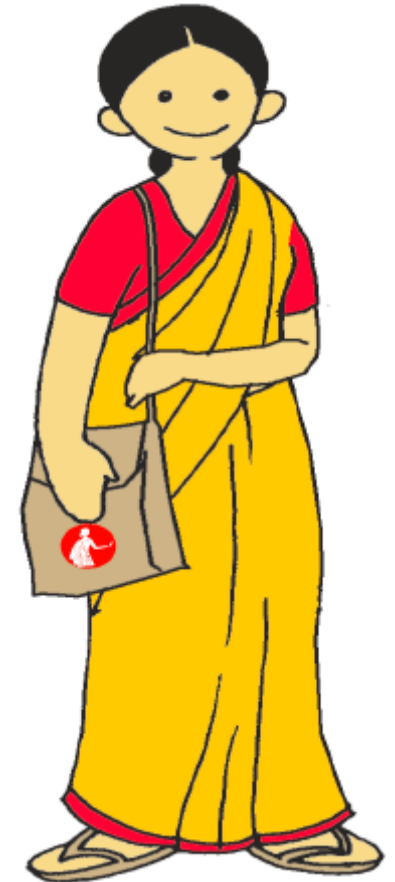
Roles and Responsibilities

of ANMs to control COVID-19



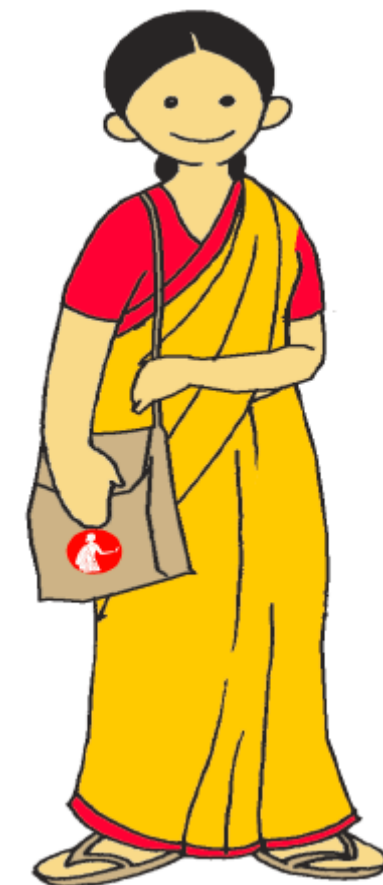
Role of ANM to control COVID-19

- Be aware and alert of the key details and updates provided by the GoI
- Educate the women and men coming to the health sub centre/Health and Wellness Centre about COVID-19 and Do's and Don'ts to prevent the disease, using the Job-aids
- Coordinate with ASHAs of her area to create awareness about COVID-19 in the community by group meetings or during house-to-house visits, using job-aids
- With ASHAs, identify patients with symptoms and link them to the health care system for testing and care



Role of ANM to control COVID-19

- Call state health care helpline or the contact number of the health facility regarding the details of the patient
- Coordinate with the district surveillance officer to visit the patient for advise on next steps
- Keep record of the contacts of positive patients for isolation and symptoms
- Keep record and report the positive cases of her area



Do's and Don'ts

Key messages to community for
Prevention



Frequently wash hands with soap and water or hand sanitizer for 20 secs even if visibly clean

1



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

2



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Avoid going to large gatherings

3



Throw used tissues in closed bins immediately after use

4

5



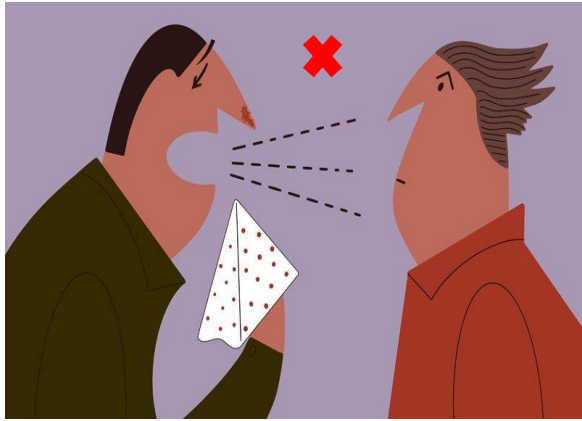
See a doctor if you feel unwell (fever, cough, difficulty breathing). While visiting doctor, wear a mask/cloth to cover your nose and mouth



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

6

Do's!



1 Have a close contact with anyone, if you are experiencing cough and fever



2

Touch your eyes, nose and mouth with unwashed hands



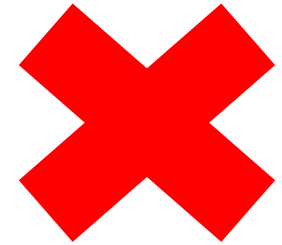
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No Handshake

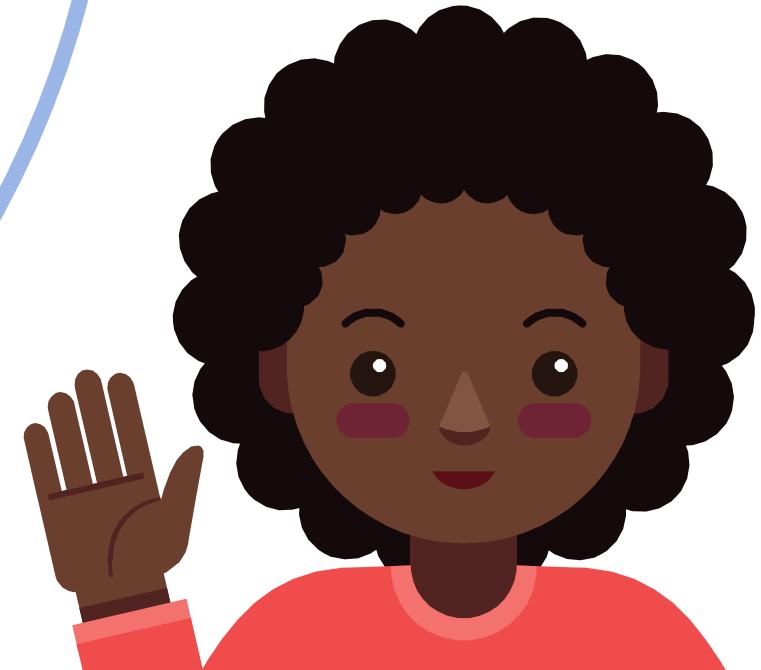


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Spitting in public places



DON'Ts



Key messages to community



What to do if you are sick?



1

Call your Doctor/ANM/ASHA

If you have been exposed to Coronavirus and develop fever cough or difficulty in breathing

2

Stay in touch with your doctor

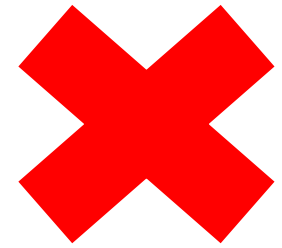
Seek medical care if you feel worse or it is an emergency condition



3

Stay home

People who are mildly ill, are able to recover at home. Wear a mask. Do not leave home, except to get medical care. Do not visit public areas



4

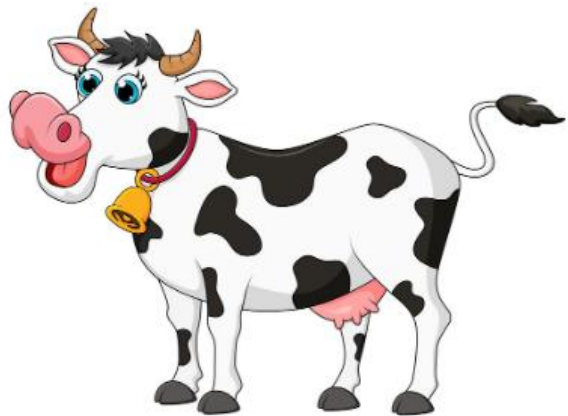
Avoid public transportation



5

Avoid going to large gatherings

Guidance on contact with animals



1

There is not enough evidence that animals, including pets, can spread COVID-19

2

All animals can carry germs that can make people sick, it's good to practice healthy habits around pets and other animals

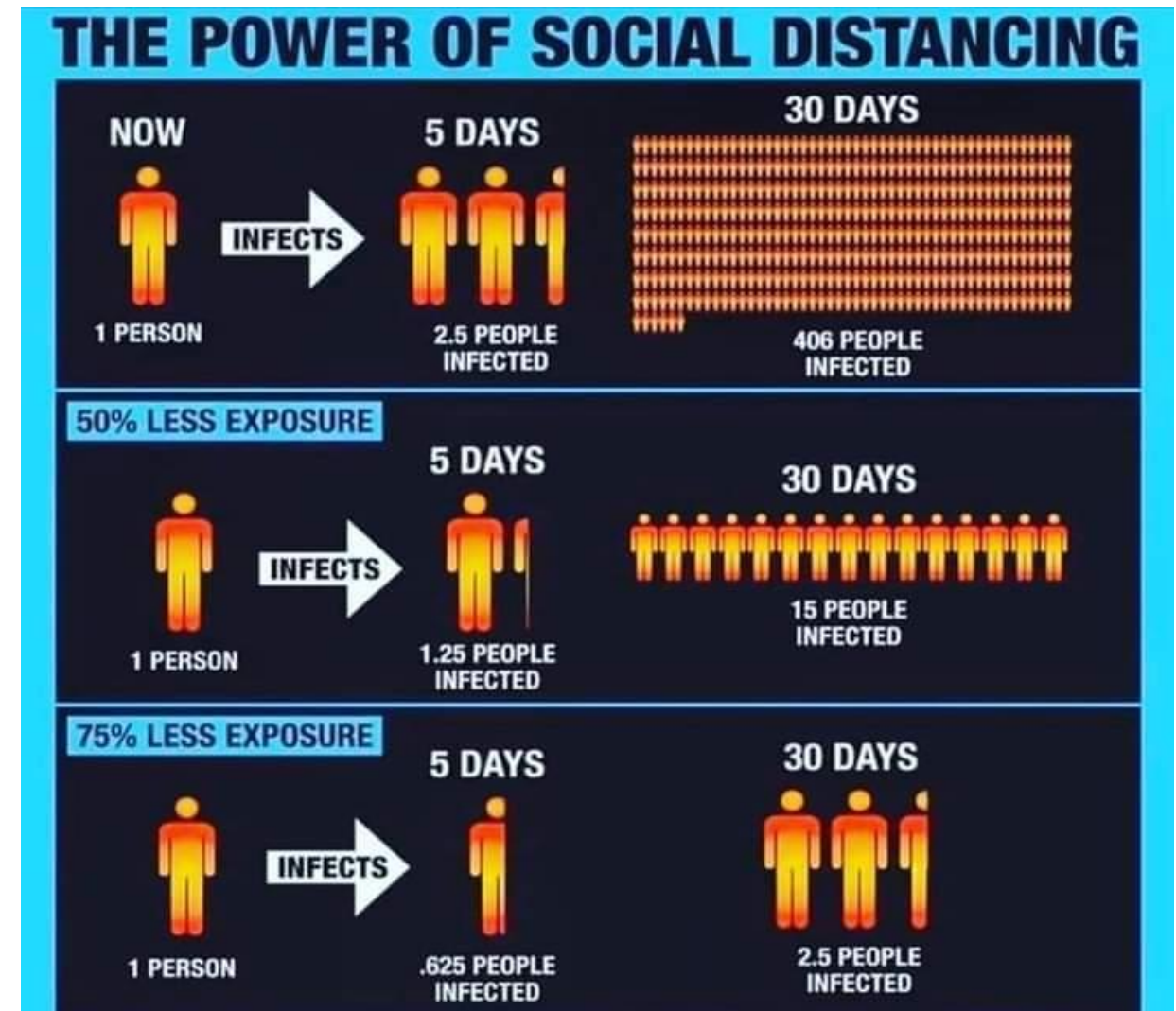
3

Those sick with COVID-19, limit contact with animals until more information is available. This can help ensure both you and your animals stay healthy

Wash your hands after handling animals, their food, waste, or supplies

Social Distancing

- It is an infection prevention and control intervention
- It is implemented to avoid/decrease contact between those who are infected and those who are not
- It helps to stop or slow down the rate and extent of disease transmission in a community



Summary

To conclude the session, respond to the following questions:

Q1. COVID-19 is a disease which is spread from person to person contact. True or False

Ans. True

Q2. Children are more at risk of the disease. True or False

Ans. False. Old people and those with heart, lung disease and diabetes are more at risk

Summary

Q3. How can the disease be prevented?

Ans. Avoid contact with sick person; wash hands frequently, cover nose, mouth during coughing and sneezing; avoid crowded places; keep distance from other person, wear mask if caring for sick person

Q4. How can COVID-19 be confirmed?

Ans. By nasal and throat swabs tested at government approved labs

Q5. What can the ANM do to control COVID-19 in her area?

Ans. Create awareness in the community, work with ASHA and facilitate bringing those with symptoms to nearest health facility for test and care

References

- [Noval Corona Virus 2019; Ministry of Health and Family Welfare, Gov. https://www.mohfw.gov.in](https://www.mohfw.gov.in)
- https://my.clevelandclinic.org/health/diseases/21214coronavirus?_ga=2.244146245.1708398070.1584505964-993121221.1584505964
- Clevelandclinic.org referenced in FAQs WHO Updated March 17, 2020
- <https://www.cdc.gov/coronavirus/2019ncov/communication/index.html>
- <https://www.theguardian.com/world/ng-interactive/2020/mar/16/coronavirus-map-how-covid-19-is-spreading-across-the-world>
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



*Thank
you!*