



COVID-19

PROTECTIVE MEASURES

**INCLUDING FOR
PERSONS WITH PHYSICAL
DISABILITIES AND CAREGIVERS**



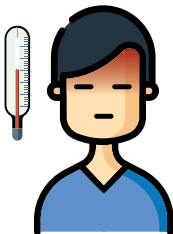
WHAT IS COVID-19?

COVID-19 is an infectious disease caused by a newly-discovered coronavirus. It was declared a pandemic in January 2020, which means the disease has spread worldwide.

HOW DO PEOPLE CATCH COVID-19?

COVID-19 spreads from person to person mainly through

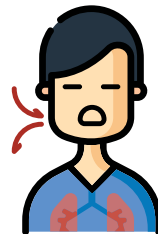
- 1 Droplets produced when an infected person speaks, coughs or sneezes.** These droplets can land in the mouth and nose of people nearby. This is why it is important to maintain a physical distance of one metre.
- 2 Droplets that land on objects and surfaces around an infected person, including tables, doorknobs and handrails.** People can become infected when they touch their eyes, nose or mouth after touching these objects or surfaces. This is why it is important to wash hands regularly with soap and water or sanitize them with alcohol-based handrub.



Fever



Cough



Shortness of Breath



Body Ache

WHAT ARE THE SYMPTOMS OF COVID-19?

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected, but only have very mild symptoms.

Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at a higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill.

IN CASE OF SYMPTOMS

If you experience even one of the stated symptoms, isolate yourself and immediately call a doctor or the COVID-19 helpline. Mention that you require special assistance. Make sure you save your healthcare provider's and emergency contact numbers.

COVID-19 Helplines



Central helpline:

1075, 011-23978046, 9013151515

Central email ID:

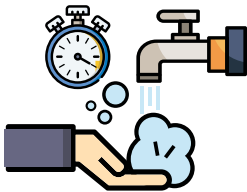
ncov2019@gov.in

For states/ UTs:

<https://www.mohfw.gov.in/pdf/coronavirushelplinenumbr.pdf>

PROTECTIVE MEASURES FOR ALL

Reduce your chances of being infected or spreading COVID-19 by taking simple precautions:



Hand hygiene - Clean your hands regularly and thoroughly with soap and water or sanitise them with an alcohol-based handrub. Why? Washing your hands with soap and water or using alcohol-based handrub destroys any viruses that may be on your hands.

Protect yourself by keeping hands clean and washing them for at least 20 seconds:

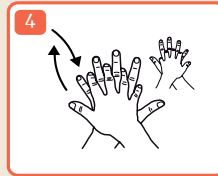
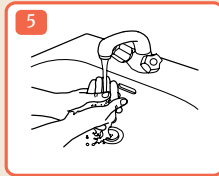
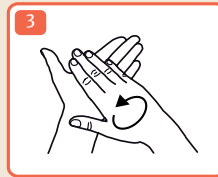
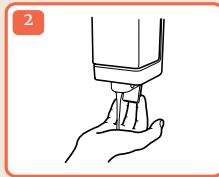
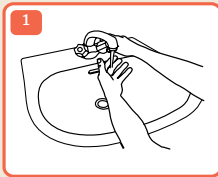
- After coughing or sneezing
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste
- When caring for the sick



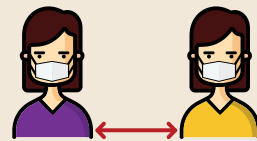
WASH YOUR HANDS FREQUENTLY

When washing your hands with water:

- Use clean, running water
- Wet your hands before applying soap
- Rub your hands together to make soap bubbles/foam
- Clean all parts of the hands, including: between the fingers, under the fingernails, front and back
- Rinse the soap off with clean water
- Dry with a paper towel or clean cloth

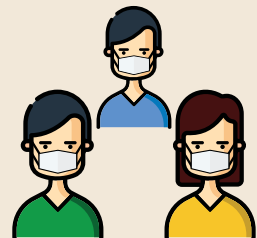


- 1 Physical distancing** - Maintain a distance of at least 1 metre with others. Why? When people cough, sneeze or speak, they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person has the disease.



1 metre (3 feet)

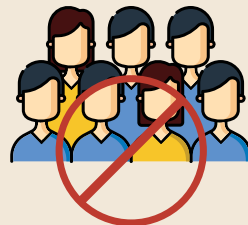
- 2 Respiratory hygiene** - Make sure you, and those around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. After use, dispose of the tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.



- 3 **Avoid touching eyes, nose and mouth.** Why? Hands come in contact with 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 infect you.



- 4 **Avoid going to crowded places.** Why? Where people come together in crowds, you are more likely to come into close contact with someone who has COVID-19 and it is more difficult to maintain physical distance of one metre.



- 5 **Stay informed** - Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.



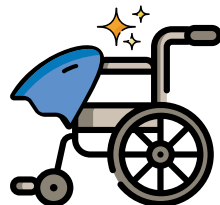
In public places:

- Avoid spitting
- Wear a mask

ADVICE FOR PERSONS WITH PHYSICAL DISABILITIES

In addition to the points mentioned above, kindly consider the following:

- Assistive products should be frequently disinfected. These include prostheses, orthoses, wheelchairs, walking canes, walkers, transfer boards, or any other product that is frequently handled and used in public spaces.
- Clean daily any assistive device being used for mobility, before you leave home and after returning.
- Frequently clean and wash your hands, especially after any movement that requires touching any surface that may be contaminated.
- Prevent others from touching the cane, wheelchair or any other assistive device used by you.



- The support persons pushing the wheelchair must wash their hands before and after touching the push handles.

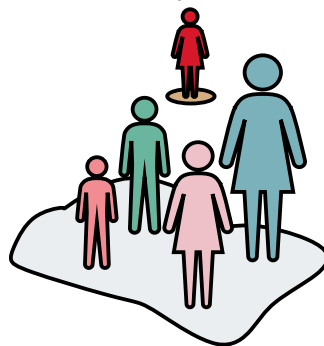
Advise for caregivers during and after taking care of a person with disability:

- Use personal protective equipment, including masks, face shields, gloves and hand sanitisers when performing care activities
- Wash hands before and after contact with the person you are caring for
- Wash hands before and after changing positions
- Wash hands before and after helping for feeding
- Clean regularly the surfaces and instruments used
- Avoid touching your face
- Support the person with disability with hand cleaning at least once every three hours
- Make a change of clothes daily



Elderly persons with physical disabilities with high functional dependence must:

- Remain in preventive isolation during the lockdown period
- Be explained the current situation, the importance of prevention measures – frequent hand washing, physical distancing, and confinement – in a simple and clear manner
- Use alcohol-based handrub solution in case of difficulty with hand washing. Alcohol-based hand sanitisers should be stored away from all heat and ignition sources, including (but not limited to) sparks, open flames, any types of electrical outlets, switches or equipment and extreme heat
- Continue with any ongoing pharmaceutical treatment

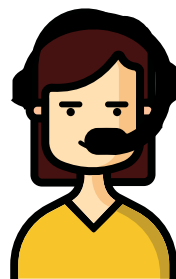


Avoid stigma and fear, spread compassion

- Avoiding physical contact is an important measure to safeguard your own health and the health of your near and dear ones
- Maintaining distance from each other is not a form of rejection
- Ensuring regular communication with family and friends helps during isolation
- Generating a daily routine that includes leisure activities helps keep a positive outlook

Keep in mind:

- Contact the centre before coming for any service and take prior appointment
- Use of mask for service user and caregiver/attendant is compulsory during every visit to the centre
- Kindly follow all the instructions given by the centre staff whenever you visit the centre



CLEANING/DISINFECTING SURFACES AT HOME

It is very important to clean/disinfect surfaces that are frequently touched to prevent spread of COVID-19. Assistive devices, including wheelchair, cane, prosthesis, orthosis, standing frame, special chair, etc., should be cleaned on a regular basis, especially before and after going outdoors.

Routine cleaning using available soap/detergent/floor cleaner is advised. If you think a surface may be infected, conduct disinfection of surface in the following way:

- Sodium hypochlorite (bleach / chlorine) may be used at a recommended concentration of 0.1% or 1,000 ppm (1 part of 5% strength household bleach to 49 parts of water). Alcohol at 70–90% can also be used for surface disinfection.
- Surfaces must be cleaned with water and soap or a detergent first to remove dirt, followed by disinfectant. Cleaning should always start from the least soiled (cleanest) area to the most soiled (dirtiest) area.
- All disinfectant solutions should be stored in opaque containers, in a well-ventilated, covered area that is not exposed to direct sunlight and ideally should be freshly prepared every day.



- If preparing bleach / chlorine solution at home, use gloves, mask and eye protection. Make solution in well-ventilated area away from direct sunlight. Use prepared solution within 24 hours.
- At-home disinfectants are to be applied to the surface using a cloth or wipe soaked in the disinfectant; spraying is not recommended for COVID-19.

Make sure you:

- Wash your hands after using any disinfectant
- Keep disinfectant away from the reach of children
- Discard disposable items like gloves and masks if they are used during cleaning in an appropriate manner following local guidelines. Do not clean and re-use disposable items
- Use rubber gloves, waterproof aprons and closed shoes while disinfecting. Eye protection and medical masks may also be needed to protect against chemicals in use or if there is a risk of splashing.



Note: As the pandemic continues to evolve with new evidence emerging, kindly refer to the latest information shared by local authorities and the government.

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