



Your guide to staying safe in the COVID-19 pandemic



Mask Up!



Maintain Hygiene



Vaccinate Yourself



Keep Safe Distance



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WHAT YOU NEED TO KNOW ABOUT COVID-19



About the Coronavirus

Coronaviruses 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) and Severe Acute Respiratory Syndrome (SARS).

On 31 December 2019, a cluster of cases of pneumonia of unknown cause, in the city of Wuhan, Hubei province in China, was reported to the World Health Organisation. In January 2020, a new virus was identified and samples taken from cases indicated that this was the cause of the outbreak.

This new virus was named Coronavirus Disease 2019 (COVID-19) by the World Health Organisation (WHO) in February 2020. It is known as SARS-CoV-2 and the associated disease is COVID-19.

The virus consists of a core of genetic material surrounded by an envelope with protein spikes. This makes it look like a crown – the word 'Corona' means 'crown' in Latin.

How does it spread?

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose. Recent research shows that the virus is airborne.



What are the symptoms?

Signs and symptoms may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. Common signs and symptoms can include:



Early symptoms of COVID-19 may include a loss of taste or smell. Other symptoms can include:

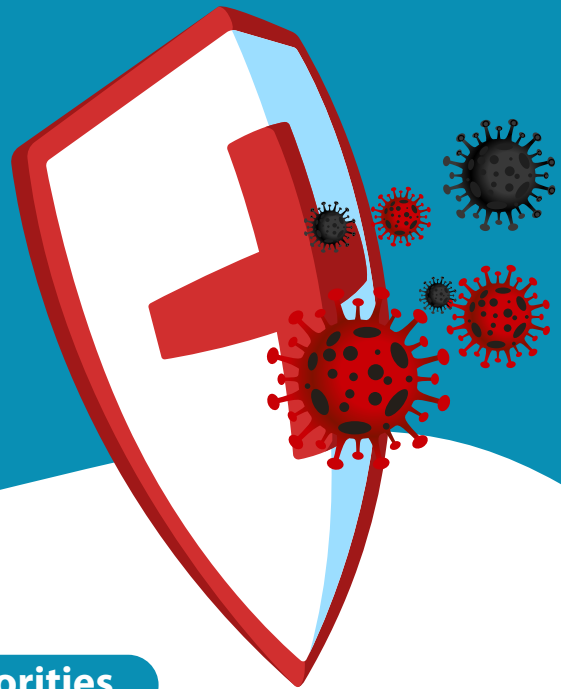
Shortness of breath or difficulty breathing, muscle aches, chills, sore throat, runny nose, headache, chest pain, pink eye (conjunctivitis), nausea, vomiting, diarrhoea, rashes.

This list is not all inclusive. Children have similar symptoms to adults and generally have mild illness.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start. However newer symptoms are emerging every day.

HOW DOES ONE KEEP THE VIRUS AWAY?

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, avoiding crowds, washing your hands, and coughing into a bent elbow or tissue.



Wear a mask as specified by the authorities

Masks should be worn in addition to staying at least **6 feet apart**, especially around people who don't live with you.

Wash your hands or use hand sanitiser before putting on your mask. Wear your mask over your nose and mouth and secure it under your chin.

Fit it snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head. If you have to continually adjust your mask, it doesn't fit properly and you might need to find a different mask type or brand. Make sure you can breathe easily.



Maintain social distancing of 6 feet

Inside your home, avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members. Outside your home, put 6 feet of distance between yourself and people around you. Remember that some people without symptoms may be able to spread the virus.

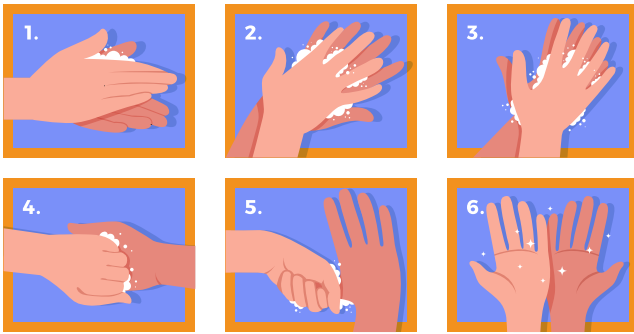


Avoid crowds and poorly ventilated spaces

Being in crowds like in restaurants, bars, fitness centres, or multiplexes puts you at higher risk for COVID-19. Avoid indoor spaces that are not well-ventilated as much as possible. Try to bring in fresh air by opening the windows and doors.



Wash your hands often



Wash your hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing; and after handling anything that has come from outside your home.

If soap and water are not readily available, use an alcohol-based hand sanitiser with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Clean and disinfect surfaces

Clean high touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces



Monitor your health daily

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. This is especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop. However, don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature.



Cover coughs and sneezes

If you are wearing a mask: You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands. If you are not wearing a mask, always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do

not spit.

Throw used tissues in the trash and immediately wash your hands.



DEALING WITH THE SECOND WAVE

In India, we live amidst COVID positive cases – infected with the original virus or the variant virus, recovered cases, vaccinated people and the non-vaccinated in the second wave of this pandemic.

The second wave of COVID-19 in India has been far more damaging than the first one. From 11,000 on Feb. 10, the daily new COVID-19 infections zoomed to more than 370,000 on April 30, 2021. Meanwhile, thousands of patients across states are struggling for hospital beds and oxygen.



So, what should the new normal be?

It's time to adopt the norms of hand sanitisation, physical distancing, masking and cleaning of high touch surfaces on a war footing. There should be zero tolerance for those without masks, crowding and COVID inappropriate behaviour. Along with these, contact tracing, surveillance and testing need to be stepped up.



Authorities now recommend double masking

What is double masking?

Double masking is when you layer one mask on top of another. This can have two advantages – better fit and better seal.



Better fit

Many types of masks don't fit perfectly on your face. In fact, you've probably noticed that you feel air escaping through the sides of your mask when you breathe in and out. Double masking can help to better prevent this from happening.

Better Seal

When you're wearing two masks, the outer mask can apply gentle pressure to the edges of the inner mask. When this happens, the inner mask fits more closely against your skin and creates a better seal.

How to double mask

Cloth masks alone are not recommended, but pairing them with a surgical mask drastically increases the effectiveness. Doing this is very simple, too.

Wear the surgical mask and then the cloth mask on top of it for an effective double mask.

Double masks – Don'ts

Use the proper mask combination. The CDC Trusted Source recommends layering a cloth mask over a surgical mask. Avoid other mask combinations. Some mask combinations may not improve fit or may make it hard to breathe.



When to rush to hospital

Rush to hospital only if oxygen saturation level dips below 90%



What to do if someone is sick at home with COVID

Isolate the sick person

- Prepare a separate room and keep distance from others.
- Keep the room well ventilated and windows open frequently

Reduce contact with the virus

- Identify one household member to be the contact person who is not at high risk and has fewest contacts with people outside.
- Wear a medical mask in the same room with the sick person
- Use separate dishes, eating utensils and bedding from the sick person
- Clean and disinfect frequently touched surfaces.

Take care of the sick person

- Monitor symptoms regularly
- Pay special attention if the person is at high risk from serious illnesses
- Ensure the sick person rests and stays hydrated

Call your healthcare provider immediately if you see any of these danger signs



Difficulty in breathing



Loss of speech or mobility



Confusion



Chest pain



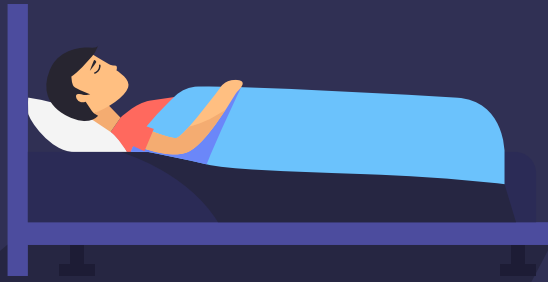
Additional strategies

Here are a few additional strategies for life savers to deal with second wave of infections



Sleep well

If you are not sleeping enough, it can take a toll on your immunity. When you sleep at night, the body repairs the cells, especially the brain cells.



Reduce stress

While some amount of stress is good for the body, too much can create troubles for the body. A high level of stress weakens the gut barrier, which is where most of our immune system lives. Adopt yoga and pranayam in your daily routine.



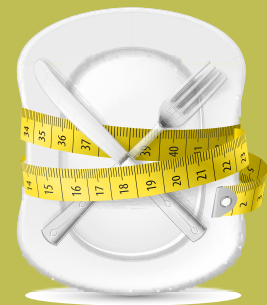
Boost Antioxidants

One of the easiest things you can do to boost your immunity is to fill your plate with colourful veggies. Colourful foods are rich in antioxidants like vitamin C, D, E and A along with zinc and selenium.



Add fibre to your diet

Our immune system is based in our gut. When we eat fibre like dalia, it encourages more diversity in our gut flora, which has been linked to a stronger and more balanced immune system.



Stay Fit

Exercising regularly keeps your immunity strong. Exercising puts our body under short term stress called eustress, which makes us stronger and more resilient in the long term. Even in the short term, exercise can make your immune cells better at killing pathogens.

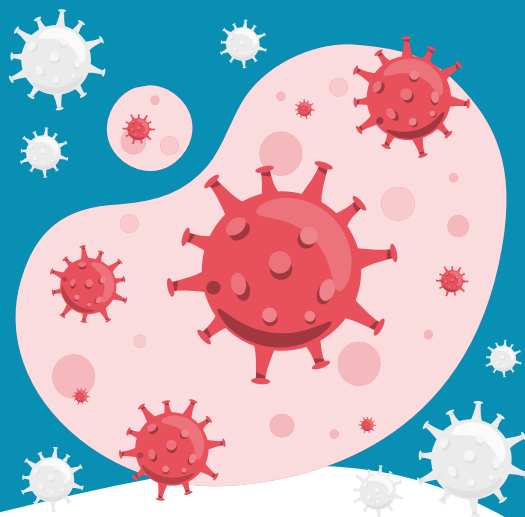
Such waves will keep coming until we attain 70% vaccination and herd immunity. So, do not lower your guard or your mask till this status is achieved.



WHAT IS BLACK FUNGAL INFECTION?

Mucormycosis or black fungal infection is caused by a group of moulds called 'mucormycetes', which are present in the air and cause complications when an ill patient inhales them. These then spread into the sinus, lungs and chest cavities.

It can also occur on the skin following an injury or, in some instances, affect the brain.



What is the cause of this infection?

Experts believe that a high dependency on steroids (used to treat inflammation in COVID-19 cases) and pre-existing comorbidities, such as diabetes may put a person suffering from COVID-19 at a higher risk of catching mucormycosis.

How do you recognise the signs of infection?

- Vision impairment
- Swelling in the cheeks, eyes or parts of the face
- Altered mental state, confusion
- Blackish discolouration around the bridge of the nose
- Excruciating headaches
- Toothache and loosening of teeth



Can it be treated?

Yes, it can be treated if diagnosed early. If left untreated for too long, it can lead to permanent damage, such as loss of eyesight, as well as death.

What is the treatment for this infection?

Treatment options include anti-fungal therapy, reducing or discontinuing steroids and other drugs that suppress the immune system while, in more severe cases, surgery may be required to remove all necrotic tissues from the body.



ALL ABOUT INDIA'S VACCINATION DRIVE

A ray of hope in the fight against the pandemic has been the introduction of vaccines. While COVID-appropriate behaviours in terms of maintaining social distancing, washing hands regularly and wearing masks will have to be followed even after vaccination, vaccines play an important role in helping protect you.

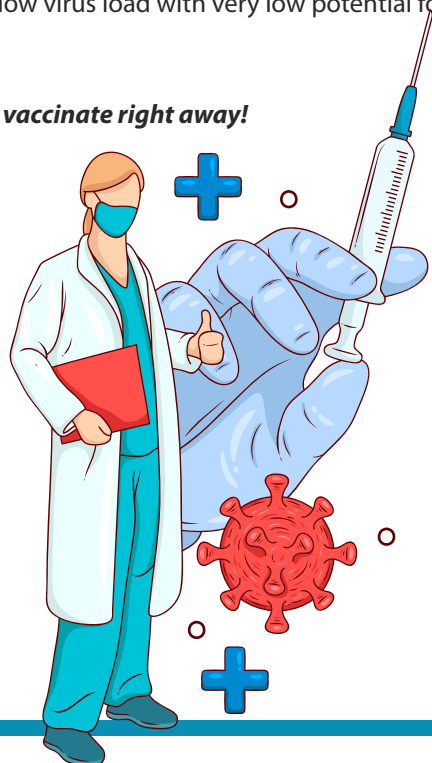
India rolled out the world's largest vaccination drive on January 16 to vaccinate around 300 million priority groups against the Coronavirus Disease (COVID-19). Among the first to be vaccinated were 10 million health-workers who are at high risk of exposure.

Over the next six months, the vaccination drive will cover 300 million priority groups who are at higher risk of getting infected. These include 10 million health workers, 20 million frontline workers and around 270 million persons above age 18 years and/or with co-morbidities.

Did you know that when you get vaccinated, you're not only protecting yourself, but you are also protecting your family and your community?

Yes, patients are being admitted to hospitals with corona infections even after 2 doses of vaccines. But in most cases, the infection is asymptomatic, mild or moderate with high CT value and low virus load with very low potential for transmission.

Don't delay – vaccinate right away!



VACCINE FAQS



Is COVID-19 vaccination mandatory?

COVID-19 vaccination is voluntary, but both shots are advisable for protecting yourself and others.



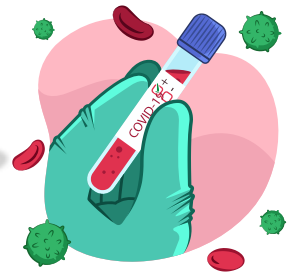
Is the vaccine safe? How can its creation and testing be effective in such a short time span.

The process is completely safe as vaccines are introduced by regulatory bodies only post complete testing, basis their safety and efficacy.



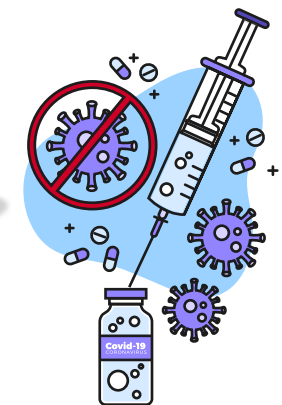
Can COVID-19 positive/suspected persons be vaccinated?

COVID-19 positive/suspected people run a high risk of infecting others. Vaccination must be carried out 4-8 weeks after symptoms are gone or complete recovery.



Is vaccination necessary for a person who has already recovered from COVID-19?

Vaccination is necessary regardless of COVID-19 history. There is currently no data on immunity post recovery from COVID-19 but vaccines will most certainly develop immunity. Vaccination should be carried out 4-8 weeks post complete recovery.





Which is the safest COVID-19 vaccine in India?

All licensed COVID-19 vaccines are safe. Both doses of the same vaccine should be taken by the person.



Covidshield or Covaxin – what is the efficacy?

Both the vaccines are equally effective - you may take either.



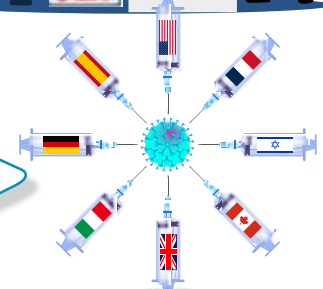
What is India's capacity to store and transport COVID-19 vaccine maintaining temperatures between 2°C to 8°C?

Programme mechanisms are being strengthened/geared-up to effectively cater to the entire population.



Is the vaccine available in India as effective as the ones introduced in other countries?

Yes, these are just as effective.



Eligibility for vaccination?

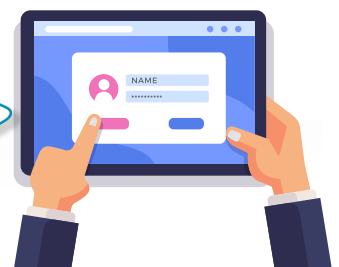
From May 1st, 2021 – Age 18+ eligible.



Where should I register for the vaccination?

Register on the CoWin Portal and schedule your vaccination appointment.

<https://www.cowin.gov.in/home>





Is COVID-19 vaccine possible without registering with the Health Department?

No. Information on the vaccination site and time will be shared only after registration on the CoWin site.



Where can I get the vaccine from?

Vaccines are available from Government and Private Health Facilities as notified, known as COVID Vaccination Centres (CVCs)



If I cannot pre-register myself online, how do I register on the spot and get vaccinated?

Those who cannot get themselves registered online can contact their local Government health workers, who will help the beneficiaries to the Government CVC for on the spot registration, appointment, verification and vaccination on the same day.



Why is vaccination not provided to children?

COVID-19 affects all age groups; however, children are either asymptomatic or have mild infection. The general practice is to first evaluate any new vaccine in older population and then assess the safety and effectiveness in paediatric population. There are some clinical trials now underway to test the effectiveness and safety of the COVID-19 vaccines in children.



Is the vaccine safe for pregnant and lactating women?

Pregnant women have not been part of any COVID-19 vaccine clinical trials so far. Therefore, women who are pregnant should not receive COVID-19 vaccine at this time. However, women who are breastfeeding can safely take the vaccine.





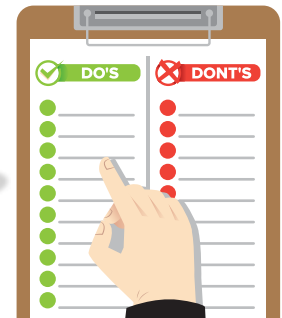
Is COVID-19 vaccine safe for Cancer, Diabetes, Hypertension etc, patients?

Yes. Also comorbid conditions are at high risk. Therefore these high risk patients must take COVID -19 vaccines.



What are the Do's and Don'ts at the vaccination site?

Maintain COVID-19 appropriate behaviours – sanitise often, masks are mandatory outside and maintain distance of 6 feet with others. You must rest for half an hour post vaccination. Do inform health authorities/ANM/ASHA for any subsequent allergic reaction, discomfort or uneasiness.



Are there any side-effects from COVID-19 vaccines?

Persons may suffer common side effects like mild fever, chill, fatigue and/or pain at injection site. Allergic reactions to be notified to the health authorities/ANM/ASHA.



How many doses should be taken to complete the vaccination schedule?

Two doses – please follow all protocols issued by the Ministry of Health and Family Welfare, Government of India.



Is it important for me to receive the same vaccine during second dose?

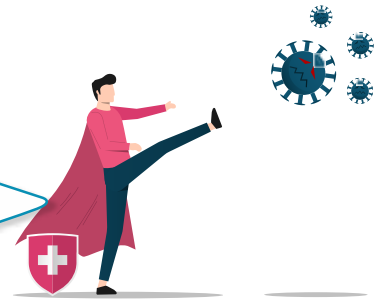
As the vaccines available are not interchangeable, it is important to receive the second dose of same vaccine as the first one. The CoWin portal is also going to help to ensure that everyone receives the same vaccine.





What is the time taken to develop antibodies in the body?

Protective levels of antibodies start to develop two weeks post receiving the 2nd dose of COVID-19 vaccine.



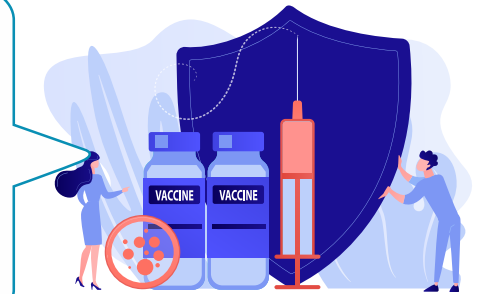
Is COVID-19 appropriate behaviour needed even after complete vaccination?

Developing research, hence COVID-19 appropriate behaviour should be followed in public places until further notice.



Does vaccination protect me against newer strains / mutated virus of SARS-CoV 2?

The body responds to vaccination by making more than one type of antibodies to virus parts including spike protein. Therefore, all vaccines are expected to provide reasonable amount of protection against the mutated virus also.



New Developments



What is the revised interval between Covaxin and Covishield dosage?

Two doses of Covaxin have to be taken at a gap of 4-6 weeks and for Covishield, the gap has been extended to 12-16 weeks.



Amongst the three vaccines - Covaxin, Covishield and Sputnik – which is the most effective?

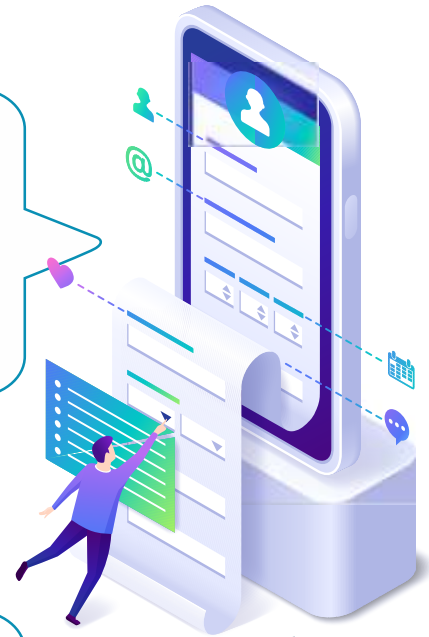
All brands are equally effective against the Coronavirus.





Can we book Sputnik through the CoWin site?

The vaccine has been listed on the CoWin site and the Aarogya Setu App as the third option. So, you can opt for the vaccine while registering, if it is available at a particular centre.



Is DRDO's anti-COVID drug 2-DG, a substitute to vaccination?

Vaccination is for prevention from coronavirus. The anti-COVID drug 2-DG is one of the few medicines across the world that has been designed specifically to treat COVID-19 and is no way a substitute to vaccination.



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20



Sources

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

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/mythbusters?gclid=Cj0KCQjw4ImEBhDFARIsAGOTMj8zHbNE12CtIpZk9inr2TZkXm0Kd3ieaQt1tBNK7ysQ-MrJ5vKT_MaAnpkEALw_wcB

<https://timesofindia.indiatimes.com/blogs/toi-edit-page/dealing-with-the-second-wave-here-are-the-actions-we-must-undertake-to-fight-the-covid-storm-upon-us/BSL-Guide-to-Vaccinations-for-COVID-19>

POST COVID CARE

Surprising as it may seem, COVID-19 has an excellent recovery rate and upto 90% of those affected recover. It usually takes around 2 weeks for mild cases and about a month for people who were more seriously affected to get back on their feet.



What you can expect to experience



Low energy levels and fatigue



Breathing difficulty and breathlessness at the slightest physical activity



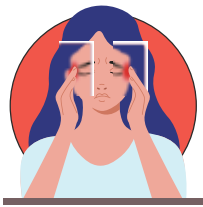
Chest congestion



Cough with phlegm



Poor appetite and/sour taste in the mouth



Headaches



Poor concentration



Anxiety



Difficulty in falling asleep and troubled dreams

Dealing with Fatigue



Fatigue is common after all flu infections and even worse after COVID. To deal with post-Covid fatigue there are a few steps that you need to take to make things easy.

Give yourself a daily routine customised to your current energy levels. You may need to reorganise your workspace to make things easier for you.

Adjust your schedule to how much you can realistically take. Prioritise whatever you think you need to do and take things slowly.

At every step take your fatigue level into consideration.

You will need to eat an energy-boosting diet to keep pace.

Taking care of cough

If you have a dry cough

If you have a dry cough drink plenty of fluids including honey mixed with warm water and lemon. Steer clear of alcohol and drinks like coffee which can be dehydrating. Sip water slowly throughout the day to keep your throat moist. If your throat feels dry and there is nothing else - swallow your saliva. Take steam inhalations twice a day for 10-15 minutes and if you have a humidifier in your room, you can use it.

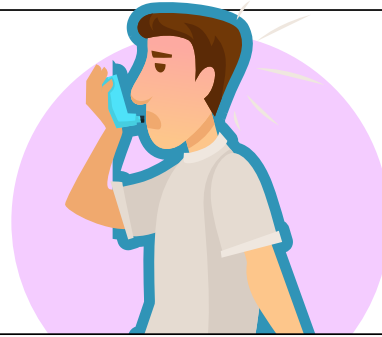


If you have a cough with phlegm

Steam inhalation twice a day can help loosen the cough. Try sleeping on one side rather than flat on your back so that the phlegm does not cause congestion in your chest or nose. Drink lots of fluids including those which are rich in protein like stock or lentils and vegetable soup. You could also boil ginger, tulsi and black pepper to five or seven minutes in water and drink that.

If there is congestion in your chest

Try multi-step breathing exercises which may ease the congestion. Sit comfortably in a chair, start with shallow breathing and then gradually work up to three or four deep breaths that will fill your stomach with air. Then breathe out strongly in two puffs. Alternatively, lie down on your right side with a couple of pillows under your hips or head.



Dealing with post-Covid anxiety

Anxiety is normal after COVID. Take up meditation or yoga to de-stress. Do not watch the news media if it upsets you. Stay connected with family and friends through video calls and phone chats. This will take care of anxiety and bad dreams. You can also practice techniques like visualisation, imagining yourself in another calming space, or focusing your senses so that they are fully engaged in the present.



Other things you can do

There are measures you can take to deal with these. Give yourself time and a lot of love and things will soon be better. Don't worry too much. And if you do need additional healthcare, you will be able to take the right steps at the right time.

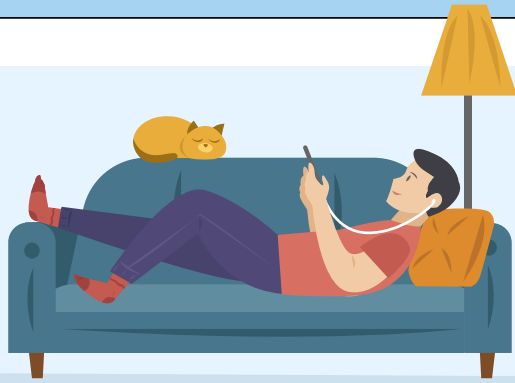
Take some time out

Don't try to do too much at one go. Give yourself some time to adjust to your old routine, taking it one day at a time



Rest a while

If possible give yourself a week of complete rest after you have recovered – many doctors suggest an additional seven days of isolation because the virus may still be around in your system. A well-rested body can focus on healing.



Sleep well

Get enough sleep because when you sleep, your body speeds up the recovery procedure. Do not resume your old lifestyle right away. Too much work, stress and anxiety will make you ill.



Exercise a little every day

Exercising is essential for a speedy recovery. Safe, simple, exercises may include, strengthening exercises, activities for balance and control, stretching, or a combination of these to maintain fitness.

Starting slow simply means involving in low-intensity exercises and performing any activity for 5-10 minutes a day. You can start with jogging or walking in the first week of post-Covid recovery. In the second week, you can double the timing and increase the pace. A nice and calming meditation session in the morning is all you need to lift your mood and energise yourself.



Eat nutritious food

Make sure your diet has plenty of proteins such as lentil soup, legumes, seeds, nuts, boiled eggs, and chicken stew. Eat small portions and don't forget to eat at least 1 fruit a day. Drink plenty of water and turmeric milk to boost your immunity. You should also eat the healthy fats found in walnuts and cashews. Don't forget mood elevators like dark chocolate, with at least 70% cocoa.

Do eat at regular intervals and, if you have issues with

taste, try adding pickles or jam to tempt your tastebuds. If your throat is tender do cut your food into small pieces.



Play a few memory games to improve concentration

COVID is known to damage brain and neural cells. Try playing some memory games like sudoku, mathdoku, or even crosswords and jigsaw puzzles. Apart from sharpening your grey matter, these will also help you while away the time.



Monitor your blood oxygen level

Keep an eye on your blood oxygen saturation level with your oximeter. If your oxygen level fluctuates and dips below 90, you will need to visit the doctor.

Stay alert for warning symptoms

COVID can have long-term consequences for your health – it can result in both lung and heart damage. If you begin to experience shortness of breath, tightness in the chest or warm flushes, consult a doctor right away.





**24x7
COVID-19
HELPLINE**

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LOCATIONS**



0657 6644555



people.care@tatasteel.com

| 24x7 helpline for Tata Steel & TIS Group employees.
| Accurate & quick information on COVID-19
| Medical / HR / Communication issues.

To enquire on the
COVID-19 positive patients at TMH

Call

24X7 HELPLINE NUMBER



0657 6641306

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