



# ENVIS CENTRE, CHANDIGARH NewsLetter

P a r y a v a r a n - P a t r a

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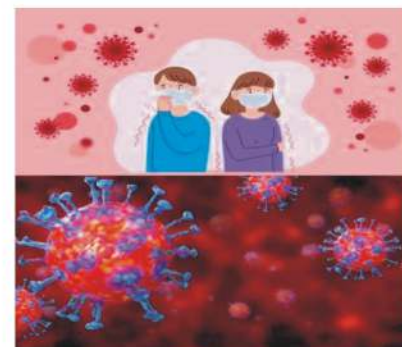
Chandigarh  
State of Environment



## INTRODUCTION

## Novel COVID-19 PANDEMIC

Corona viruses are a large family of viruses which may cause illness in animals or humans. This new virus and disease was unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally. In humans, corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus causes corona virus disease, also called as COVID-19.



### Symptoms of Corona Virus

Some of the most common symptoms of COVID-19 are tiredness, fever, dry cough. Additional symptoms that seem to be less common and have a high tendency to affect some patients include mild pains, conjunctivitis, sore throat, nasal congestion, headache, diarrhea, loss of taste or smell, rashes or discoloration of fingers or toes. These symptoms are usually mild and begin gradually.

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

#### Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



Be **SUPPORTIVE**  
Be **CAREFUL**  
Be **ALERT**  
Be **KIND**

Be **READY** to fight  
**#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



#### Protect yourself and others from getting sick

##### Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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## Myths about COVID-19

There are multiple myths about corona virus, due to unnecessary propaganda on social media platforms like Whatsapp, Facebook, Instagram etc. It is vital to be well informed than to fear the effects, causes and recovery. When in doubt, make sure to gather information from authentic sources like gazetted government notifications, World Health Organization, established media channels, current scientific literature etc.

While several drug trials are ongoing, there is currently no proof that hydroxychloroquine or any other drug can cure or prevent COVID-19. The misuse of hydroxychloroquine can cause serious side effects and illness and even lead to death. WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19.

**FACT:**  
There are currently no drugs licensed for the treatment or prevention of COVID-19



#Coronavirus

#COVID19

27 April 2020

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

**FACT:**  
Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.



#Coronavirus

#COVID19

27 April 2020

To date, there is no evidence or information to suggest that the COVID-19 virus is transmitted through houseflies. The virus that causes COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands. To protect yourself, keep at least 1-metre distance from others and disinfect frequently-touched surfaces. Clean your hands thoroughly and often and avoid touching your eyes, mouth and nose.

**FACT:**  
COVID-19 IS NOT transmitted through houseflies



#COVID19

#coronavirus

5 April 2020

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only.

Remember to keep chlorine (bleach) and other disinfectants out of the reach of children.

**FACT:**  
Spraying or introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous



#COVID19

#coronavirus

27 April 2020

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

**FACT:**  
Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent nor cure COVID-19



#Coronavirus

#COVID19

27 April 2020

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

**FACT:**  
Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



#Coronavirus

#COVID19





## DO'S AND DON'T'S

### ✓ Precautionary Do's:

- ☐ Make it a routine to thoroughly clean your hands with an alcohol-based hand wash or with soap and water.
- ☐ Maintain a distance of minimum one meter (3 feet) between yourself and others.
- ☐ Avoid going to crowded places.
- ☐ Avoid touching eyes, nose and mouth.
- ☐ Follow good respiratory hygiene. This includes avoid smoking, wear a mask, cover your nose with elbow or a napkin when in the act of sneezing and proper disposal of used tissues
- ☐ Be Quarantined and self-isolate if suspected with even minor symptoms like headache, mild fever, running nose until you recover.



### Precautionary DON'T'S

- ☐ Touching of eyes, nose or mouth with unwashed hands while coughing or sneezing
- ☐ Spitting in public
- ☐ Stockpiling of masks- Use of mask is essential, if you are infected. Don't stockpile, be generous and leave for those, who really need them.
- ☐ Believing the internet, solely. There are a lot of myths about COVID-19. Choose your source of information wisely.
- ☐ Share towels or a bed with those deemed vulnerable if you have the symptoms and live in the same home.
- ☐ We all love our parents, call your mother on mother's day, and avoid traveling or meeting them if they are old. Elderly people are more susceptible to such viruses.
- ☐ Go on holiday overseas.
- ☐ Taking medicines without consultation with a authentic medical practitioner
- ☐ Public spaces like railings, walls etc

### Correct Way of Putting on a Mask

1. Before touching the mask, thoroughly clean your hands.
2. Inspect the mask for tears or holes.
3. Consciously Orient back side and front side of the mask
4. Remember, a mask can be made easily at home so don't panic if unavailable in the market
5. Pull the stiff edge of the mask so it moulds to the shape of your nose.
6. Pull down the mask's bottom so it covers your mouth and your chin.
7. Do not touch the mask while you are wearing it for protection.
8. After use, take off the mask with clean hands; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.





## Upside of Corona Virus- The Earth doesn't feel Claustrophobic Anymore

There are always two sides of a coin, it is indeed dismal to see the rising death rate globally, but on the contrary this can be used as an opportunity to heal the planet earth and sustain it even beyond the lockdown period.

Now that the earth is healing; lets take a pledge to help her sustain this healing, indefinitely.

In recent times, the constant vehicular honking, people pounding the pavement, strict schedules of trains, flights and buses, the usual hymn of public life has come to a halt. Let's look at the some of the common positive changes, the earth has experienced during this period of lockdown-

### **Spotting the Forgotten species :**

We as humans have been intruding the natural ecosystems and have altered the equilibrium with various development activities. We have hunted for sport, leather, skin, teeth etc. We have dried up the natural sources of water by diverting them to fulfill our needs. This lockdown has enabled many rare species of fauna to flourish back in their natural ecosystems like the Gangetic dolphins have become more visible in the Vikramshila Gangetic Dolphin Sanctuary (VGDS) in Bihar due to the less interference from human activity, graceful pairs of fin whales were spotted at Calanques national park in France near the Mediterranean port city of Marseille and in Thailand a herd of 30 dugongs were caught on camera swimming in the Hat Chao Mai National Park where tourism had made it come to a halt.



### **Oceans are Quieter :**

With zero movement of cargos and ships, the ocean and the aquatic life is healing itself from unwanted oil spills, fishing nets, life threatening plastic pollution etc.



### **Lesser Air pollution :**

According to World Health Organization exposure to ambient air pollution can cause strokes, heart disease, and respiratory illnesses and can kill about 4.2 million people a year. As cities and, in some cases, entire nations, Earth-observing satellites have detected a significant decrease in the concentration of a common air pollutant, nitrogen dioxide, which enters the atmosphere through emissions from cars, trucks, buses, and power plants. The cities around the world have experienced a drastic drop in increasing air pollution levels. Delhi was deemed to be one of the most polluted capital in the world; during month of March-April, the AQI of Delhi mostly fell under 'Poor' category . Owing to this lockdown, the AQI has reduced to below 100, which falls under the 'satisfactory' category. The AQI of Chandigarh has also been recorded below 30 during lockdown,



### **Rumbling of the earth :**

With lesser vehicular movement, operation of heavy machines, shut down of factories and major development activities involving, blasting and tunneling, the earth is static on the surface ground. With lesser noise pollution, the wildlife is at peace and so is the planet which usually is trampled upon on a daily basis.



*Humans have only known to extract relentlessly from mother earth, its time we let it breathe and allow the natural processes to flow at its best, without any human interference.*



## How to Cope up with Stress during this Pandemic



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.





Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.


Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



A ray of hope is enough to brighten up our day. COVID-19 has undoubtedly brought innumerable changes in our lives. There have been emotional, economic and social downfalls, but it is up to us to weigh the positives and negatives. If you can't go out during the lock down, tread the journey within. Meditate and retrospect your actions. This time can be utilized to reflect upon our own thoughts and doings. The ultimate break from the ultimate rat race.

Some practices to inculcate a positive approach of mind-

- ✦ **Gratitude-** Be grateful for your living experience, presence of loved ones, food that you consume and the fact that we are alive and healthy, for there is no greater wealth than health itself.
- ✦ **Faith-** Have faith for a better tomorrow
- ✦ **Meditation-** Sit still and focus on your breathing. Practicing any form for meditation releases stress.
- ✦ **Positivity-** A positive mind will have approach and with a positive approach nations are built. Shun the negativity today.
- ✦ **Utilize this time to follow a long lost passion-** This is the time to follow your hobbies that seem to have faded in the hustle bustle of life
- ✦ **Eat Healthy-** A healthy lifestyle will help you stay active and build immunity, which is very crucial in times like these.




Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.


Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.


If possible, make opportunities for the child to play and relax.





Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.







## Global Strategy to Conquer COVID-19

The corona virus disease 2019 (COVID-19) pandemic is taking a huge toll on individuals, families, communities, and societies across the world. Daily lives have been profoundly changed, economies have fallen into recession, and many of the traditional social, economic, and public health safety systems that many people rely on in times of hardship have been put under unprecedented strain.

### The global strategic objectives are as follows:

- Taking ownership and mobilizing all sectors and communities to ensure active participation in the response and in preventing cases through hand hygiene, respiratory etiquette and individual-level physical distancing.
- Control sporadic cases and providing them with appropriate care along with tracing, quarantining, and supporting all contacts.
- Active suppression of community transmission by adopting physical distancing measures and taking appropriate restrictions on unwanted domestic and international travel.
- Focus on reducing mortality rates via effective clinical care, valuing human life by continuing essential social and health services as well protecting vulnerable sector of the society.
- Prioritize synthesizing of effective vaccines that can be accessible at every level and delivered as per need and emergency

Be <b>SAFE</b> from #coronavirus	Be <b>KIND</b> to address fear during #coronavirus	Be <b>SMART</b> & inform yourself about #coronavirus
<p>If you are 60+ or if you have an underlying condition like:</p> <ul style="list-style-type: none"> <li> Cardiovascular disease</li> <li> Respiratory condition</li> <li> Diabetes</li> </ul> <p>by avoiding crowded areas or places where you might interact with people who are sick.</p>	<ul style="list-style-type: none"> <li> Show empathy with those affected</li> <li> Learn about the disease to assess the risks</li> <li> Adopt practical measures to stay safe</li> </ul>	<ul style="list-style-type: none"> <li> Follow accurate public health advice from WHO &amp; your local health authority</li> <li> Follow the news on latest coronavirus updates</li> <li> To avoid spreading rumors, always check the source you are getting information from</li> <li> Don't spread rumors</li> </ul>
<p>Learn more to Be <b>READY</b> for #COVID19: <a href="http://www.who.int/COVID-19">www.who.int/COVID-19</a></p>	<p>Learn more to Be <b>READY</b> for #COVID19: <a href="http://www.who.int/COVID-19">www.who.int/COVID-19</a></p>	<p>Learn more to Be <b>READY</b> for #COVID19: <a href="http://www.who.int/COVID-19">www.who.int/COVID-19</a></p>
UNITED NATIONS World Health Organization	UNITED NATIONS World Health Organization	UNITED NATIONS World Health Organization

## Active Participation of Major Stakeholders

Everyone has a crucial role to play in stopping COVID-19. The main stakeholders are-

- Individuals must protect themselves and others by adopting practices like washing hands, avoiding, touching their face, practicing good respiratory etiquette, individual level distancing, isolating in a community facility or at home if they are sick.
- Communities must be empowered to provide community education, protecting vulnerable groups, supporting health workers, case finding, contact tracing, and cooperation.
- Governments must empower all individuals and communities by engaging in effective capacity building and support. Governments must also engage all available public, community and private sector capacity to rapidly scale up the public health system to find and test, isolate, and care for confirmed cases. Equipment, ventilators, medical oxygen and other.







## Initiatives taken by Indian Government to Curb Implications of COVID-19



- ⊙ India was amongst the first countries in the world that imposed an early lock-down, nationally in order to contain the spread of COVID-19 and prevent the rapid increase in cases.
- ⊙ Creation of Aarogya Setu App and 'AYUSH SANJIVANI' launched by GOI to connect essential health services with the people of India in the combined fight against COVID-19 and generation of data on acceptance and usage of AYUSH advocacies and measures among the population and its impact in prevention of COVID-19, respectively.
- ⊙ Telephonic survey for COVID-19 symptoms by calling number-1921 for better understanding this global crisis and taking appropriate actions.
- ⊙ Online training and webinars for physicians and nursing personnel is being conducted by AIMS, Delhi on management of patients by COVID19.
- ⊙ A dedicated toll free number-08046110007 for providing psycho-socio support for health care workers.
- ⊙ Additional awareness videos, audios, posters, banners; Toll Free : 1075rs for general public; Helpline Number : +91-11-23978046; Helpline Email ID : ncov2019@gov.in

## Initiatives taken by Chandigarh Administration

- Measures like door-to-door home delivery of essential items, compulsory wearing of masks in public places, postponing of optional surgeries and other measures concerning social distancing have been taken by the Administration to break the chain of transmission.
- Set up of a compulsory fever clinic in every hospital, as a screening method so that the suspected cases can be isolated at the source.
- Set up of total 12 Covid-care centers have been initiated with a total bed capacity of 2675 beds.
- Dedicated health care centers for moderate cases have been initiated.
- Creation of a 'Chandigarh Fights Corona Fund' as an aid to those in need.
- There have been designated sanitization drives in city at different locations.
- Chandigarh Administration has conducted door to door screening of its Residents.

[Http://chdcovid19.in/](http://chdcovid19.in/)





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**How to Cope up with Pregnancy Issues during COVID-19**

**I'm pregnant.**  
How can I protect myself against COVID-19?



If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.

World Health Organization #COVID19 #CORONAVIRUS

Before, during and after childbirth, all women have the right to high quality care. This includes:



**Close contact and early, exclusive breastfeeding helps a baby to thrive.**

A woman with COVID-19 should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.

World Health Organization #COVID19 #CORONAVIRUS

**TYPES OF TESTING FOR COVID-19**

There are two types of tests for COVID-19 for antibodies that tests directly for the virus, RT-PCR test and NAT test.

**Antibody Test For COVID-19**

Antibody tests are similar to a blood test, using a few drops of blood to determine whether the human body has antibodies for coronavirus. Antibodies are proteins produced by a human body and used by the immune system to identify and neutralize foreign objects such as bacteria and viruses.

**NAT And RT-PCR Tests For COVID-19**

For testing the virus, there are two kinds of tests available NAT (Nucleic Acid Test) and RT-PCR (Reverse transcription-polymerase chain reaction) test. Both tests require a nasal and throat swab. NAT test has been approved by FDA (Food and Drug Administration), currently, in India, RT-PCR is being followed for the diagnosis of COVID-19.

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**NAT TEST FOR COVID-19****ADVANTAGES**

- Tests directly for the virus
- Gives results in 1 hour
- Gives accurate results
- No need for trained staff, highly specialised lab

**DISADVANTAGES**

- Cost ₹ 2,800+
- Maximum 4 tests can be done at once

**RT-PCR TEST FOR COVID-19****ADVANTAGES**

- Tests directly for the virus
- Gives accurate results
- High specificity rate

**DISADVANTAGES**

- Cost ₹ 4,500
- Takes a day to share results
- Requires trained staff and labs

To,

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