



## **Information leaflet on COVID for Parliamentarians**

### **Facts about COVID-19**

- COVID-19 is a viral infectious disease.
- It is caused by recently discovered new Coronavirus now named SARS-CoV-2.
- The first outbreak of this disease was reported initially from China in December 2019 and later it spread globally including India.
- In India the first case was reported on 30<sup>th</sup> January 2020 and now all States/UTs (except Lakshadweep) are reporting cases.
- **Most common signs and symptoms** of this disease are **fever, cough, and difficulty in breathing**. Sometimes affected persons may also complain of **generalized weakness, body ache, sore throat, running nose, loss of smell and appetite, nausea/vomiting, diarrhoea** etc.

### **Mode of transmission**

COVID-19 spreads between people through droplets generated by an infected person while coughing, sneezing, or talking. **People who are in close contact (within 1 metre)** with an infected person **can catch COVID-19** when those infectious droplets get into their mouth, nose or eyes. It may also spread through contaminated objects or surfaces on which such infected droplets fall and rest.

### **Prevention and treatment**

The disease can be prevented by **following physical distancing (“2gajkidoori”)**, **use of face cover or mask, maintaining hand hygiene, (i.e. frequent washing of hands with soap & water) following cough etiquettes and avoid spitting in public places.** There is no proven cure or vaccine for this disease yet. The mainstay of treatment is self-monitoring, early recognition of disease, symptomatic treatment, oxygen therapy and clinical management of complications.

## **High risk population**

Persons more than 60 years of age, those with existing non-communicable diseases (NCDs) like diabetes, hypertension, cardiac disease, chronic lung disease (including TB), cerebro-vascular disease, chronic kidney disease, immune-suppression and cancer etc.

## **Early warning signs**

For those suspected or confirmed as mild COVID cases, **beware of the following signs/symptoms:**

- **Fever & Cough**
- **Nasal Congestion**
- **Difficulty in breathing**
- **Fatigue and reduced alertness**
- **Persistent pain or pressure in the chest**
- **Diarrhoea and loss of appetite.**

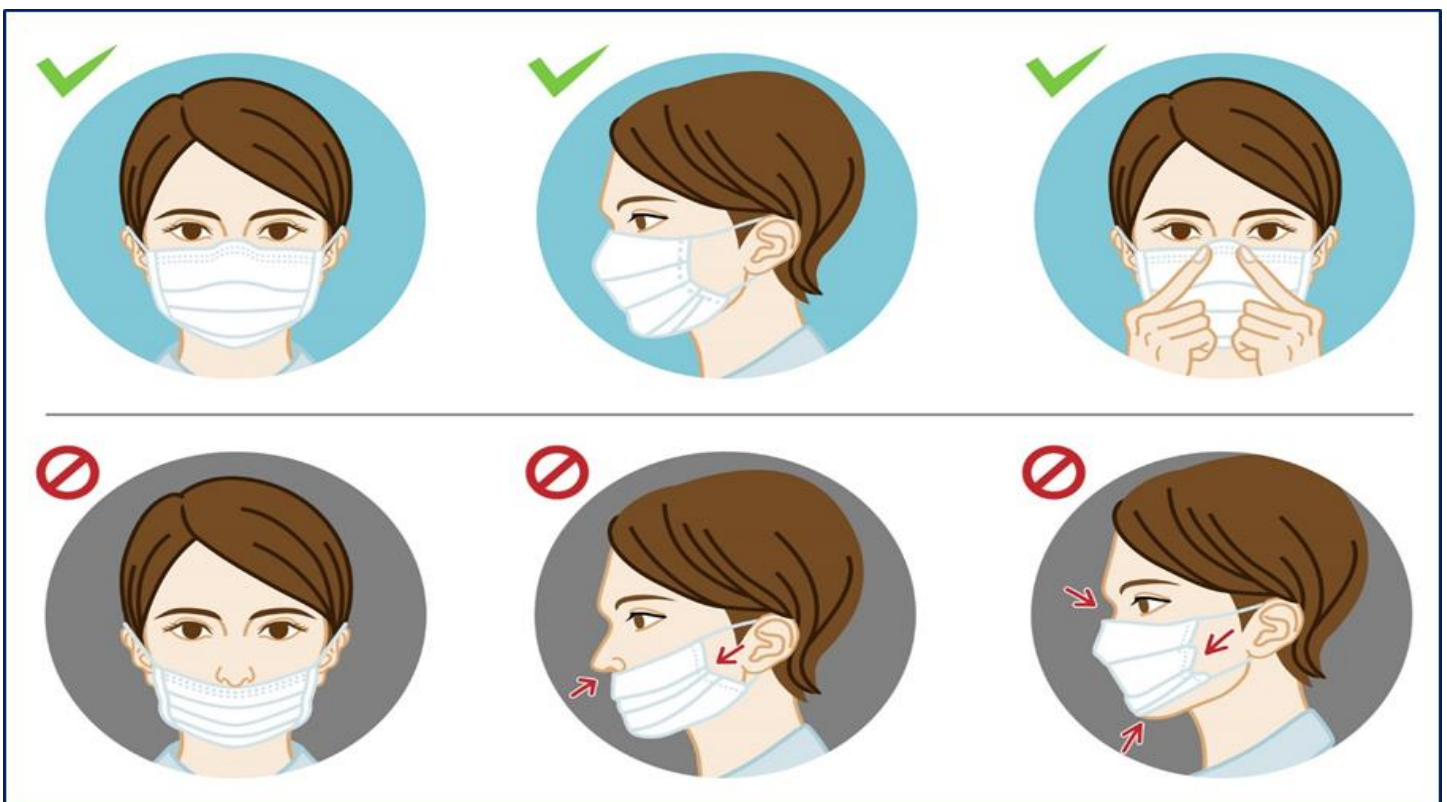
***\*If you develop any of these symptoms, immediately seek medical help.***

# PROTECT YOURSELF

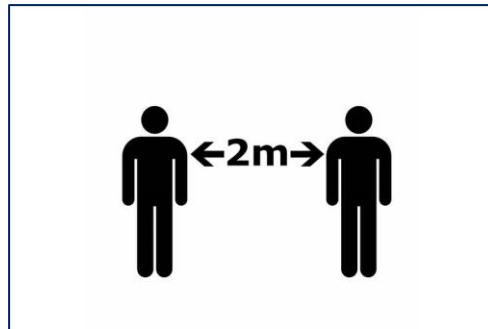
- a. **Always wear a mask or reusable facecover** every time you move out of your residence & step into the parliament. Wear a mask properly **so that your mouth and nose are fully covered**. Change mask if you have used it for more than 8 hours or early if the mask becomes moist/wet.

## How to use a mask correctly

- Wear a mask/reusable face cover all the time
- Unfold pleats facing down, place over nose, mouth and chin
- Fit nose piece over nose-bridge. Tie strings - upper string tied at top of your head, above the ears and lower string at the back of the neck
- Leave no gaps on the either side of the mask. Adjust to fit
- Do not pull the mask down to expose your nose or mouth or hang the mask from the neck or ear
- Do not pull down the mask when speaking
- Avoid touching the front surface of mask



b. **Maintain physical distance of 6 feet** (“Do gaj ki doori”) between yourself and another person while interacting in galleries, chambers or during sessions in Rajya Sabha or Lok Sabha. Don’t shake hands, pat the back or hug other persons.

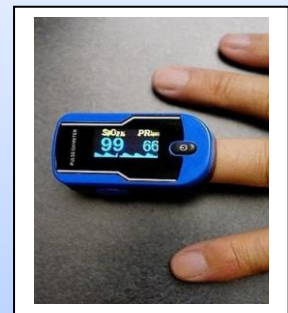


c. **Keep your hands always clean:** Wash hands with soap and water for **40 seconds frequently**, especially after you have been in a common area or **after blowing your nose, coughing or sneezing**. If soap and water is not available, **then use 70% alcohol-based sanitizer for up to 20 seconds** Do not touch your eyes, nose and mouth with unwashed hands. A step by step process for hand washing is appended.

d. **Self-monitor your health:** Monitor your temperature and oxygen saturation levels daily. If temperature is 100.4 F (38° Celsius) or greater, then you have fever. If your oxygen saturation i.e. SpO<sub>2</sub> is below 95%, then immediately inform Medical unit at Parliament or Emergency CGHS wellness Center.

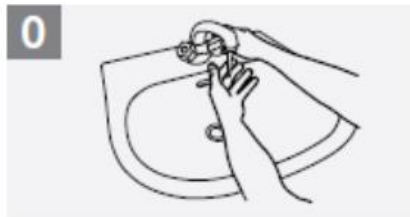
#### **How to use pulse oximeter?**

- Ensure that battery is inserted in the provided slot
- Turn on the Pulse Oximeter. Ensure digits are visible in the screen
- Insert middle finger correctly within the Pulse Oximeter. Allow few seconds for the Pulse Oximeter to detect the pulse and display the oxygen saturation (SpO<sub>2</sub>)
- Normal SpO<sub>2</sub> should be 95% or above. If SpO<sub>2</sub> is below 95 %, then immediately report to medical unit in parliament
- Clean finger with sanitizer or alcohol-based wipe after use



- e. **Download and install Aarogya Setu App on your mobile:** The App informs you regarding risk of contracting the disease, self-health & risk assessment and keeps you informed whether you are safe.
- f. **Keep common areas in your office clean:** All frequently touched surfaces in your office or home (such as **elevator buttons, handrails/handles and call buttons, escalator handrails, intercom systems, equipment like telephone, etc.** should be regularly cleaned by mopping with a linen/absorbable cloth soaked in 1% sodium hypochlorite. Frequently touched areas like **your bag, chair handles, pens, diary files, keyboards, mouse, mouse pad, tea/coffee dispensing machines, metallic surfaces like door handles, security locks, keys** etc. etc. should specially be cleaned with **70% alcohol wipes.**
- g. **Use only clean toilets:** Ensure that washrooms, especially toilet seats, sanitary fittings, doorknobs etc. **are frequently cleaned** before and after each use.
- h. **Safe disposal of used Mask and PPE:** Remove disposable masks and place them in a paper bag and discard after cutting the same to prevent reuse in a waste bin with a cover lid.
- i. **Ensure visitor and common areas management:** Always maintain physical distance in cafeteria, dining areas and restaurants and follow queue management instructions. Avoid meetings visitors to the extent possible. If unavoidable, all visitors who meet you, should use face covers/masks.
- j. **In case you notice symptoms of COVID** (fever, cough, shortness of breath etc.) **Contact Medical unit at Parliament** or nearest CGHS Wellness center.

## Step by step process for hand washing



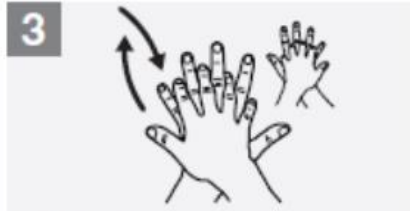
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



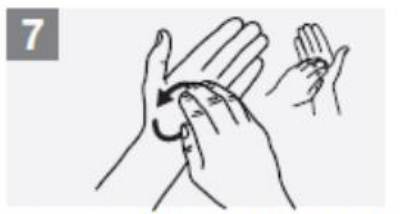
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



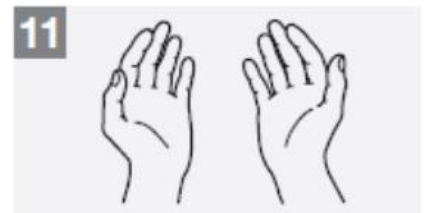
8 Rinse hands with water;



9 Dry hands thoroughly



10 Use paper napkin to turn off faucet;



11 Your hands are now safe.