

COVID CARE COMPANION



COVID-19 BASICS

Guidelines for
the **Second Wave**



For emergencies or any information, call
your healthcare provider or **helpline 1075**



What must everyone do right now?



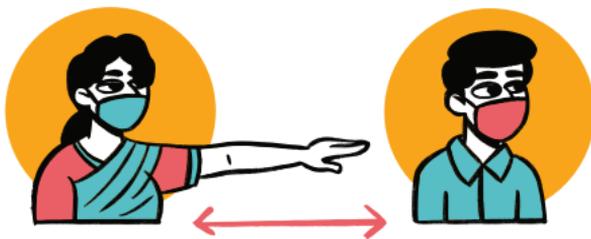
Stay at home



If you go out for essential things like food, medicines or work, **always wear a mask.**



The virus spreads more indoors. **Do not enter crowded indoor areas.**



Stay 2 metres away from others.



Wash your hands frequently with soap and water or clean them using hand sanitizer.

Mask tips

1 Type of mask

- Wear a cloth mask made of **3-4 layers** or a **surgical mask**.
- If possible, wear a double mask (cloth mask over a surgical mask) in crowded spaces.
- It should **fit properly and completely**, **cover** the nose and mouth.



2 When to wear a mask

- **Everyone above 2 years of age wears a mask when going out**
- If you live in a house with many other people who go out for work, **wear a mask even at home**.
- If you or anyone in your home is **feeling unwell**.

3 Remember these are harmful and dangerous

- A **loose** mask.
- A mask that is **thin, torn or not clean**.
- **Pulling down your mask** while talking.
- **Washing and reusing** surgical masks or N95 masks.

How do I know if I have COVID-19 and when do I get tested?



- If you have any of **these symptoms - get tested**: fever, sore throat, cough, bodyache, tiredness, loss of smell and taste, diarrhoea, vomiting, headache.
- If you have been **in contact** with someone who has COVID-19, **get tested**.
- **If a family member is positive, get tested**.
- Testing is available through the Government helpline number : 1075 or the Arogya Setu app.

Who can take the vaccine?

Everyone above 18

Registration can be done on :

CoWin website (<https://www.cowin.gov.in/home>) or the Arogya setu app.

Who can't take the vaccine?

- If you currently have or are suspected to have **COVID-19 infection**, do not take the vaccine now. **After recovery, wait for at least 8 weeks and then take the vaccine**
- **Below 18 years.**
- **Pregnant or breastfeeding mothers** are not included yet, but are very likely to be included soon.



It is important to know where to go for help.

So these are few **helplines numbers** that you can keep with you:

The national helpline is 1075.

To talk to a doctor:

E sanjeevini : **+91-11-23978046**

Free counselling support : **1800-599-0019**



- Keep the number of **ambulances** or any other vehicle that may be needed to transfer the patient to the hospital/clinic if needed.
- Keep the number of **local clinics or hospitals, your doctor, or your ASHA worker** with you.
- Download the **Arogya setu app**.