

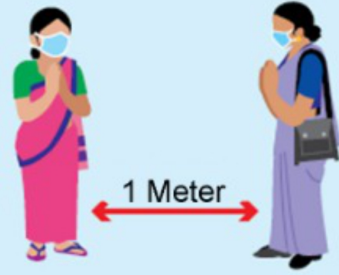
5 SUTRAs TO FIGHT COVID 19

1



- ✓ Keep your mouth and nose covered with a mask, scarf or a clean cloth while stepping out of the house and during work

2



- ✓ Maintain 1 meter distance
- ✓ Do not hug or shake hands

3



- ✓ Wash your hands often for atleast 20 Seconds
- ✓ Do not spit at public places
- ✓ Do not touch your eyes, nose or mouth



4

- ✓ Drink warm water
- ✓ Eat nutritious and healthy food
- ✓ Include Ginger, Turmeric, Tulsi, Cumin and Cinnamon in food

5

- ✓ Seek medical help, if you show symptoms like fever, dry cough and difficulty in breathing



Fever



Dry cough



Difficulty in breathing

Message for SHG Members on COVID-19 Vaccination

Since the beginning of the year 2020, India and the world are gripped in the COVID-19 Pandemic. The disease has affected every country in the world. In India there have been 11,787,534 cases and 160,726 deaths (31st March 2021).

Let us understand how to stop this deadly disease using simple, free of cost measures. Besides the regular Covid-19 protection measures, now a vaccine is also available.



FAQs on COVID Vaccine

Is a COVID vaccine scheduled anytime soon for me?

The COVID vaccine in India was launched on 16th January, 2021. The first group to receive the vaccine includes healthcare and frontline workers. The second group to receive COVID 19 vaccine will be persons over 60 years of age and persons between 45 and 59 years with comorbid conditions. This group will be eligible for vaccinations from March 1st 2021. After 1st April 2021, the vaccine will be available for all those above 45 years of age.

Is it mandatory to take the vaccine?

Vaccination for COVID-19 is voluntary. However, it is advisable to receive the complete schedule of COVID-19 vaccine for protecting oneself against this disease and also to limit the spread of this disease to the close contacts including family members, friends, relatives and co-workers.

Is it necessary for a COVID recovered person to take the vaccine?

Yes, it is advisable to receive complete schedule of COVID vaccine irrespective of past history of infection with COVID-19. This will help in developing a strong immune response against the disease.

Is COVID-19 vaccine recommended for children below 16 years?

As yet, COVID vaccine is not recommended for children below 16 years of age and should not be given.

Is COVID-19 vaccine recommended for pregnant and lactating women?

At the moment, COVID-19 vaccine is not recommended for pregnant and lactating women and should not be given.

Do I need to use the mask/other COVID appropriate precautions after receiving the vaccine?

Yes, it is absolutely necessary that everyone who has received the COVID vaccine should continue to follow the COVID appropriate behaviour i.e., mask, physical distancing and hand sanitization to protect themselves and those around from spreading the infection.

What are expected immediate and delayed side effects of this vaccine?

Covishield®: Some mild symptoms may occur like injection site tenderness, injection site pain, headache, fatigue, myalgia, malaise, pyrexia, chills and arthralgia, nausea. Very rare events of nerve disorders have been reported following vaccination with this vaccine but without the causal relationship establishment.

Covaxin®: Some mild symptoms AEFIs may occur like injection site pain, headache, fatigue, fever, body ache, abdominal pain, nausea and vomiting, dizziness-giddiness, tremor, sweating, cold, cough and injection site swelling. No other vaccine-related serious adverse effects have been reported.



Process of getting the COVID Vaccine

How can I get the COVID-19 vaccine?

You can log into the Co-WIN portal using the link www.cowin.gov.in and click on the “Register/Sign In Yourself” tab to register for COVID-19 vaccination.

Is there any registration charges to be paid?

No. There is no registration charge.

Scheduling Appointment for Vaccination

How can I find the nearest vaccination centre?

You can search in Co-WIN portal (or Aarogya Setu App) for the vaccination centre nearest to your location by either searching through PIN code or by choosing the State and the District.

2nd Dose Scheduling

Is it necessary to take 2nd dose of vaccination?

Yes. It is recommended that both doses of vaccine should be taken for realising the full benefit of vaccination. Both doses must be of the same vaccine type.

When should I take the 2nd dose of vaccination?

It is recommended that the 2nd dose of COVAXIN should be administered in the interval of 4 to 6 weeks from the date of 1st dose administration. For COVISHIELD the recommended interval is 8-10 weeks** (keep updated). You may choose the date of 2nd dose vaccination as per your convenience.



Whom can I contact if I have some problems related to my online registration of appointment?

You can call on the national helpline '1075' for information and guidance on COVID-19 vaccination and Co-WIN software related queries.

Vaccination

Is vaccination free at all vaccination centres?

No. Vaccination is free at Government hospitals and charged up to Rs. 250 per dose in Private hospitals. Citizens can get this information on the Co-WIN portal while booking an appointment.



Vaccine Certificate

Why do I need a vaccination certificate?

Vaccination certificate is a verifiable proof of vaccination that you can use to establish that have been vaccinated in cases where any such requirement is specified.

Which documents should I carry with me for vaccination?

You should carry your identity proof specified by you at the time of registration on the Co-WIN portal, a printout/screenshot of your appointment slip.

- a) Aadhaar card
- b) Driving License
- c) PAN card
- d) Passport
- e) Pension Passbook
- f) NPR Smart Card
- g) Voter ID Card (EPIC)

Reporting Side-effects

Whom do I contact in case of side effects from vaccination?

You can call on the national helpline '1075' for information and guidance if you experience any side effects post COVID-19 vaccination. You may also contact the Vaccination Centre where you took vaccination, for advice.



राष्ट्रीय हेल्पलाइन नंबर:

1075 (टोल फ्री)

प्रदेश हेल्पलाइन नंबर:

104 (टोल फ्री)

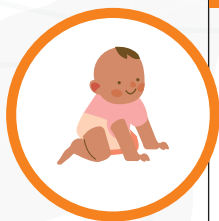
Accessing Routine Health Care and Care During Sickness

Dear Sakhi,

As we go through life, we need different kinds of health care at different ages. Some illnesses are age-specific. The table below explains where to access routine care and care during sickness across all age-groups. The services mentioned below are available free of cost at public health facilities.



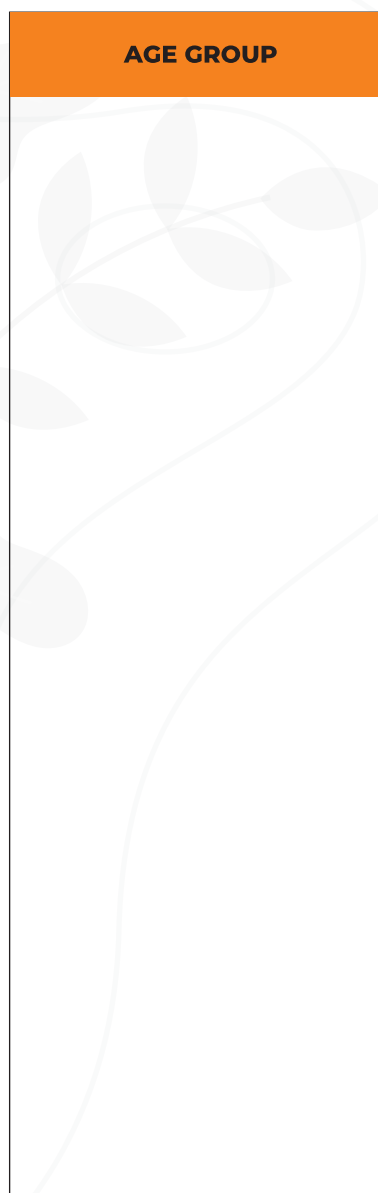
AGE GROUP	ROUTINE HEALTH CARE	PLACE OF CARE	SICKNESS	PLACE OF CARE
0-28 days (programs applicable to this age group are: Janani Shishu Suraksha Karyakaram (JSSK), Rashtriya Bal Swasthya Karyakram (RBSK), Surakshit Matritva Aashwasan (SUMAN) scheme, Home Based Newborn Care (HBNC), Family Participatory Care (FPC), Lactation Management Center (LMC), Village Health, Sanitation and Nutrition Day (VHSND))	Immunization at birth	Most newborns are immunized at the time of birth. If not, take the child to VHSND for Immunization.	Premature or low birth weight newborn after discharge from hospital	A premature or low birth weight newborn may be admitted at the hospital Sick Newborn Care unit (SNCU) for a few days. After discharge from hospital, newborn must be taken to the hospital as per doctor's orders. ASHA will conduct home visits to examine newborn and counsel family on newborn care.
	Post Natal Care of normal newborn	Take child to Health institution for the first 2 days after birth. After that, ASHA will visit at home for upto 2 years of life.	Infection leading to fever, cough, cold, breathing difficulty, yellowness of palms and feet, boils on the body, any other problem	Contact ASHA or ANM immediately. Take newborn to hospital as advised by ASHA or ANM.

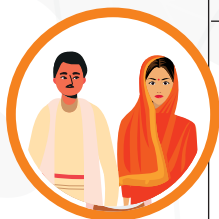


AGE GROUP	ROUTINE HEALTH CARE	PLACE OF CARE	SICKNESS	PLACE OF CARE
28 days – 2 years (programs applicable to this age group are: Janani Shishu Suraksha Karyakaram (JSSK), Rashtriya Bal Swasthya Karyakram (RBSK), Surakshit Matritva Aashwasan (SUMAN) scheme, Home Based Newborn Care (HBNC), Home-based young child care (HBYC), Village Health, Sanitation and Nutrition Day (VHSND))	Immunization	Visit VHSND for Immunization doses.	Diarrhoea, Pneumonia, Vaccine preventable diseases (VPD)	Contact ASHA or ANM if you suspect any of these concerns. Take child to the hospital as advised by ASHA or ANM.
	Growth monitoring	Visit Anganwadi for monthly growth monitoring.	Weak child, no weight gain (Malnutrition)	AWW will identify if the child is malnourished. AWW and ASHA will counsel family on how to improve the nutritional status. If child is severely malnourished, s/he will be referred to a Doctor for admission at Nutrition Rehabilitation Center (NRC) as advised by the Doctor.
Always carry the MCP card while visiting VHSND, Anganwadi or hospital.				
2-10 years (programs applicable to this age group are: Rashtriya Bal Swasthya Karyakram (RBSK), Weekly Iron and Folic Acid Supplementation (WIFS), Mid-day meal, Village Health Sanitation and Nutrition Day (VHSND), Integrated Child Development Services (ICDS))	Immunization	Visit VHSND for Immunization doses.	Diarrhoea, Pneumonia, Vaccine Preventable Diseases	Call ASHA/ANM immediately if you suspect any of these concerns. Take child to the hospital as advised.
	Growth monitoring	Visit Anganwadi for monthly growth monitoring.	Weak child with no weight gain (Malnutrition) Or overweight child	AWW can identify if the child is malnourished (underweight or overweight).

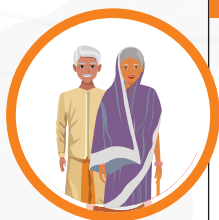




AGE GROUP	ROUTINE HEALTH CARE	PLACE OF CARE	SICKNESS	PLACE OF CARE
				AWW and ASHA will counsel the family to improve the nutritional status. If child is severely malnourished, s/he may need admission at Nutrition Rehabilitation Center (NRC).
	Iron supplementation	Available from ASHA. School-going children will get Iron tablets in school.	Anemia	ANM will provide treatment and counseling. If Anemia is severe, ANM may refer to a higher center.
	Deworming	Tablets are available with health workers during Deworming drives.		
	Fresh cooked meal/ Take Home Rations (THR)	Available for 3-6 years' children from Anganwadi. Available for school-going children as Mid-day meal.		
	Always carry the MCP card while visiting VHSND, Anganwadi or hospital.			
10-19 years (programs applicable to this age group are: Rashtriya Bal Swasthya Karyakram (RBSK),	Iron supplementation	Iron tablets are available from school to school-going children once a week. Iron tablets are provided by ASHA or AWW for out-of- school girls.	Road Injuries, Self-harm, Drugs, Gender based violence.	Consult ASHA or ANM for nearby Adolescent Friendly Health Center



AGE GROUP	ROUTINE HEALTH CARE	PLACE OF CARE	SICKNESS	PLACE OF CARE
Rashtriya Kishor Swasthya Karyakram (RKSK), Weekly Iron and Folic Acid Supplementation (WIFS), Take Home Rations (THR), Mid-day meal, Village Health Sanitation and Nutrition Day (VHSND)	Take Home Rations (THR)	Available to out-of-school girls from AWC.	Malnutrition (underweight or overweight), anemia.	Consult ASHA or ANM for nutrition counselling and anemia management.
	Deworming	Tablets are available with health workers during Deworming drives.		
	Fresh cooked meal	Available to school children upto age 14 years as Mid-day meal.		
15-49 years (programs applicable to this age group are: THR for pregnant and lactating women, Surakshit Matritva Aashwasan (SUMAN) scheme, Janani Suraksha Yojana (JSY), Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA), Lactation Management Center (LMC), Family Participatory Care (FPC), Insurance scheme –Pradhan Mantri Jan Arogya Yojana (PM-JAY) and Pradhan Mantri Matru Vandana Yojana (PMMVY), Anaemia Mukta Bharat (AMB), Village Health Sanitation and Nutrition Day (VHSND))	Women with normal pregnancy need ANC and PNC	Get registered with ANM as soon as pregnancy is detected. Visit VHSND regularly for ANC. Get registered at the nearby delivery center. ASHA will undertake visits at home for PNC check-up upto 42 days after delivery.	Problems during pregnancy such as high BP, Diabetes, Reproductive Tract Infection, Heart Disease, Obesity, Short stature, twin pregnancy, or other problems. Difficulty in breast-feeding.	These problems can be identified by the ANM. But, for diagnosis and treatment, visit the Doctor at the Primary Health Center (PHC). In case of emergency, go to the Specialist Doctor at Community Health Center. Contact ASHA and ANM. They will help to resolve the problem.
	Women and Men both need Family planning	Consult ANM for options for Family planning	Women and Men both may have road Injuries, Heart Disease, High BP, Alcohol and Smoking addictions, STI/AIDS, Obesity, Infectious diseases like Tuberculosis, Malaria etc.	Only a Doctor can diagnose these health problems. So, visit a Primary Health Center and meet the doctor for diagnosis and further management.



AGE GROUP	ROUTINE HEALTH CARE	PLACE OF CARE	SICKNESS	PLACE OF CARE
above 49 years Routine yearly check-up	Routine yearly check-up	For routine examination and tests, a Doctor should be consulted at a Hospital	Heart disease, High BP, Diabetes, Lung diseases, Arthritis, other age-related problems	Only a Doctor can diagnose these health problems. So, visit a Primary Health Center and meet a doctor for diagnosis. ANM and ASHA will counsel for continued care at home

KEY MESSAGES

- 01 At different ages, our health problems and needs are different.
- 02 The newborn period is the most vulnerable period of life. But, all illnesses, especially among children below 5 years must be taken seriously and help sought.
- 03 Every pregnancy is risky and institutional delivery is preferred. Every pregnant woman should have a birth preparedness plan and complication readiness plan.
- 04 In the community, the first points of health care are the ASHA and ANM.
- 05 The roles of ASHA and ANM are clearly defined. ASHA is expected to make several home visits to pregnant women and children below 2 years of age.
- 06 To reach a doctor, the first point of care is the PHC. The government has many National Health programs and schemes to provide health care to people of all age groups, for many health conditions. You should know and avail of these services.

Health Programs and Schemes of Government of India

01

Surakshit Matritva Aashwaasan (SUMAN)

Launched in 2019, under the scheme, all pregnant women, newborns and mothers up to 6 months of delivery will be able to avail several free health care services such as four antenatal check-ups and six home-based newborn care visits.



02

Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)

Launched in 2016, the program aims to provide assured, comprehensive and quality antenatal care, free of cost, universally to all pregnant women on the 9th of every month.



03

Janani Suraksha Yojana (JSY)

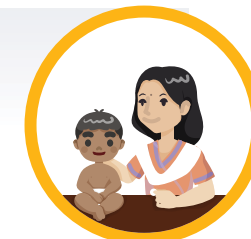
Launched in 2011, a pregnant woman who delivers in a govt or govt accredited private facility is paid an incentive Rs. 1400 to cover her costs. The full amount should be disbursed at one go to the woman at the hospital itself. Eligibility - Each beneficiary registered under this Yojana should have a JSY card along with a MCH card and a BPL card.



04

Janani Shishu Suraksha Yojana (JSSK)

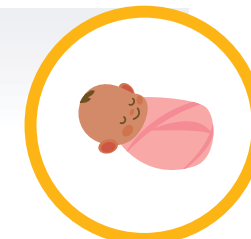
It is an initiative to provide completely free and cashless services to pregnant women including normal deliveries and caesarean operations and sick new born (up to 30 days after birth) in Government health institutions.



05

Home Based Newborn Care (HBNC)

ASHA visits the home of a newborn 6 times between 0-42 days of life to check mother and child's health and counsel them on warmth to the newborn, exclusive breastfeeding, identifies signs of sickness in newborn and refers if required, gives dietary and rest advice to mother.



Health Programs and Schemes of Government of India

06

Family Participatory Care (FPC)

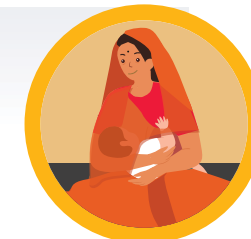
The parents/caretakers of a newborn who is admitted to a sick newborn care unit are allowed to enter the newborn ward after a strict hygiene protocol. In the ward they provide basic care to newborn using skills taught to them by the Nurses, such as Kangaroo Mother Care, Expressing breast milk and feeding the weak newborn.



07

Lactation Management Center (LMC)

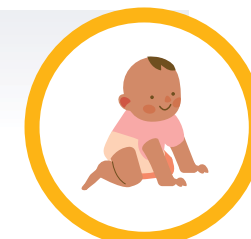
In some states, few hospitals have a facility where lactating women can donate breast milk which can then be provided to babies whose mothers cannot breastfeed due to a medical reason, or mother is dead or the newborn is an orphan.



08

Home-based young child care (HBYC)

Under this program, ASHA makes 4 additional visits to a child between 6 months – 2 years to counsel on complementary feeding, motivate for immunization and growth monitoring at VHSND, checks for signs of sickness, provides IFA syrup, provides ORS packet if required.



09

Take Home Rations (THR)

This facility is provided by the Ministry of Women and Child Development under the ICDS from the Anganwadi. Under this, all children between 3 years – 6 years, pregnant and lactating women are provided rations to cover each day either in the form of dry rations or fresh cooked meals.



10

Immunization

All children from birth to 16 years should be provided appropriate vaccines at appropriate time. Vaccines given under the program prevent the child from getting Diphtheria, Pertussis, Tetanus, Influenza, Meningitis, Hepatitis, Mumps, Rubella, serious complications of TB, Diarrhoea due to Rotavirus and Polio.



Health Insurance Schemes of Government of India

Dear Sakhi,

Given below are some Insurance schemes of the Government of India. These may be availed by you, your family and others from the community.

Name of the Scheme	Entitlement	Eligibles	Process to avail
 <p>Pradhan Mantri Jan ArogyaYojana (PMJAY)</p> <p>This scheme was launched on 23rd September, 2018 in Ranchi, Jharkhand by the Hon'ble Prime.</p>	<p>PMJAY helps households access secondary and tertiary care via funding of up to Rs. 5 lakh per family, per year. This assistance is valid for day care procedures and even applies to pre-existing conditions. PMJAY extends coverage for over 1,350 medical packages at empanelled public and private hospitals.</p>	<p>Households enrolled under the Rashtriya Swasthya Bima Yojana (RSBY) will come under the ambit of the PM Jan ArogyaYojana. These include:</p> <ol style="list-style-type: none"> 1) Those living in scheduled caste and scheduled tribe households 2) Families with no male member aged 16 to 59 years 3) Beggars and those surviving on alms 4) Families with no individuals aged between 16 and 59 years 5) Families having at least one physically challenged member and no able-bodied adult member 6) Landless households who make a living by working as casual manual labourers 7) Primitive tribal communities 	<p>Check on the Ayushman Bharat web portal (https://pmjay.gov.in/) or toll free phone number (14555/ 1800111565) if you are eligible. If you are eligible, you can go to the nearby CHC and meet the Medical Officer or nominated person to make your Golden Card. This card can be used at several hospitals for cashless health services. The payment for your care is done by the Govt directly to the health facility. (Annex)</p>
<p>Pradhan Mantri Suraksha BimaYojana</p> <p>This scheme came into existence to offer accident insurance to the people of India. https://jansuraksha.gov.in/ National Toll Free : 1800-180-1111 / 1800-110-001</p>	<p>This policy offers an annual cover of Rs. 1 lakh for partial disability and Rs. 2 lakhs for total disability/death for a premium of Rs. 12 per annum. Also insures life at Rs 330 per annum.</p>	<p>People aged 18 to 70 and having a bank account can avail of the benefits of this scheme.</p>	<p>Relevant forms are available online which can be filled and submitted on the website mentioned here.</p>

Name of the Scheme	Entitlement	Eligibles	Process to avail
<p>Pradhan Mantri Garib Kalyan Package: Insurance Scheme for Health Workers Fighting COVID-19 https://www.mohfw.gov.in/pdf/PMInsuranceSchemePosterC.pdf</p>	As part of the Pradhan Mantri Garib Kalyan package, the scheme with a coverage of Rs. 50 lakh was launched in March this year by the Finance Minister of India to provide insurance coverage to healthcare providers in the country.	This includes health workers fighting the pandemic in the country. Paramedics, doctors, sanitation workers, nurses and others working in hospitals under the state and central government will be covered under the scheme.	Claim form available on the website needs to be reached to: Divisional office CDU 312000 of The New India Assurance Co.Ltd. located at B-401, Ansal Chambers 1, Bhikaji Cama Place, New Delhi-110066.
<p>Pradhan Mantri Matru Vandana Yojana (PMMVY) From 01.01.2017, the Maternity Benefit Programme is named as 'Pradhan Mantri Matru Vandana Yojana' (PMMVY). https://wcd.nic.in/sites/default/files/FINAL%20PMMVY%20%28FAQ%29%20BOOKELT.pdf</p>	Under PMMVY, a cash incentive of ` 5000/- is provided directly to the Bank / Post Office Account of beneficiary..	Pregnant Women and Lactating Mothers (PW&LM) for first living child of the family subject to fulfilling specific conditions relating to Maternal and Child Health	To register under the scheme, visit the Anganwadi Centre (AWC)/ approved Health facility depending upon the implementing department for that particular State/UT. b) For registration, the beneficiary shall submit the prescribed application Form 1-A, complete in all respects, along with the relevant documents and undertaking/consent duly signed by her and her husband, at the AWC/ approved Health facility. While submitting the form, the beneficiary will be required to submit her and her husband's Aadhaar details with their written consents, her/husband/family member's Mobile Number and her Bank/Post Office account details. c) The prescribed form(s) can be obtained from the AWC/ approved Health facility free of cost. The form(s) can also be downloaded from the website of Ministry of Women and Child Development (http://wcd.nic.in).

PREVENTING AND MANAGING COMMON INFECTIONS

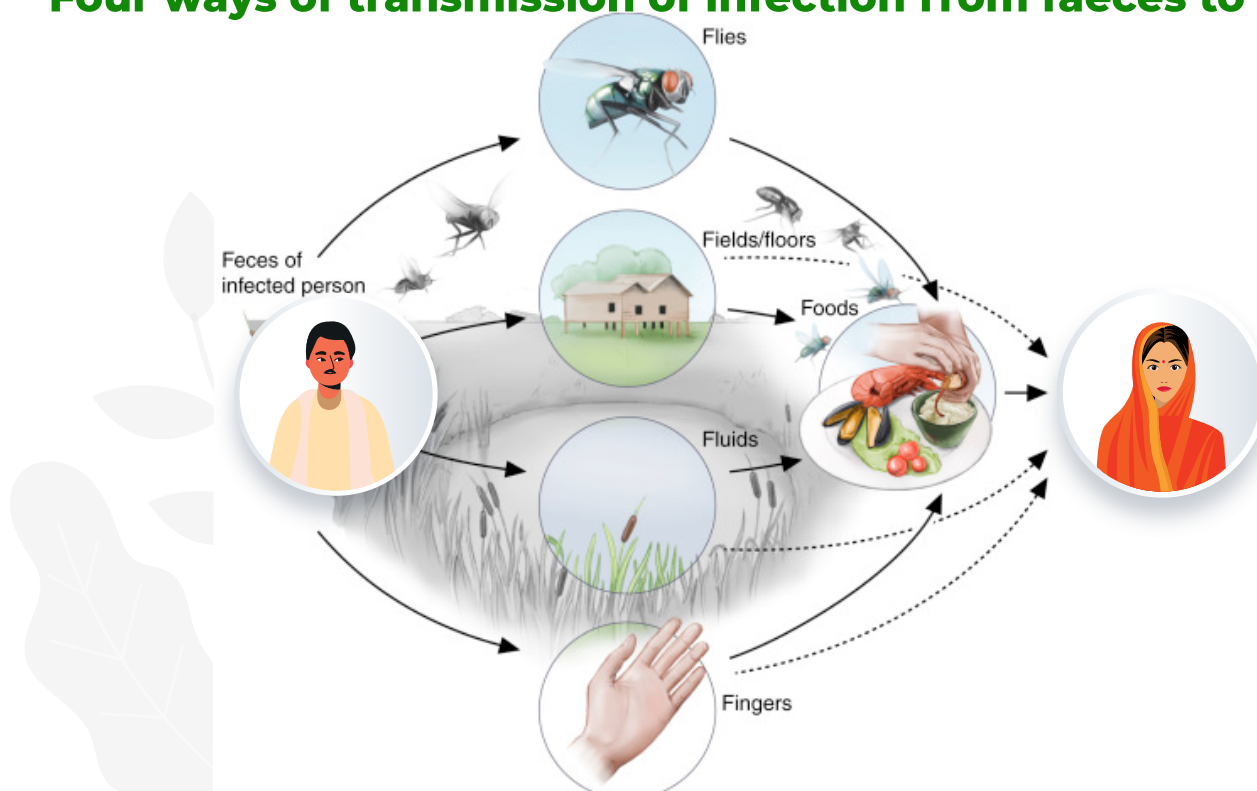
Dear Sakhi,

Diseases can be transmitted from person to person through food, water, vectors or air. In this Handout, we will learn how common infections are transmitted to us, common symptoms and immediate actions to be taken if we get the disease.

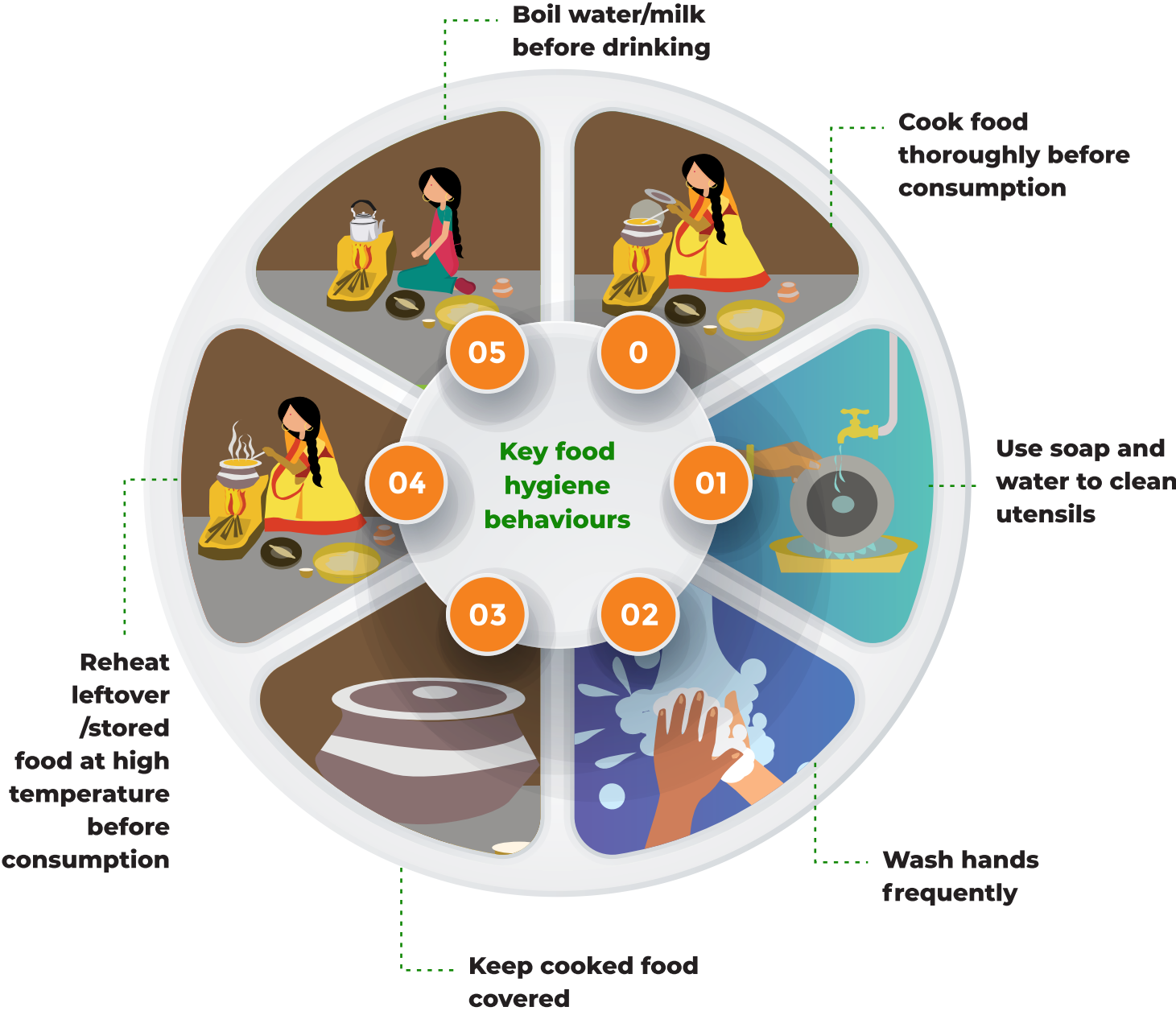
Food & Water borne infections

Source of infection	Common infections	Symptoms	Immediate Action
These are Infections transmitted through ingestion of inadequately cooked food or poorly stored food. Infection from Faeces is transmitted to a new person in 4 ways - through flies, from fields or floors, drinking contaminated water and from fingers.	Diarrhea	Frequent, loose stools with or without blood and fever. May lead to dehydration.	Contact ASHA. Use ORS. Take action that ASHA suggests.
	Typhoid	High fever with abdominal discomfort.	Contact ANM at SHC and take her suggestions.
	Hepatitis A & E/Jaundice	Fever, vomiting, abdominal discomfort, yellow discoloration of skin.	Contact ANM, take medicines, avoid fatty and spicy foods.
	Food poisoning	Fever, abdominal pain and loose motions.	Contact ANM at SHC and take her suggestions.
	Cholera	Severe loose stools, fever, abdominal cramps leading rapidly to dehydration.	Contact ANM immediately and take ORS. Plan for emergency referral.

Four ways of transmission of infection from faeces to a person



METHODS TO MAKE FOOD AND WATER SAFE FOR CONSUMPTION



Vector borne infections

Source of infection	Common infections	Symptoms	Immediate Action
These are Infections transmitted through vectors (infected mosquito, contaminated housefly and others)	Malaria	Fever with chills	Contact ANM and take anti-malarial tablets as suggested.
	Dengue	High fever with body-ache. May be followed by rashes and bleeding.	Contact ANM. May need referral to hospital.
	Filaria	Fever and swelling of lymph node, followed by swelling of a limb such as leg or arm, redness.	Contact ANM and take necessary medicines.
	Japanese Encephalitis	fever, headache, and vomiting, seizures in children.	Take to hospital. Inform ANM.
	Visceral Leishmaniosis	Skin ulcers, fever, Anemia and enlarged liver	Contact ANM and take necessary medicines.

WHAT ARE VECTORS?

Vectors are common insects that carry and transmit disease causing bacteria, virus and parasites.

Vector may transmit disease by biting – mosquito, mite, biting fly, tick, flea or by sitting on faeces and then on food – Housefly.

Vectors cause more than 250 food-borne diseases causing fever, diarrhea, vomiting, nausea etc.

In the world, more than 19 lakh people die of vector borne diseases every year.

BITING VECTORS



Mosquito



Flea



Mite



Biting Fly

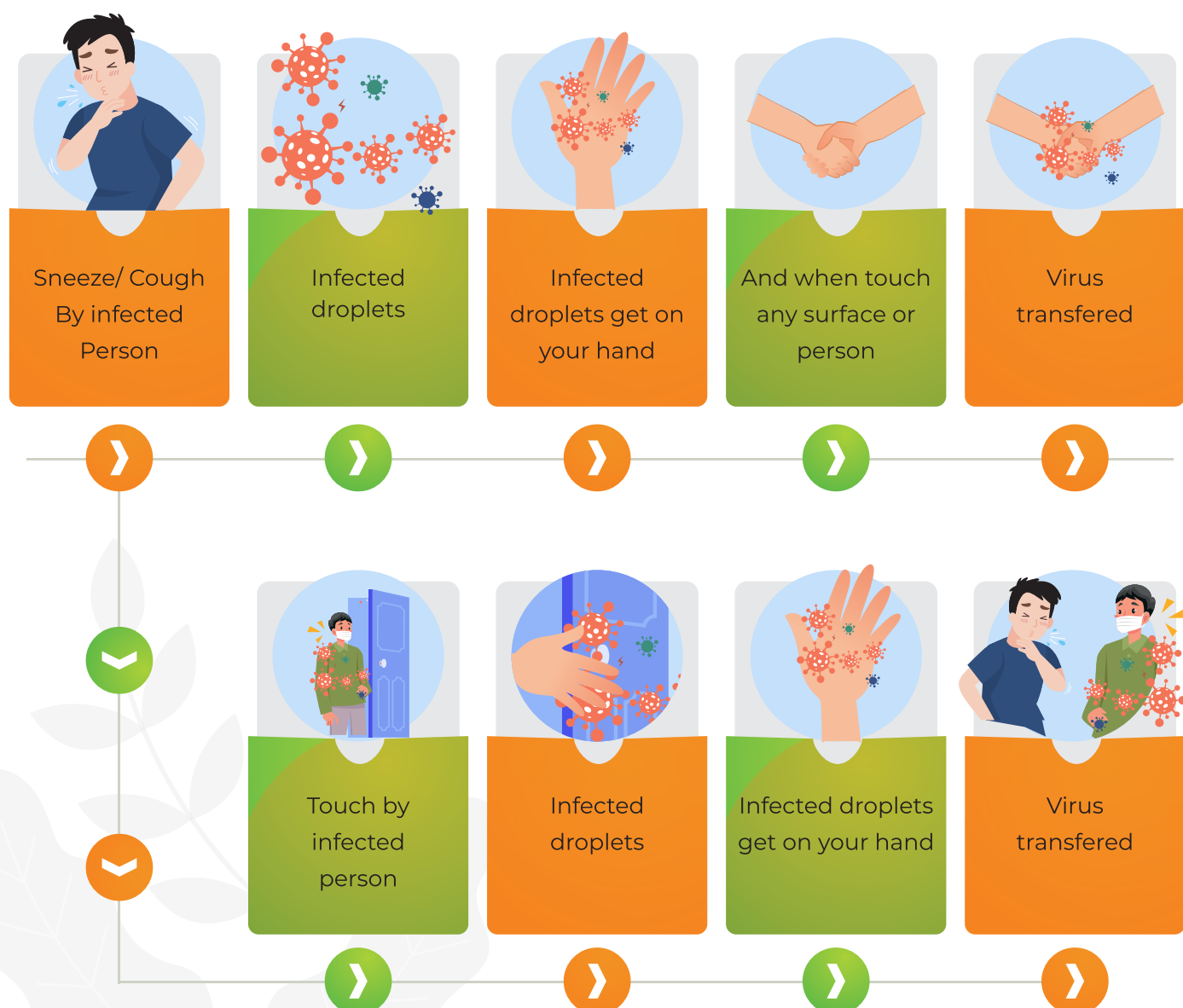


Tick

Air borne infections

Source of infection	Common infections	Symptoms	Immediate Action
Infections transmitted through aerosols	COVID-19	Fever, dry cough, breathlessness, diarrhea breathing difficulties	Contact the help-line for COVID immediately or contact ANM.
	Pneumonia	Fever, breathlessness, cough	Contact ANM for medicines.
	Meningitis	High fever with stiff neck, convulsions	Take to hospital, inform ANM.
	Common cold and cough	Cough, running nose, fever	Contact ASHA, use home remedies as suggested.

COVID - 19 TRANSMISSION ROUTES



KEY MESSAGES

01

Several infections are transmitted through unsafe food and water such as Diarrhoea, Typhoid, Hepatitis A and Cholera. These infections affect children and adults causing malnutrition and reducing immunity.

02

To save yourself from food and water borne infections, always wash raw food thoroughly before cooking to wash away mud, insect eggs and other impurities.

03

Keep food and water covered to prevent germs from reaching food and water via dirty hands, flies and other insects, mice and other animals.

04

For drinking purposes, it is necessary to use water that comes from a safe source or else water should be boiled or treated before drinking.

05

Safe water is what comes from treated pipe water, or water from a protected source, such as a borehole or protected well.

06

Defecating in the open leads to contamination of ground water, breeding of flies and therefore food and water-borne infections. Use toilet to avoid open defecation.

07

Do not throw waste everywhere. Segregate waste into wet and dry and dispose off as recommended by the Gram Sabha.

08

Wash hands with soap and water before cooking and before serving food, after going to toilet, after washing a child's bottom, after sneezing or coughing in your hands.

09

Wash hands with soap and water for at least 20 seconds.

10

Use mosquito net while sleeping to save from mosquito borne diseases.

11

Do not let water and garbage collect near home as this breeds mosquito and flies.

12

Do not cough or sneeze on others or on food, use a cloth which should be washed afterwards.

13

Always wash hands with soap and water after coughing and sneezing.

14

Use mask while going out till the time India grapples with COVID-19.

DESIRABLE BEHAVIORS TO IMPROVE HEALTH, NUTRITION AND IMMUNITY OF THE FAMILY

Dear Sakhi,

Using this handout, we will learn which behaviours are required to maintain good health, nutrition and boost Immunity



Pregnant woman must register for ANC immediately as she learns of her pregnancy



She must attend at least 4 ANC sessions



Pregnant woman must consume 360 tablets of IFA during and after pregnancy



Pregnant woman should have institutional delivery



After giving birth, start newborn on breastfeed within 1 hour



Ensure warmth to the newborn



Continue exclusive BF for 6 months



Start complementary feeds at 6 months and continue to breastfeed for at least 2 years

DESIRABLE BEHAVIORS TO IMPROVE HEALTH, NUTRITION AND IMMUNITY OF THE FAMILY



Ensure 5 food groups in the diet of the child and mother



At 6 months, start giving IFA syrup to the child



Ensure that child receives all vaccines on time



Ensure that children above 1 year receive deworming during the deworming drive



Every household must register for Pradhan Mantri Jan Arogya Yojana (PMJAY)



Every pregnant woman should register for PMMVY



Prevent water and food borne diseases by washing raw food thoroughly before cooking to wash away mud, insect eggs and other impurities.



Keep food and water covered to prevent germs from reaching food and water via dirty hands, flies and other insects, mice and other animals.

DESIRABLE BEHAVIORS TO IMPROVE HEALTH, NUTRITION AND IMMUNITY OF THE FAMILY



For drinking purposes, it is necessary to use water that comes from a safe source like treated pipe water, or water from a protected source, such as a borehole or protected well or else water should be boiled or treated before drinking.



Wash hands before cooking and before serving food, after going to toilet, after washing a child's bottom, after sneezing or coughing in your hands. Wash hands for at least 20 seconds with soap and water.



Have a bath everyday, keep your nails cut and comb your hair everyday



Keep your immunity raised by eating a balanced and adequate diet



Healthy adults between 18-64 years should do moderate exercise for at least 30 minutes per day. These are exercises like brisk walking, cycling, farming, house-hold and domestic work, walking domestic animals, sports with children, carrying moderate loads, tasks like roofing, painting, thatching etc.



Practice meditation and Yoga for mental and physical peace



Attend community sessions where health issues are discussed



Support needy families with provision of Vulnerability Reduction Fund (VRF)

DESIRABLE BEHAVIORS TO IMPROVE HEALTH, NUTRITION AND IMMUNITY OF THE FAMILY



Attend the VHSND regularly and special events like Godbharai, Annaprashan etc.



Plant nutri-gardens in your home or village so that your family can get nutritious food easily



Establish backyard farms with goatery, dairy, duckery, pigery etc for getting milk, eggs and meat products

CORRECT WAYS TO BOOST THE BODY'S IMMUNE SYSTEM

Dear Sakhi,

Immunity is the body's ability to fight infection. To fight COVID-19 and other infections, we must build our immunity. There are 4 ways in which we can boost our Immunity.

1



Eating Nutritious and Balanced Diet

- Every member of the family must consume at least 5 types of food materials out of 10 every day (given below).
- Include green leafy vegetables, fruits, milk and egg in your diet everyday.

2



Plant nutri-garden at home

- Plant nutri-garden at home.
- You can get 4 out of 5 food groups from nutri-garden in your home. Plant green leafy vegetables, fruits and other vegetables for the family's food throughout the year

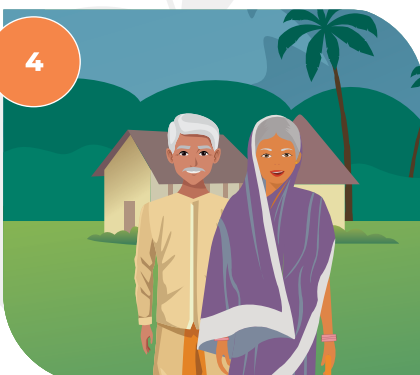
3



Ayurvedic remedies

- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.
- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugarfree Chyavanprash,
- Drink herbal tea/decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka(Raisin) - once or twice a day. Add jaggery (natural sugar) and / or freshlemon juice to your taste, if needed.
- Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

4



Care of vulnerable population

- Elderly people should get regular health check-up done
- Take prescribed medicines on time
- Pregnant women should take 1 extra meal per day and lactating mothers should consume 2 extra meals per day
- Breast feed the child from birth till at least 2 years.
- Start feeding the child complementary foods at completion of 6 months of age
- Give the child food with a separate katori and spoon
- Wash your hands before feeding the child
- Get the child vaccinated on time

Every family member should consume at least 5 food types from the 10 types given below:



1. Jowar, Rice, Corn, Sweet Potato, Bajra, Wheat etc

2. Soya Bean, Chana, Masoor, Arhar, Malka, Chana, Rajma, etcSoyabeanetc

3. Til, posto, peanut, cashew, Almonds etc

4. Milk, Curd, Paneer Khoyaetc

5. Meat, Chicken, Fish, Liver etc



6. Hen and Duck eggs

7. Spinach, Methi, Bathua, Mustard leaves, Chulai leaves and others

8. Ripe Mango, Ripe Papaya, Melon, Carrotetc

9. Cucumber, Lady Finger, Cauliflower, Bitter Guard etc

10. Amla, Guava, Jamun, Leeches, Ber, Watre Chestnut etc

Sr. No.	Name of Food type	Nutrient found in the food type	Uses in the body
1	Cereals and Tubers	Carbohydrates	Give Energy for body functions
2	Pulses and Legumes	Proteins	Help the body grow strong
3	Nuts	Proteins and Fats	Help the body grow, improve brain and improve immunity
4	Milk and Milk products	Proteins and Calcium	Help the bones become strong
5	Meat and Fish	Proteins and Iron	Help the body grow and increase blood
6	Eggs	Proteins	Help the body grow strong
7	Green Leafy vegetables	Iron and Vitamin A	Increase blood and improve immunity
8	Red or Yellow coloured fruits	Vitamin A and Minerals	Make the eyes strong and improve glow of skin and hair
9	Other vegetables	Vitamins and Minerals	Help build immunity
10	Other fruits	Vitamins and Minerals	Help build immunity

Roles of SRLM community institutions for promoting Health Seeking Behaviour (HSB) and Immunity Building (IB)

In this session, we will learn about our roles and responsibilities for two activities:

- A. Roll out the module for Health Seeking Behaviours (HSB) and Immunity Building practices
- B. Support SHG members in learning and practicing good FNHW behaviours

Use the Handout to convey messages to the participants.

Inform the participants that Health Seeking Behaviours (HSB) and Immunity Building practices would be promoted under Food, Nutrition, Health and WASH (FNHW) component of the DAY-National Rural Livelihoods Mission (NRLM) by the Community Resource Person (CRP) – FNHW on a regular basis. This will include promotion of recommended practices for improving health outcomes, accessing services and entitlements, adopting dietary diversity etc.

COVID-19 outbreak has established importance of being healthy and maintaining good immunity to not only survive such pandemics but also best utilize livelihoods opportunities. Therefore, the HSB and IB module is being rolled out on priority in response to COVID-19 outbreak. However, consistent efforts would be required to establish health as a priority amongst the community. Accordingly following roles for community institutions are envisaged for immediate support in rolling out of the module and then follow up for ensuring behaviour change and access to services as part of overall FNHW intervention package.

A. IMMEDIATE ACTIONS FOR ROLLING OUT THE HSB & IB MODULE IN VIEW OF COVID-19 OUTBREAK

The National Mission Management Unit (NMMU) has undertaken online training upto the block level and has trained concerned State, District and Block staff and identified Block Resource Persons (BRPs) in this module.

In this regard, following roles are envisaged for the CRP:

- Training facilitating materials i.e handouts and other guidebook etc has been provided to further train identified Community Resource Persons (CRP), members of the SHG and community.
- Conduct HSB & IB sessions amongst the SHG members and community
- Promote adoption of recommended practices amongst the SHG members and community.
- Coordinate with ASHA/AWW and invite for the session.
- Provide inputs to BRPs for reporting and entering data.

B. LONG TERM ROLES IN SYNC WITH THE OVERALL FNHW INTEGRATION STRATEGY:

COMMUNITY MOBILISERS (CM)/WOMEN ACTIVISTS (WA) (1 CM/WA PER 10 SHG) 1 SAC & CRP FNHW (1 CRP PER 10 VO) AT VILLAGE ORGANIZATION – 2

- Promote usage of toilet, diet diversity, menstrual hygiene.
- Undertake sessions on identified FNHW themes (SBCC module) including follow up of HSB & IB session, follow up in subsequent meetings and invite ASHA/AWW in any one meeting per month.
- Coordinate with CRP – Livelihoods to support SHG women to set up Agri-Nutrition Garden, Backyard poultry, goatery, dairy, duckery, pigery etc.
- Promote consumption of produce from the Farms by the SHG members and their families.



SAC & MASTER TRAINER (MT) AT CLUSTER LEVEL FEDERATION 3 4 BLOCK PROGRAM MANAGER

- Develop SHG wise orientation plan on SBCC module including follow up of HSB & IB
- Organize community-based events (in sync with the SBCC topic roll out) like Demonstrations - Hand Wash, Recipes, Food Groups, Safe drinking water etc. and Campaigns
- Coordinate meeting with ASHA/AWW on VHSND/CBE planning under chairpersonship of OB members.
- Mobilize TG for VHSND/CBE (ICDS specific- Annaprashan/Godhbharai and other events)
- Develop POSHAN Abhiyaan Event Calendar, Other Ministry's Abhiyaan-Fit India etc.
- Promote adoption of recommended practices, linkage with rights and entitlements and coordinate with functionaries of line departments, as required.
- Represent at convergence forums and present relevant issues and follow up.
- Provide supportive supervision.



SAC & MASTER TRAINER (MT) AT CLUSTER LEVEL FEDERATION

- Develop VO wise plan to train on SBCC module and follow up of HSB & IB session.
- Train CM, CRP, SAC, SHGs, VOs and CLFs,
- Represent at convergence forums and present relevant issues and follow up.
- Develop VO wise plan to train on SBCC module and follow up of HSB & IB session.
- Coordinate meeting with ICDS Supervisor, health, other departments as required under chairpersonship of OB members
- Promote FNHW related enterprises and encourage consumption of the produce for better health outcomes.

BLOCK PROGRAM MANAGER

- Develop block action plan
- Plan Review meetings – CLF/VO/ CRP performance
- Training plan- SAC, OB/EC/CM/CRP & capacity building
- Plan Convergence meetings
- Documentation (case studies/videos/best practices)