



YCDA

Practitioners
Manual for Child
Care Institutions

DO's and DONT's During
COVID-19 Pandemic

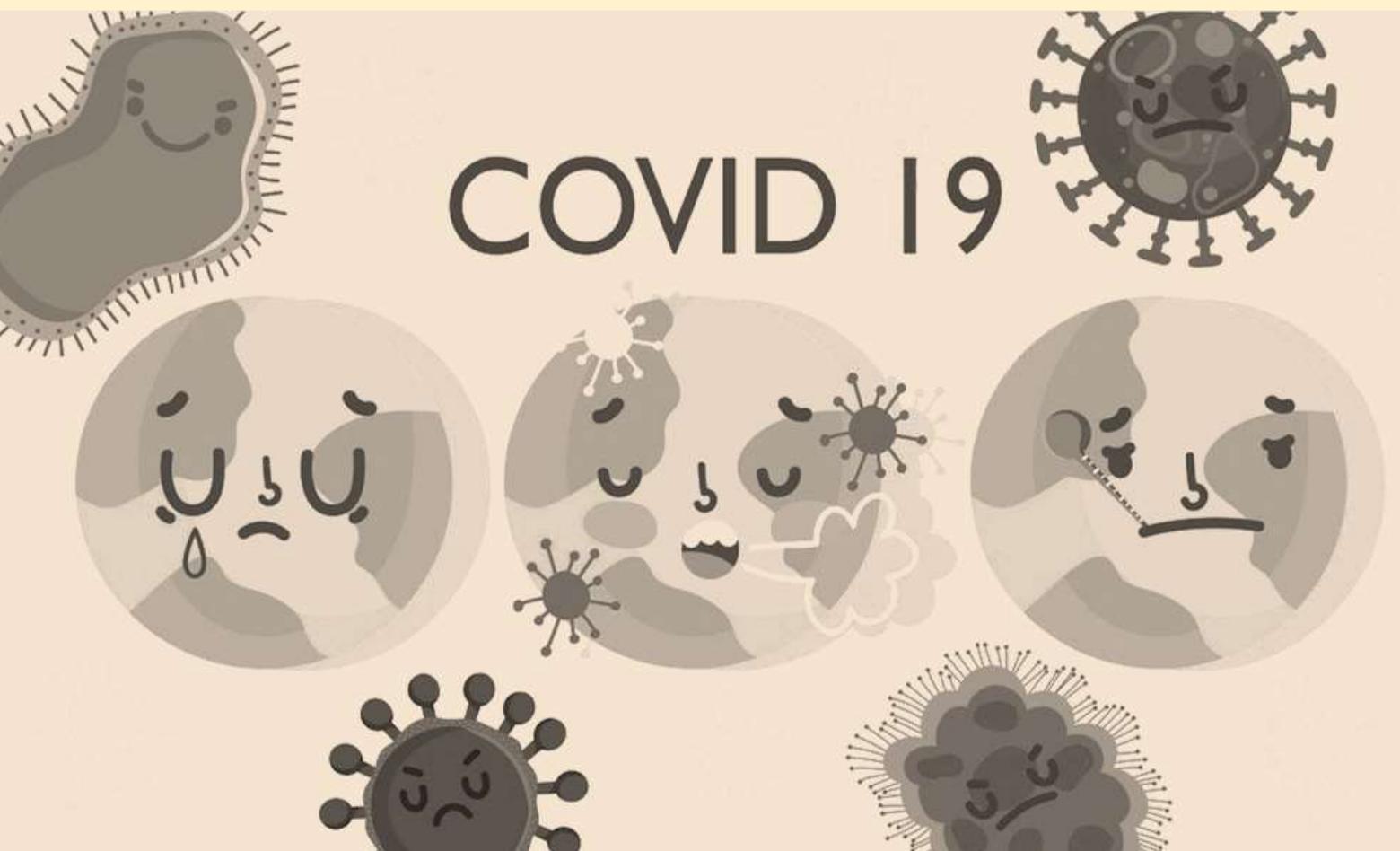


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General Information about Corona Virus

What is Corona Virus?

A virus is a germ, just like the germ that causes cold and cough. But the corona virus is slightly dangerous since it may create breathing difficulties among older persons who are above 60 years of age!

Can we see them?

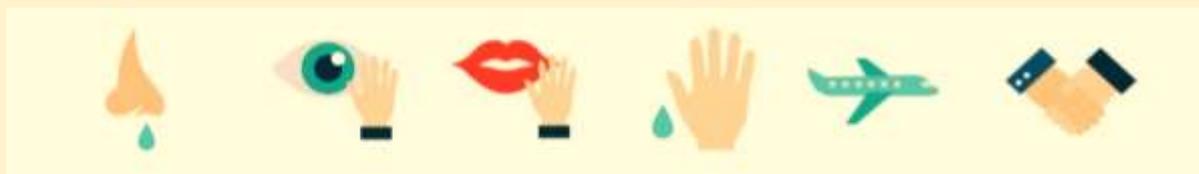
Noope! As they are so tiny, they are not visible to our normal eyes!

Symptoms

1. Dry Cough
2. Sore Throat
3. High Fever
4. Fatigue
5. Difficulty in breathing



Infection Spread



Viruses cannot move on their own. When we cough or sneeze, we release tiny droplets of body fluid that carries the germs and sticks to the surface on which it falls. When another person touches that surface, it sticks to his hands and then it spreads.

The virus needs a body to survive in, they cannot survive on the surfaces of non-living things for more than 9 hours!

For example, when we normally cough or sneeze, we cover our nose with our hands where the germs are and when we shake hands with someone, the germs/ virus sticks to the other person's hands and when he/ she touches his face or eyes, the germs enters his body.

And once the virus enters our body they multiply in numbers and fill in our body which makes us sick!

Precautionary Measures

Maintain Sanitation protocols

I. Wash your hands more frequently for **20 Seconds with soap & Water**

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Key Times When to Wash Hands

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

TIPS TO WASH YOUR HANDS THE RIGHT WAY



II. Maintaining Personal Hygiene

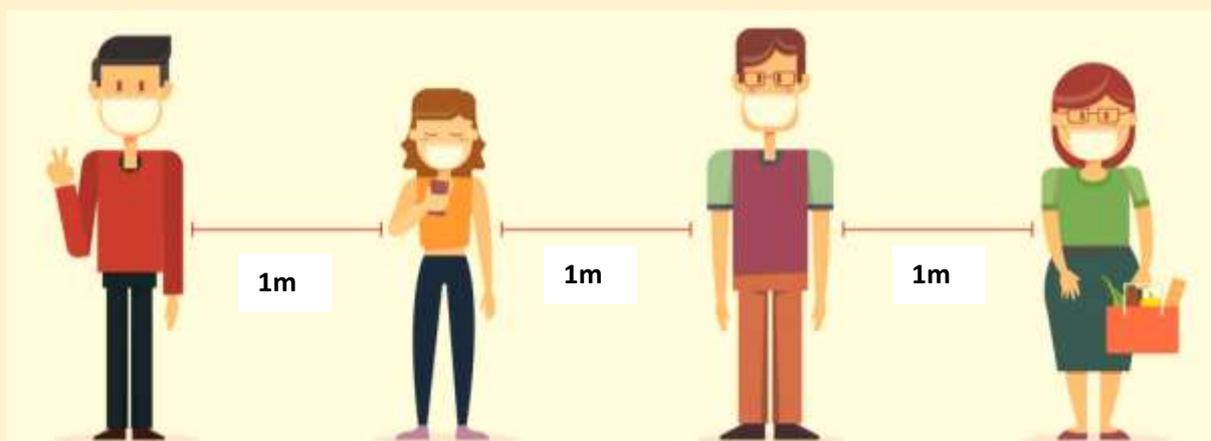
It is very important to stay clean and keep your surroundings clean as a regular practice to keep the germs away! This is how you can do!

- Rinse/clean the mouth after each meal. Brush your teeth twice a day – before breakfast and before you go to bed.
- Take a bath or a shower every day. Make the genitals and the anal area clean. Change into clean underwear after a bath. Clean the ears after every bath.
- Avoid sharing soaps and towels because of the danger of cross-infection.
- Use clean water to wash your hair for at least twice a week with soap or shampoo.
- Keep your nails trimmed and in good shape weekly is important in maintaining good health.
- Wash your face every morning in order to remove all dirt, this will keep your face clean all day. Never share your face towel with others.
- Daily washing with soap and water is enough to keep the outer ear clean. Do not reach farther than you can with your little finger into your ear. Putting in hairpins, safety pins or blunt-edged things might harm the ear. If you feel wax has accumulated and is plugging your ears and interfering with hearing, consult your doctor.
- Wash your under garments more frequently and sundry.

THIS IS HOW YOU CAN STAY CLEAN AND HEALTHY



III. Maintain Social Distancing



Social distancing is one of the most important components of maintaining sanitation protocols in order to prevent spread of COVID-19. In the Child Care Institutions, there is very little scope to maintain social distancing for various reasons such as lack of space, practices and awareness. However, this module talks about various other ways to keep the virus at a bay from spreading through social distancing.

Tips to practice Social Distancing

- Encourage the Children to stay indoors and avoid meeting visitors.
- Don't go outside unless it's an emergency. In case you are going out some important reasons, enter the premises without touching any of the surfaces, change the clothes and wash them with detergent and shower with soapy water.
- Avoid hugging and shaking hand while greeting others.
- Avoid making places crowded.
- Even if it is a normal cold or flu, stay more than one-arm-length distance from who are in sick in your institution and encourage them to wear a mask. The sick ones are to wear a mask first.
- Hospitals are the places where children usually catch infections. Hence, DO NOT rush to the hospital if someone is suffering minor flu/ cough/ fever. Contact the persons in charge of the institution and seek medical help over phone wherever possible. If situation compels, visit the hospital.
- Avoid public pond or swimming pools where water is stagnant.
- Maintain one-arm-length distance during eating meals.
- Maintain one-arm-length distance during the time of prayer in your institution.
- Maintain one-arm-length distance during watching TV.
- Avoid tuitions and other classes where the children have to step out of the campus or where an outsider is involved to conduct such classes. While children are studying on their own, one-arm-length.
- Avoid playing games which involves physical contact among children.
- Strictly restrict outsiders to come in contact with the children living in CCIs unless it is highly essential. In case any child has to meet an outsider, ensure 2 Meters Distance and any kind of physical contact.

Other Essential protocols to be followed:

- Avoid hugging or shaking hands while greeting outsiders. Doing NAMASTE from a distance is the best practice.
- Do NOT allow the children to go out of the premises allow outsiders to come in.
- In case the caregivers go out some for reasons, make sure you immediately take bath and change in to clean clothes and immediately washes the old clothes with soapy water.
- Keep an alcohol-based sanitizer handy while going out and immediately use it after touching any surface outside like door knobs or handles.

- Ensure proper disposal of disposable masks after usage. It should be thrown in a closed dustbin.
- Wear a mask while around your peers. In case you have flu like symptoms, make sure you wear the mask all the time
- Cover your mouth with tissue paper/ elbow/ cloth while sneezing. Dispose the tissue safely, wash the cloth with detergent or disinfectant like Dettol.
- Thoroughly Cook eggs and meat before consuming.
- Avoid meeting people who come from outside.
- Avoid touching surfaces such as door handles/ railings/ walls when you go outside. In case you happen to touch foreign objects DO NOT touch your face without washing your hands with soapy water.
- *Most importantly- Stay calm and Stay indoors!*

Steps to follow if you have symptoms of infection

Yes, you can be fully cured from this infection! All you have to do is-

1. DO NOT RUSH TO THE HOSPITAL UNLESS YOU FEEL VERY SICK!
2. Call on these helpline numbers if you are in Odisha State- **9439994859** OR **CALL-104**
3. Central Helpline Number for corona-virus:
011-23978046

“DO NOT PANIC | FOLLOW THE INSTRUCTIONS OF THE GOVERNMENT”

Mental wellbeing for Inmates and Caregivers

1. Understand the COVID 19 from the point of view of the children. Do not draw complex definitions of corona virus as it may lead to fear or anxiety among the children. Emphasize on the bigger possibilities of the cure.
2. Avoid watching, reading, listening or discussing too much news about the COVID-19 and persuade children to divert their attention to other topics as well.
3. Display patience in trying to understand children's feelings, for children are frequently unable to express their fear.
4. Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.
5. Explain them the means of practicing Social Distance, Gathering and Sanitization protocol.
6. Respond to the child's reactions in a supportive way, listen to their concerns and give them extra love and attention.
7. Reassure the children that they are safe.
8. Fix the routine work or schedule as much as possible for the children and the activity may includes indoor games, drawing, watching TV, Gardening, dance and Music etc.
9. Be vigilant and ensure prevention of all forms of violence/abuse/bullying as there is an increased risk of violence in time of uncertainties and anxiety (by peers, other staff members) including sexual abuse.
10. Limit exposure to news coverage of the events. Children may misinterpret what they hear and can be frightened about something they do not understand. Hearing about the pandemic repeatedly can be upsetting.
11. Encourage children to take care of their bodies - taking deep breaths, stretching, doing yoga/meditation, eating healthy, exercising regularly, getting plenty of sleep, etc. Play time is extremely important, in the mean time teach the importance of maintaining safe distance from one another.
12. Unfortunately, children may face a lot of disturbances in their study routine, hence it is highly essential to keep them engaged in doing positive-productive activities. One such could be teaching them to prepare Innovative Teaching learning materials (TLMs) with available resources which could be used further in the schools they study. They can also do activities pertaining to recycling things "Best out Of Waste".
13. Express a nurturing positive regard for the children, to convey an appreciation for the kind and intensity of their feelings.

14. Ensure that nobody is subject to any form of stigmatizing words or behaviour arising due to coughing, sneezing, etc., as this violates the principles of 'equality and non-discrimination and dignity and worth'.

Steps to be taken by care providers to support themselves:

1. Do Not get too much involved in watching and reading news on the TV or social media as there are chances of fake reports being made which could be potentially distressful.
2. Take care of your body. Take deep breaths, exercise regularly, stretch, or meditate with the children this will work as a great stress booster.
3. Consume healthy, well-balanced meals, get plenty of water and sleep, and avoid any kind of substance dependence.
4. Take time to unwind. Try to do some other activities you enjoy.
5. Connect with others and talk with people you trust about your concerns and how you are feeling. You may also get in touch with the organizations who works closely with you and seek help in case of need.
6. Be doubly assured that this shall pass too.

ENSURE AVAILABILITY OF THESE MATERIALS

1. Install handwashing points near the Gates, Dormitory entrance, Toilets, Kitchen, Dining areas and Play areas.
2. Keep Soaps and water available at all handwashing points.
3. Face Masks are a must for every child and caregiver or other staff.
4. Make sure children drink clean-filtered water, provide boiled water to avoid regular flu.
5. If possible, dedicate 1 room inside the premise which could be a quarantine facility for next 3 months.



Source of information & Credits: Ministry of Health and Family Welfare, Government of India
| Udyaan Care | UNICEF | Centre for disease control & prevention | Govt. Of Odisha |
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