Role of Community Organisers (COs) and Volunteers in Prevention and Management of Coronavirus – Early Detection and Referral

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SNEHA (Society of Nutrition, Education and Health Action)
Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus - (as per WHO).

COVID-19 (the virus) spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- **Direct close contact**: one can get the infection by being in close contact with COVID-19 patients (within one meter of the infected person), especially if they do not cover their face/mouth/nose when coughing or sneezing.

- **Indirect contact**: the droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one’s mouth, nose or eyes can transmit the disease.
How Does COVID-19 Spread? – Modes of Transmission

DIRECT – Contact with infected person

DIRECT – Through cough/sneeze

INDIRECT – Touching infected surfaces

Source: MoHFW
Therefore We Must.....

Maintain one meter distance – whether the person is known or unknown, ill or perfectly fine

Cover face/mouth/nose when coughing or sneezing. Also, do not touch face/mouth/nose. If you have to, you should first wash your hands for 20 seconds with soap and water and then clean with sanitizer

Repeatedly wash hands
The incubation period of COVID-19 (time between getting the infection and showing symptoms) is 1 to 14 days.

Some people with the infection, but without any serious symptoms, can also spread the disease.
Your Role as a CO or a Volunteer

India has reported cases from states and the government is trying to contain the spread of the disease. You play a major role in preventing its spread.

Your Responsibility is Two-Fold:

1. Spread key messages in the community about measures to prevent the infection.
2. Take actions for early detection and referral of suspected COVID-19 cases.
Take actions for early detection and referral of possible COVID-19 cases
• 5 out 6 people (approximately 80%) recover without any serious complications

• But 1 out of 6 can become seriously ill (as per WHO) - People older than 60 years of age and people with medical problems like high blood pressure, diabetes, heart problems, respiratory disease/asthma or cancer are at higher risk for developing serious complications

Source: MoHFW
Risk Groups Include...

- People travelled to other countries in last 14 days and their family members (possibly Dubai, Saudi Arabia and Abu Dhabi based on SNEHA communities)
- People travelled from other Indian states (other parts of Maharashtra, Uttar Pradesh, Rajasthan, Kerala) and if associated with people who travelled to other countries in last 14 days
- Family and friends of patients confirmed to have COVID-19
- People older than 60 years of age and people with medical problems like high blood pressure, diabetes, heart problems, respiratory disease/asthma or cancer

Potentially everybody is a COVID-19 carrier therefore observe all precautions!

Source: MoHFW
**Steps for Referral**

As a community worker you may be asked to prepare a list of people who have travelled to other countries or from other Indian states in the last 14 days, their contacts and persons with symptoms:

- Share their names with your designated Medical Officer at Health Post or MOH of the ward, but not with others.
- Tell them to monitor themselves for symptoms of COVID-19 (dry cough, high fever and breathing difficulties).
- Tell them to inform you if symptoms develop and call the COVID-19 Helpline.

*Source: MoHFW*
Common symptoms are:

- Fever
- Dry cough
- Breathing difficulty

Some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea

Source: MoHFW
Through daily calls to their allotted households, volunteers should enquire about the well-being of the members. Ask if anyone has fever, dry continuous cough of recent onset, or any breathing difficulties. Ascertain whether there are individuals who have recently travelled to other countries or from other hot spots of our country.

As per the municipal / government directive contact and report a possible case to either:

- Medical Officer (Health Post) in the area
- Medical Officer Health (MOH) of the ward
- MCGM Helpline No. 1916
Video on Covid-19 Awareness for Community Level Workers

https://www.youtube.com/watch?v=UIQ1ZBO2ilA&feature=youtu.be