

# CHANGE

FOR A BETTER WORLD



LIFE  
AFTER  
COVID



**Special  
Olympics**  
Bharat



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Bharat

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**CHANGE FOR A BETTER WORLD  
LIFE AFTER COVID**

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# WHAT IS COVID-19 CORONA VIRUS



Corona viruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory syndrome .

Covid -19 is short for coronavirus disease 2019. It is a contagious viral infection that spreads When someone who has this diseases sneezes , caughs or talks.

Sars - Cov - 2 , the vious that causes covid -19 , enters the body through nose mouth and eyes.

The risk of **COVID-19** is more in people who are older and also in people of any age who have other serious health problems — such as heart or lung conditions, weakened immune systems, severe obesity, or diabetes.

## **PEOPLE WITH DISABILITY MAY BE AT GREATER RISK OF CONTRACTING COVID-19 DUE TO**

**barriers in implementing basic hygiene measures and difficulty in enacting social distancing because of additional support needs or because they are institutionalized.**

**The need to touch things to obtain information from the environment or for physical support and barriers to accessing public health information.**

**People with disability are at greater risk of developing severe disease if they become infected because of pre-existing health condition underlying the disability and barriers to accessing health care.**

**People with disability may also be disproportionately impacted by the outbreak because of serious disruptions to the services they rely on hence the barriers experienced by people with disability can be reduced if key stakeholders take appropriate action.**

## MOST COMMON

- Fever
- Tiredness
- Dry cough

## LESS COMMON

- Aches and pains
- Sore throat
- Diarrhoea
- Conjunctivitis
- Headache
- Loss of taste or smell
- Rash on skin
- Discolouration of fingers / toes

## SERIOUS

- Difficulty breathing
- Shortness of breath
- Chest pain
- Pressure
- Loss of speech or movement

# SYMPTOMS

**WHAT**  
TO DO

WHEN YOU EXPERIENCE SYMPTOMS,  
SEEK MEDICAL ATTENTION IMMEDIATELY.



# SELF-QUARANTINE PROCEDURES



Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.

## STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials.

## CHECK YOUR TEMPERATURE

At least two times a day

## STAY IN DESIGNATED ROOMS

Use designated toilet / bathroom if possible

## WATCH OUT FOR OTHER SYMPTOMS

Covid-19 symptoms include fever, cough, difficulty breathing, and fatigue.

## PRACTICE SOCIAL/PHYSICAL DISTANCING

If you need to go out, maintain at least 2 meters (6 feet distance from others).

## WASH YOUR HANDS WITH SOAP & WATER

You can also use alcohol or hand sanitizer

**Call your hospital or doctor before visiting**

# DEALING WITH STRESS DURING COVID - 19

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED, ANGRY.....

## TALKING

TO PEOPLE YOU TRUST CAN HELP.

### MAINTAIN A HEALTHY LIFESTYLE

As best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

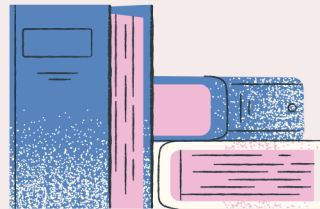


### SEEK PROFESSIONAL HELP

For physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

### GATHER FACTUAL INFORMATION

From credible sources to help you accurately determine your risk and take reasonable precautions.



### AVOID BAD MEDIA

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

### MANAGE YOUR EMOTIONS

Use your skills that you've used in the past which has helped used overcoming life's adversities.



**Children respond to stress in different ways. They can be more clingy, angry, agitated, or do things they normally don't.**

Respond to your child's reactions in a supportive way. Give them extra time and attention. Listen to their concerns, speak kindly, and reassure them.

Create opportunities for the child to play and relax.

Keep children close to parents and family, and avoid separating them and their caregivers as much as possible. If separation occurs, ensure regular contact and reassurance.

Keep to regular routines and schedules as much as possible. you can also create new ones in new environments. Include school/larning and time for safely playing and relaxing.



**C**  **VID-19**

**Helping children  
cope with stress**

Source: World Health Organization

# PROTECTING YOURSELF FROM COVID-19



# HAND - WASHING

Hand washing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy and prevent the spread of respiratory and diarrheal infections from one person to the next.

HOW GERMS SPREAD - GERMS CAN SPREAD FROM OTHER PEOPLE OR SURFACES WHEN YOU.

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or object
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.

## HOW TO WASH YOUR HANDS



1. Wet your hands before applying soap



2. Rub soap all over your palms, the backs of your hands, and in between your fingers



3. Do this process for at least 20 seconds before rinsing.



4. Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.

# KEY TIMES TO WASH

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:

**BEFORE**, during, and after preparing food

**BEFORE** and after eating food

**BEFORE** and after vomiting or diarrhea

**BEFORE** and after treating a cut or wound

**AFTER** using the toilet

**AFTER** blowing your nose, coughing, or sneezing

**AFTER** touching an animal, animal feed, or animal waste

**AFTER** handling pet food or pet treats

**AFTER** touching garbage

## How to Use Hand Sanitizer



Apply the gel product to the palm of one hand (read the label to learn the correct amount).



Rub your hands together.



Rub the gel over all the surfaces of your hands and fingers until your hands are dry.



This should take around 20 seconds.

# HOW TO USE A MASK



## BEFORE PUTTING ON A MASK

Clean hands with alcohol-based hand rub or soap and water.

## WHILE WEARING A MASK

### 1. COVER YOUR MOUTH AND NOSE

Make sure there are no gaps between your face and the mask.

### 2. AVOID TOUCHING THE MASK

if you do, clean your hands with alcohol-based hand rub or soap and water.

### 3. REPLACE THE MASK

Replace with a new one as soon as it is damp. Do not re-use single-use masks.



## DISPOSE OF THE MASK

1. Remove the mask from behind using the strings. Do not touch the front of mask.
2. Discard the mask immediately in a closed bin.
3. Clean hands with alcohol-based hand rub or soap and water..





# HOW TO SAFELY WEAR A MASK

## Dos

- Check the mask for any tears or holes
- Find the top side where the metal piece or stiff edge is
- Ensure that the colored side faces outwards
- Place the metal piece/stiff edge over your nose
- Cover your mouth, nose, and chin.
- Adjust the mask without leaving gaps on the side
- Avoid touching the mask
- Use the straps to remove the mask
- Keep the mask away from you or any surface when removing it
- Discard the mask immediately after use, into a closed bin
- Wash your hands

## THOROUGHLY WASH HANDS WITH SOAP & WATER BEFORE TOUCHING THE MASK

## Don'ts

- Don't use a ripped or damp mask
- Do not wear the mask only over mouth or nose (both must be covered)
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not do other things that will require touching the mask
- Do not leave used mask within the reach of others
- Do not re-use the mask

# PHYSICAL DISTANCING

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue.

## What to do to keep yourself and others safe from COVID-19

Physical distancing slows down the spread of the corona virus, which keeps our resources available to those in need.

Stay away from mass gatherings



Keep a distance of 6 feet (2 meters, or about one body length) away from other people



Avoid touching other people, and that includes handshakes.



# TO BE ACTIVE AT HOME DURING AN OUTBREAK OF COVID 19

- Exercise classes online
- Dance to music
- Play active video games
- Skipping
- Muscle strengthening
- Balance training



Doing any activity around the home is better than none at all. Be active during COVID 19 outbreak to maintain your heart, muscle strength and flexibility which helps in maintaining good mental health too !

30 mins daily



1 hour daily



WHO recommends that all healthy adults must do 30 minutes/day of physical activity while children should be physically active for 1 hour/ day.



# TIPS

## TO MAINTAIN A HEALTHY DIET

**EAT** a variety of food, including fruits and vegetables.

**EAT** moderate amounts of fats and oils.

**CUT** back on salt.

**LIMIT** sugar intake.

**STAY** hydrated: Drink enough hot water.

**AVOID** hazardous and harmful alcohol use.



Healthy  
eating  
habits

promote

LIFE

# EXERCISE & IMMUNE SYSTEM



While being fit won't prevent you from catching the virus, it does have many other protective effects. Physical activity releases endorphins, chemicals in your brain that revitalize your mind and body, and it can help to improve all aspects of your health.

In addition to boosting your mood and improving sleep, exercise can also strengthen your immune system, something that is particularly important at this time, especially for older adults who are more vulnerable to COVID-19.

But don't overdo it. While moderate physical activity supports immune function, too much intense activity—especially if you are not used to it—may have the opposite effect and suppress your immune system.

If you use exercise to keep up your energy and spirits in trying times such as these, you might be less inclined to turn to unhealthy coping mechanisms, such as drinking too much, which can also wear down your immune system.

There was a world before COVID 19,  
There will be a world after COVID 19.

BUT NEVER THE SAME

**LIFE AFTER**

**COVID**



**PLEDGE**

TO STAND TOGETHER, FIGHT TOGETHER  
TO OVERCOME THIS PANDEMIC !



**WELCOME**  
**TO THE NEW NORMAL**