

**GOLDEN GROUP OF INSTITUTIONS**

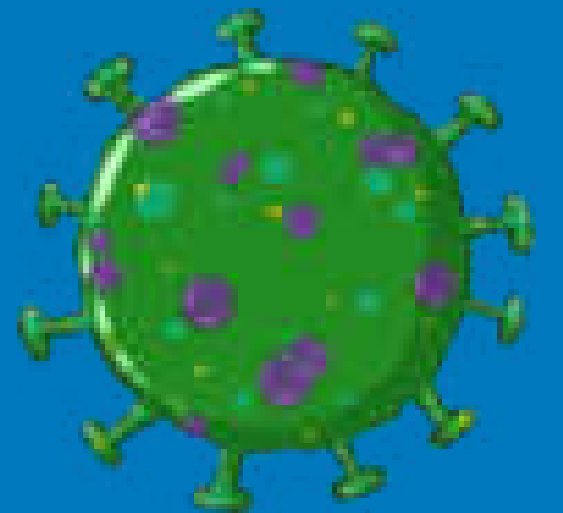
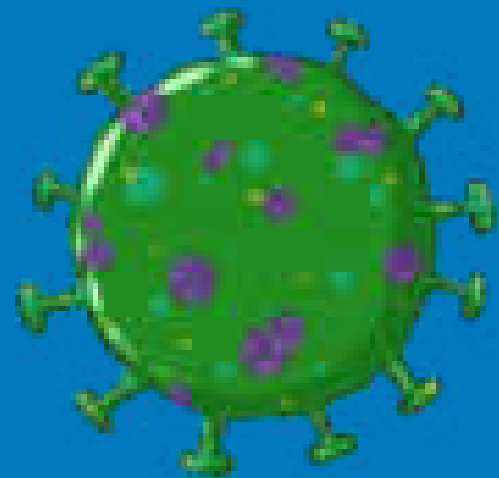
***HAS ORGANIZED AN***

**AWARENESS CAMPAIGN AGAINST COVID-19**

**COVID-19 RESPONSE**

**AND**

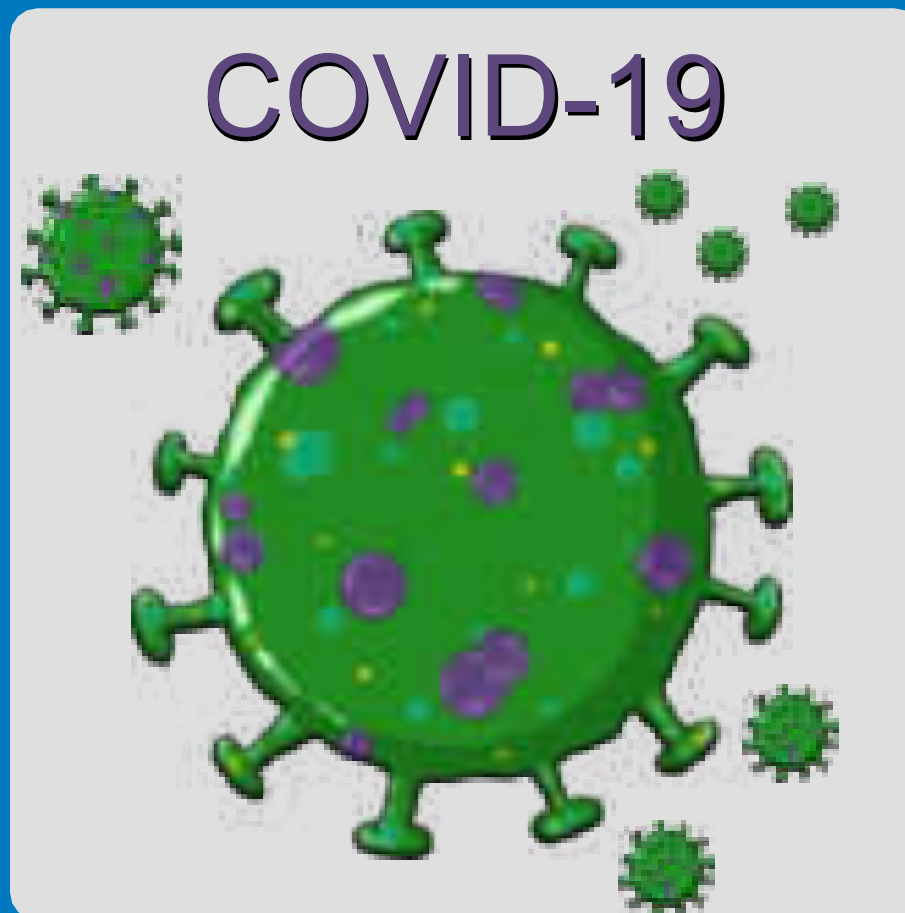
**COVID-19 CONTAINMENT MEASURES**



# WHAT ARE WE GOING TO LEARN?



**INFORMATION TO THE COMMUNITY**  
This section talks about the information and knowledge that the FLW will give to the community on Hand washing, Cough hygiene, Social distancing and HRG



**PERSONAL SAFETY**  
Frontline workers will work to reach out the message to thousands of directly or indirectly affected community members. However they also need to take care of their own personal safety



**STIGMA & DISCRMINATION**  
This session deals with the myths and misconceptions around Coronavirus and many fears that result in stigmatising behaviours at various level. What is the role of the FLW and what can she do



## LET US UNDERSTAND ABOUT COVID-19

COVID-19 IS CORONAVIRUS DISEASE-2019



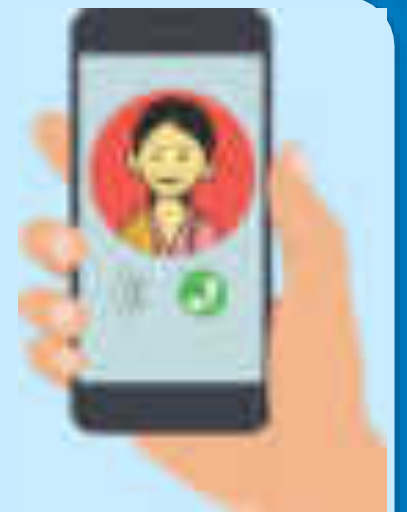
IT IS CAUSED BY A CORONAVIRUS NAMED AS SARS-CoV-2

## WHAT ARE THE COMMON SYMPTOMS OF COVID-19



THE SYMPTOMS OF COVID-19 ARE FEVER, COUGH, AND DIFFICULTY IN BREATHING

IF YOU HAVE THESE AND YOU ARE A CONTACT OF A LABORATORY CONFIRMED POSITIVE CASE IMMEDIATELY CALL THE STATE HELPLINE NUMBER OR MINISTRY OF HEALTH & FAMILY WELFARE, GOVERNMENT OF INDIA 24X7 HELPLINE 011-2397 8046, 1075 OR YOUR ASHA/ANM.



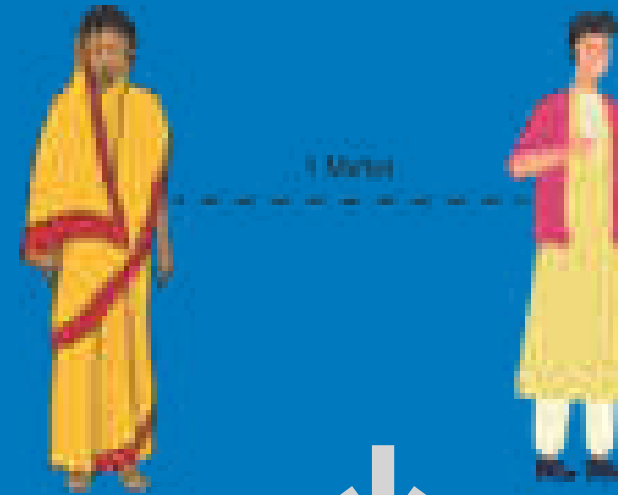
# PREVENTION: SAFE PRACTICES IN THE COMMUNITY



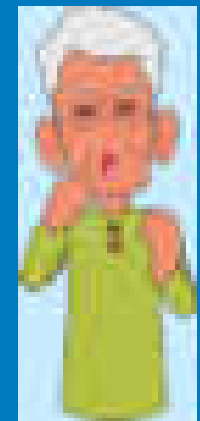
HAND  
HYGIENE



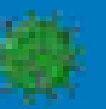
RESPIRATORY  
HYGIENE



SOCIAL  
DISTANCING

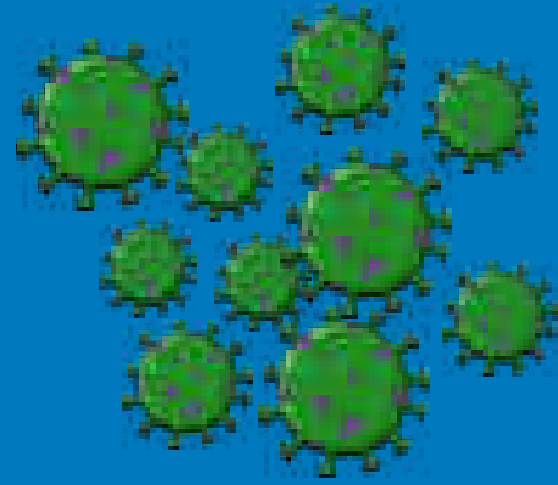


HIGH RISK  
GROUP





# MODES OF TRANSMISSION



SNEEZE/ COUGH  
BY INFECTED PERSON

INFECTED DROPLETS

INFECTED DROPLETS  
GET ON YOUR HAND

AND WHEN TOUCH  
ANY SURFACE OR PERSON

VIRUS  
TRANSFERRED!!



SNEEZE/ COUGH  
BY INFECTED PERSON

INFECTED DROPLETS

INFECTED DROPLETS  
GET ON YOUR HAND

VIRUS  
TRANSFERRED!!

# HAND HYGIENE

## PREVENTION - WHAT TO DO?

Hand hygiene is a way of cleaning one's hands that substantially reduces potential pathogens (harmful germs) on the hands. Hand hygiene procedures include hand washing with soap and water for at least 40 secs or use of 70% alcohol-based hand rubs

# DO

- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR 40 SECONDS ESPECIALLY AFTER YOU HAVE BEEN IN A PUBLIC PLACE, OR AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING.
- USE A HAND SANITISER (AT LEAST 70% ALCOHOL BASED) IF SOAP AND WATER NOT AVAILABLE COVER ALL SURFACES OF YOUR HANDS AND RUB THEM TOGETHER UNTIL THEY FEEL DRY.



# DO NOT

- TOUCH YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.
- TOUCH SURFACES LIKE DOOR KNOBS AND DOOR BELLS, ELEVATOR BUTTONS, HANDRAILS, SUPPORT HANDLES, CHAIR BACKS, ATM SURFACES, MOBILES, JEEP HANDLES ETC



# PREVENTION: RESPIRATORY HYGIENE

Respiratory Hygiene is a combination of measures taken to stop the spread of germs through respiratory behaviours like coughing or sneezing

## DO

- DO USE a handkerchief or a tissue to cover your face while coughing or sneezing
- DO THROW the used tissue immediately into a closed dustbin
- DO COVER your sneeze into your bent upper arm in case you are not carrying a tissue or a kerchief.
- DO WASH hands immediately after you have covered your sneeze or cough

## DO NOT

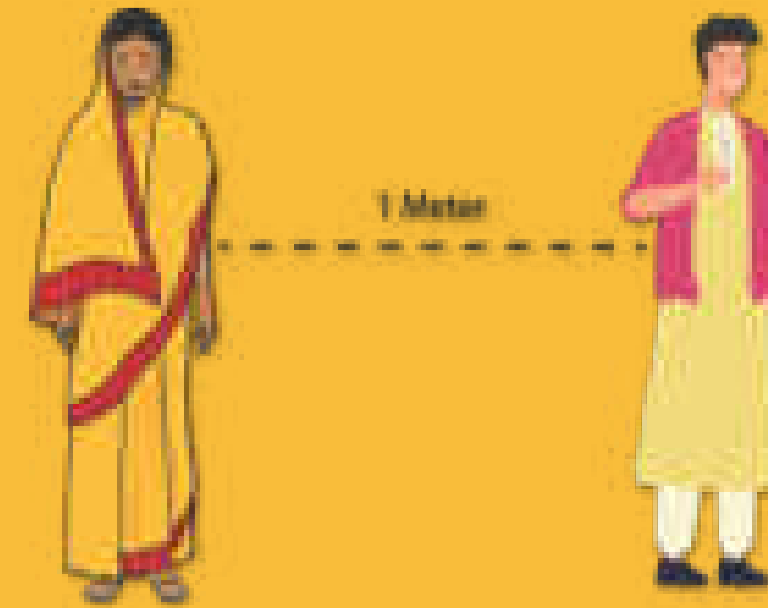
- DO NOT use other ways of covering your face like the pallu of the sari or the chunni or the gamcha
- DO NOT spit in the open, always use a spittoon or wash basin for spitting

# PREVENTION: SOCIAL DISTANCING

SOCIAL DISTANCING : DELIBERATELY INCREASING THE PHYSICAL SPACE BETWEEN PEOPLE TO AVOID SPREADING ILLNESS. STAYING AT LEAST ONE METER AWAY FROM OTHER PEOPLE LESSENS YOUR CHANCES OF CATCHING COVID-19.

## DO

- STAY AT HOME UNLESS ABSOLUTELY NECESSARY
- KEEP A DISTANCE OF AT LEAST ONE METER BETWEEN YOURSELF AND ANOTHER PERSON



## DO NOT

- DO NOT HOLD EVENTS WHERE PEOPLE HAVE TO GATHER (EVEN IF IT IS A CORNER MEETING WITH THREE OR FOUR FRIENDS, OR AN EVENING CHAT ON THE CHAUPAL)
- DO NOT GO TO CROWDED PLACES LIKE MARKETS, SHOPPING, MELAS, PARTIES
- DO NOT USE PUBLIC TRANSPORT





# PREVENTION: HIGH RISK GROUP

HIGH RISK GROUPS ARE PEOPLE WHO ARE AT A HIGHER RISK FROM SEVERE ILLNESS IF THEY GET COVID-19. THIS INCLUDES:

## OLDER ADULTS



PEOPLE WHO HAVE UNDERLYING MEDICAL CONDITIONS LIKE:

- HEART DISEASE
- DIABETES
- LUNG DISEASE
- KIDNEY DISEASE
- ON CANCER MEDICATION



PREGNANT WOMEN  
(AS WE DO NOT KNOW THE IMPACT OF THE DISEASE ON PREGNANCY AS OF YET, IT IS BETTER TO TAKE CARE)



# COMMUNITY SURVEILLANCE



TYPES OF  
CONTACTS



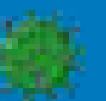
COMMUNITY  
SURVEILLANCE Sop



ADVISORY



COMMUNICATION



## DEFINITIONS – SUSPECT/PROBABLE INFECTED PERSON

A person with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (eg. Cough, shortness of breath) AND

A history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 disease during the 14 days prior to symptom onset OR

A person with any acute respiratory illness AND having being in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms OR

A person with severe acute respiratory infection {fever and at least one sign/symptom of respiratory disease (eg. Cough, shortness of breath)} AND requiring hospitalization AND with no other etiology that fully explains the clinical presentation OR

A case for whom testing for COVID-19 is inconclusive.

## DEFINITIONS - WHO IS A CONTACT

A CONTACT IS A PERSON WHO IS INVOLVED IN ANY OF THE FOLLOWING:

- PROVIDING DIRECT CARE WITHOUT PROPER PERSONAL PROTECTIVE EQUIPMENT (PPE) FOR COVID-19 PATIENTS
- STAYING IN THE SAME CLOSE ENVIRONMENT OF A COVID-19 PATIENT (INCLUDING WORKPLACE, CLASSROOM, HOUSEHOLD, GATHERINGS).
- TRAVELING TOGETHER IN CLOSE PROXIMITY (LESS THAN 1 M) WITH A SYMPTOMATIC PERSON WHO LATER TESTED POSITIVE FOR COVID-19.

# TYPES OF CONTACTS

## HIGH RISK

- TOUCHED BODY FLUIDS OF THE PATIENT (RESPIRATORY TRACT SECRETIONS, BLOOD, VOMIT, SALIVA, URINE, FEACES)
- HAD DIRECT PHYSICAL CONTACT WITH THE BODY OF THE PATIENT, SHOOK HANDS, HUGGED OR TOOK CARE OF.
- TOUCHED OR CLEANED THE LINEN, CLOTHES, OR DISHES OF THE PATIENT.
- LIVED IN THE SAME HOUSEHOLD AS THE PATIENT.
- ANYONE IN CLOSE PROXIMITY (LESS THAN ONE METER) OF THE CONFIRMED CASE WITHOUT PRECAUTIONS.
- PASSENGER TRAVELING IN CLOSE PROXIMITY (LESS THAN ONE METER) FOR MORE THAN 6 HOURS WITH A SYMPTOMATIC PERSON WHO LATER TESTED POSITIVE FOR COVID-19.

## LOW RISK

- SHARED THE SAME SPACE (SAME CLASS FOR SCHOOL/WORKED IN SAME ROOM/SIMILAR AND NOT HAVING A HIGH RISK EXPOSURE TO CONFIRMED OR SUSPECT CASE OF COVID-19).
- TRAVELLED IN SAME ENVIRONMENT (BUS/TRAIN/FLIGHT/ANY MODE OF TRANSIT) BUT NOT HAVING A HIGH-RISK EXPOSURE.



HOME QUARANTINE: STAY SAFE FOR PROBABLE INFECTED PERSON  
RESTRICTED MOVEMENT FOR COVID-19 SUSPECTS

KEEP DISTANCE

- STAY IN A WELL VENTILATED SPECIFIC ROOM AND AWAY FROM OTHER PEOPLE IN YOUR HOME. RESTRICT MOVEMENT
- IF AVAILABLE, USE A SEPARATE BATHROOM

AVOID VISITORS IN THE HOUSE

- BECAUSE IF INFECTED YOU CAN SPREAD INFECTION TO OTHERS

SEEK HEALTH CARE AND NOTIFY

- IF SUFFERING FROM COUGH OR FEVER OR BREATHING DIFFICULTY AND SUSPECTING CONTACT, WEAR A MASK, AND NOTIFY NEAREST HEALTH FACILITY / ASHA/ANM IMMEDIATELY.

AVOID GOING TO PUBLIC AREAS

- DO NOT GO TO WORK, SCHOOL, OR PUBLIC AREAS LIKE MARKETS, CINEMAS ETC.
- AVOID USING PUBLIC TRANSPORT

WEAR A MASK

- WEAR A MASK CORRECTLY WHEN YOU ARE AROUND OTHER PEOPLE AND WHENEVER YOU ENTER A HEALTHCARE PROVIDER'S CLINIC

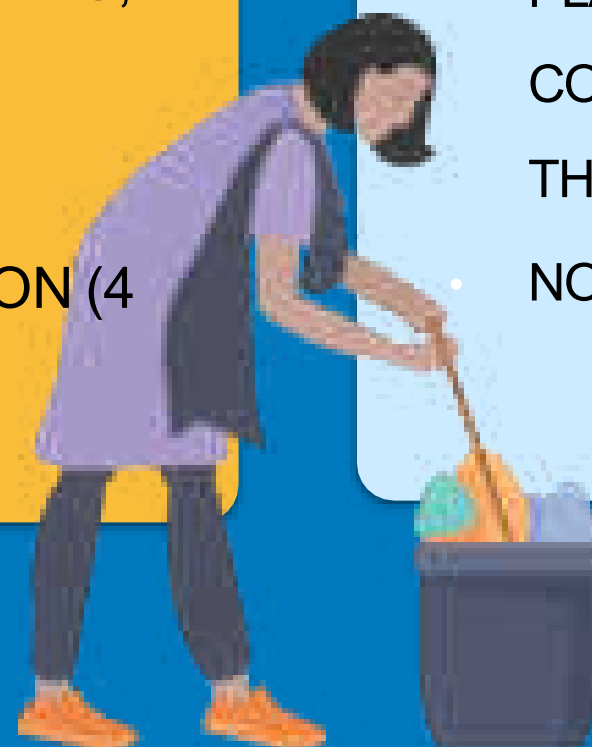


## HOME CARE: KEEP ENVIRONMENT SAFE

### PRECAUTIONS TO BE TAKEN BY THE HOUSEHOLD WHERE THERE IS A SUSPECTED CASE

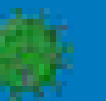
- **SUPPORT:** ASSIGNED FAMILY MEMBER TO TAKE CARE OF INFECTED PERSON HELPING THEM FOLLOW DOCTOR'S INSTRUCTIONS FOR MEDICATION(S) AND CARE.
- **WASH HANDS:** WITH SOAP AND WATER FOR AT LEAST 40 SECONDS OR, IF SOAP AND WATER ARE NOT AVAILABLE, CLEAN YOUR HANDS WITH AN ALCOHOL-BASED HAND SANITIZER THAT CONTAINS AT LEAST 70% ALCOHOL. WASH OFTEN AND ESPECIALLY AFTER TOUCHING
- **CLEAN AND DISINFECT:** ALL "HIGH-TOUCH" SURFACES, SUCH AS TABLETOPS, DOORKNOBS, BATHROOM FIXTURES, TOILETS, PHONES, EVERY DAY. ALSO, WIPE ANY SURFACES THAT MAY HAVE BLOOD, STOOL, OR BODY FLUIDS ON THEM. USING BLEACHING POWDER SOLUTION (4 TSP OF HOUSEHOLD BLEACH IN 4 CUPS OF WATER)

- **WASH LAUNDRY THOROUGHLY AND AVOID SHAKING SOILED LINEN**
  - IMMEDIATELY REMOVE AND WASH CLOTHES OR BEDDING THAT HAVE BLOOD, STOOL, OR BODY FLUIDS ON THEM. KEEP AWAY FROM BODY.
  - WASH AND DISINFECT LINEN IN WARM WATER AND SOAP, DRY IN SUN
  - WASHING MACHINE: USE DISINFECTANT, SOAP, WARM WATER, DRY IN SUN
  - LINEN CAN BE SOAKED IN HOT WATER AND SOAP IN A LARGEDRUM, USING A STICK TO STIR, AVOIDING SPLASHING (SOAK LINEN IN 1% CHLORINE FOR APPROXIMATELY 30 MINUTES. FINALLY, RINSE WITH CLEAN WATER AND LET LINEN DRY FULLY IN THE SUNLIGHT.
  - PLACE ALL USED DISPOSABLE GLOVES, FACEMASKS, AND OTHER CONTAMINATED ITEMS IN A LINED CONTAINER BEFORE DISPOSING OF THEM WITH OTHER HOUSEHOLDWASTE.
  - NOTE: INFECTED PERSON MAY BE AMBULATORY OR BED-RIDDEN

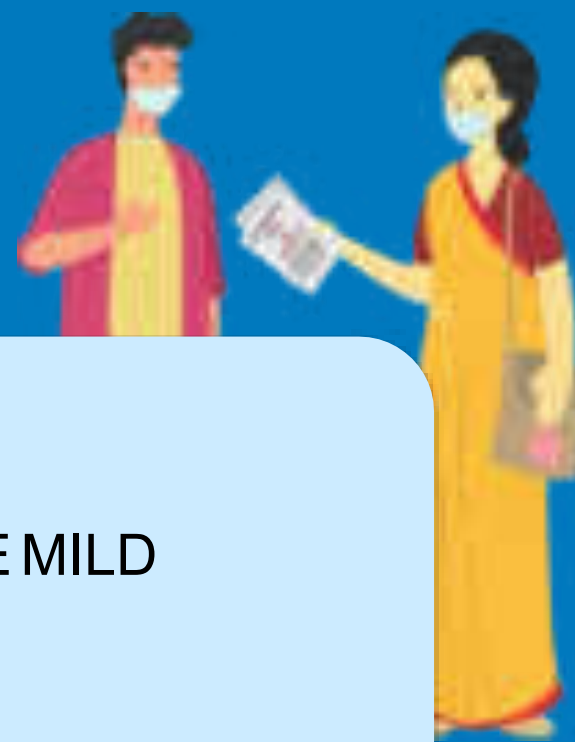


## HOME QUARANTINE: STAY SAFE FOR FAMILY MEMBERS

- HOUSEHOLD MEMBERS SHOULD STAY IN ANOTHER ROOM OR BE SEPARATED FROM THE PATIENT AS MUCH AS POSSIBLE.
- HOUSEHOLD MEMBERS SHOULD USE A SEPARATE BEDROOM AND BATHROOM, IF AVAILABLE.
- AVOID SHARING HOUSEHOLD ITEMS E.G. DISHES, DRINKING GLASSES, CUPS, EATING UTENSILS, TOWELS, BEDDING, OR OTHER ITEMS WITH OTHER PEOPLE AT HOME.
- WASH HAND AS OFTEN THOROUGHLY WITH SOAP AND WATER (40 SECS) OR WITH 70% ALCOHOL-BASED HAND SANITISER
- WHEN IN CONTACT WITH THE PERSON WHO IS QUARANTINED, THE FAMILY MEMBERS SHOULD WEAR A THREE LAYERED MASK AT ALL THE TIMES. DISPOSABLE MASKS ARE NEVER TO BE REUSED.
- USED MASK SHOULD BE CONSIDERED AS POTENTIALLY INFECTED. DISPOSE MASK BY SOAKING IN HOME BLEACH SOLUTION AND THEN THROWING IN A DUSTBIN.
- DO NOT LET SMALL CHILDREN PLAY WITH THE MASKS.



# WHAT CAN WE DO?



## YOU CAN:

- SENSITIZE PEOPLE AND HELP THEM TO UNDERSTAND THAT IT IS A SIMPLE INFECTION AND 80% OF THE CASES ARE MILD CASES.
- COVID-19 CAN HAPPEN TO ANYONE, SPEAK TO PEOPLE, BE AVAILABLE TO LISTEN TO HOW THEY FEEL
- ADVISE PEOPLE TO ENGAGE IN RELAXING ACTIVITIES LIKE INDOOR GAMES, READING, GARDENING, HOME-CLEANING, ETC.
- ASK PEOPLE TO STAY AWAY FROM WATCHING NEGATIVE THINGS ON THE TV AND ALSO FAKE NEWS
- ENGAGE COMMUNITY INFLUENCERS , SHARE CORRECT INFORMATION ON COVID-19 WITH THEM. BRIEF THEM ON SPECIFIC SUPPORT REQUIRED BY YOU. GUIDE WHATSAPP GROUPS TO HELP IN GIVING HOPE AND POSITIVE NEWS TO HELP PEOPLE HANDLE STRESS.
- PUBLICLY, USE TERMS LIKE PEOPLE WHO HAVE COVID-19 INSTEAD OF “COVID-19 CASES” OR “VICTIMS”. SIMILARLY, USE TERMS LIKE PEOPLE WHO MAY HAVE COVID-19 INSTEAD OF “SUSPECTED CASES”
- EMPHASIZE THAT MOST PEOPLE DO RECOVER FROM COVID-19, AMPLIFY THE GOOD NEWS ABOUT LOCAL PEOPLE . WHO HAVE RECOVERED FROM COVID-19? WHO HAVE SUPPORTED A LOVED ONE THROUGH RECOVERY?
- MAKE SPECIAL EFFORTS TO REACH OUT TO HIGH RISK GROUPS INCLUDING SENIOR CITIZENS AND YOUNGER CHILDREN.



# COMMUNICATION, PERSONAL SAFETY



WHAT TO  
COMMUNICATE



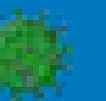
HOW TO  
COMMUNICATE?



MASK  
MANAGEMENT



PRECAUTIONS



# WHAT TO COMMUNICATE AND COMMUNICATION PLATFORMS

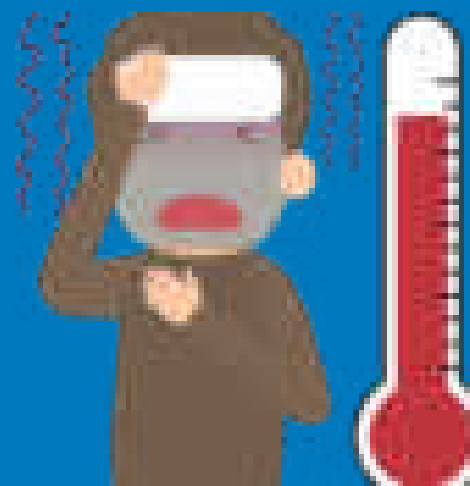
HAND HYGIENE

RESPIRATORY  
HYGIENE

SOCIAL DISTANCING

HOME CARE &  
HOME  
QUARANTINE

MONITORING  
SYMPTOMS



- SHARE MOBISODES
- DISPLAY IEC MATERIALS AT APPROPRIATE PLACES
- USE ESSENTIAL SERVICES (LIKE GARBAGE COLLECTION VANS, MILK SUPPLY, ETC.) FOR MIKING
- SHARE WHATSAPP MESSAGES ON GROUPS
- USE POCKET BOOK FOR GIVING KEY MESSAGES

# COMMUNICATION: HOW?

- **ALWAYS BE POLITE. ANYONE CAN GET THE INFECTION, ANYWHERE. DO NOT DISCRIMINATE, SHOUT, OR USE RUDE LANGUAGE.**
- **GATHER ACCURATE INFORMATION FROM THE PATIENT: THEIR NAME, DATE OF BIRTH, TRAVEL HISTORY, LIST OF SYMPTOMS, RECORD AND COMMUNICATE AS PER THE SURVEILLANCE FORMAT. WRITE THE INFORMATION CLEARLY**
- **BE AWARE THAT SUSPECTED AND CONFIRMED CASES, AND ANY VISITORS ACCOMPANYING THEM, MAY BE STRESSED OR AFRAID. SO, THE MOST IMPORTANT THING YOU CAN DO IS TO LISTEN CAREFULLY TO QUESTIONS AND CONCERNS.**
- **WHEN YOU MEET PEOPLE, AVOID TOUCHING OR DIRECT PHYSICAL CONTACT. THIS IS TRUE FOR PASSING ON INFECTION EITHER WAY. MAINTAIN DISTANCE OF MORE THAN 1 METER WHEN YOU INTERACT.**
- **CHECK IF PEOPLE HAVE UNDERSTOOD YOUR MESSAGE BY ASKING THEM TO REPEAT WHAT YOU HAVE TOLD.**
- **IF THERE ARE QUESTIONS AND YOU HAVE THE ANSWERS, YOU MUST SHARE THIS WITH THE COMMUNITY MEMBER. HOWEVER IF YOU DO NOT HAVE THE ANSWER, DO NOT HESITATE TO SAY SO. A LOT IS STILL UNKNOWN ABOUT COVID-19**

# MASK MANAGEMENT



## USE A MASK IF AND ONLY WHEN:

- YOU DEVELOP FEVER, COUGH OR DIFFICULTY IN BREATHING
- YOU VISIT A HEALTH CARE FACILITY.
- YOU ARE CARING FOR AN ILL PERSON
- WHEN CONTACT TRACING



## USE A MASK CORRECTLY:

- UNFOLD PLEATS, FACING DOWN, PLACE OVER NOSE, MOUTH AND CHIN.
- FIT NOSE PIECE OVER NOSE-BRIDGE. TIE STRINGS UPPER STRING TIED - TOP OF HEAD ABOVE EARS LOWER STRING AT THE BACK OF THE NECK.
- LEAVE NO GAPS ON EITHER SIDE OF THE MASK, ADJUST TO FIT.
- DO NOT PULL THE MASK DOWN OR HANG FROM THE NECK
- AVOID TOUCHING THE MASK WHILE IN USE.
- REPLACE MASKS WITH A NEW CLEAN, DRY MASK AS SOON AS THEY BECOME DAMP/HUMID, 6 -8 HOURS

## REMOVING AND DISPOSING THE MASK

- DO NOT RE-USE SINGLE-USE MASKS
- DO NOT TOUCH OTHER SURFACES OF THE MASK WHILE REMOVING.
- TO REMOVE MASK FIRST UNTIE THE STRING BELOW AND THEN THE STRING ABOVE AND HANDLE THE MASK USING THE UPPER STRINGS. OTHER SURFACES MAY BE POTENTIALLY CONTAMINATED
- REMOVE THE MASK BY USING APPROPRIATE TECHNIQUE (I.E. DO NOT TOUCH THE FRONT BUT REMOVE THE LACE FROM BEHIND)
- AFTER REMOVAL OR WHENEVER YOU INADVERTENTLY TOUCH A USED MASK, CLEAN HANDS BY USING A 70% ALCOHOL-BASED HAND RUB OR SOAP AND WATER FOR 40 SECS.
- DISCARD SINGLE-USE MASKS AFTER EACH USE AND DISPOSE OF THEM IMMEDIATELY UPON REMOVAL



# PRECAUTION AND SAFETY MEASURE



## WHEN MOVING AROUND THE COMMUNITY

- MAINTAIN DISTANCE OF AT LEAST 1 METER FROM PEOPLE WHEN YOU ARE COMMUNICATING
- USE A THREE LAYERED MASK TO COVER YOUR FACE. MAKE SURE IT IS PROPERLY WORN.(WHILE CONTACT TRACING)
- AVOID TOUCHING YOUR FACE (EYES, NOSE, MOUTH) AT ALL TIMES
- WASH YOUR HANDS WITH SOAP AND WATER FREQUENTLY, OR USE ALCOHOL BASED HAND-RUB
- AVOID TOUCHING OR DIRECT PHYSICAL CONTACT

## IMMEDIATELY ON REACHING HOME

- CAREFULLY REMOVE AND DISPOSE OFF YOUR FACE MASK BY SOAKING IN BLEACH SOLUTION AND THEN THROWING IT IN A COVERED DUSTBIN. (SEE: MASK MANAGEMENT).
- WASH YOUR HANDS WITH SOAP AND WATER OR ALCOHOL BASED HAND-SANITISER BEFORE YOU TOUCH ANYTHING ELSE.
- WIPE DOWN WHAT YOU HAVE CARRIED LIKE YOUR PURSE AND MOBILE WITH HOME BASED DISINFECTANT (4 TSPS OF HOUSEHOLD BLEACH IN 4 CUPS OF WATER)
- IF YOU GET ANY SYMPTOMS LIKE FEVER, COUGH OR DIFFICULTY IN BREATHING REPORT TO THE NEAREST GOVERNMENT FACILITY OR DISTRICT SURVEILLANCE OFFICER IMMEDIATELY.

## MYTHS & FACTS

STATEMENT: WITH THE SUMMERS COMING UP, THE CORONAVIRUS WILL BE KILLED

FACT: COVID-19 HAS BEEN DETECTED IN ALL AREAS, INCLUDING AREAS WITH HOT AND HUMID WEATHER. THE BEST WAY TO PROTECT YOURSELF AGAINST COVID-19 IS BY FREQUENTLY WASHING YOUR HANDS WITH SOAP AND WATER, COVERING YOUR COUGHS AND SNEEZES AND AVOIDING CROWDED PLACES.

STATEMENT: HAVING A BATH WITH HOT WATER WILL KILL THE VIRUS

FACT: THE VIRUS LIVES INSIDE THE BODY WHERE THE TEMPERATURE IS MAINTAINED AT 37°C AND IS NOT AFFECTED BY A HOT WATER BATH THAT YOU HAVE.

STATEMENT: GETTING THE PNEUMONIA VACCINE WILL PROTECT YOU AGAINST THE VIRUS

FACT: WHILE VACCINES FOR PNEUMONIA WILL CERTAINLY PROTECT YOU AGAINST OTHER ORGANISMS THAT CAUSE PNEUMONIA, THE VACCINE FOR NOVEL CORONAVIRUS IS UNDER DEVELOPMENT.

STATEMENT: SPRAYING ALCOHOL OR DISINFECTANT OVER YOUR BODY CAN PREVENT INFECTION

FACT: SPRAYING WITH ALCOHOL OR SANITISER ON CLOTHES AND BODY WILL NOT PREVENT YOU FROM GETTING INFECTION. INFECTION SPREADS WHEN THE VIRUS ENTERS THE BODY THROUGH NOSE OR MOUTH. CLEANING AND WIPING HANDS WITH ALCOHOL IS TO PREVENT THE GERM FROM ENTERING YOUR SYSTEM THROUGH INFECTED HANDS WHEN YOU TOUCH YOUR MOUTH OR YOU EAT FOOD WITH INFECTED HANDS.

STATEMENT: REGULARLY RINSING THE NOSE WITH SALINE WILL PREVENT THE INFECTION

FACT: RINSING NOSE WITH SALINE HAS IN FEW CASES HELPED IN CONTAINING COMMON COLD, BUT HAS NO EVIDENCE TO SUGGEST IT IS EFFECTIVE AGAINST THE NOVEL CORONAVIRUS INFECTION



*After having the glance of whole measures now you are well known about the **Golden's Campaign against COVID-19**. Here are some of the prime Instructions to be kept in mind before you begin:*

- 1. Click on the Link <https://forms.gle/5DT1EeZfDoc9CxtZ6> and start the Quiz.*
- 2. The participants getting more than 50% score will automatically get their E Certificates in their respective Email Id.*
- 3. It's mandatory to mention your correct Name and Email without any error as the same credentials will be mentioned on your e certificate.*

***#StayHome #StaySafe***

***[www.goldengroups.co.in](http://www.goldengroups.co.in)***