Module 1

Basics in Health, Hygiene and COVID-19.

Module Outline

The session will be following outlines:

01. The Concept of health and diseases.
02. Hygiene promotion in emergency
03. COVID-19 and its vaccine.

Duration

This Study Session requires a 4 hours of formal study time.

You may spend an additional 2-3 hours for revision

Overview:

This module has three units which includes concept of the health and disease, hygiene promotion in emergencies and introduction to COVID-19 and its vaccines.

Learning Objectives

By end of horizontal module, the learner will be able to:

1. Understand the concept of Health and diseases.
2. Define Hygiene, and it's five domains
3. Prevent the spread of disease effectively
4. Apply hygiene promotion and interventions techniques.
5. describe COVID-19 background, method of transmission,

Learning Outcomes

1. The Ability to know what is health, its concepts and determinants of health and disease.
2. The ability to apply hygiene promotion principles and approaches and its standard matter.
3. The ability to understand COVID-19 symptoms, apply prevention and controls methods.

Terminologies

WHO	World health organization.
ANC	Antenatal care.
EPI	Expended program of immunization.
PHC	Primary health care.
SDGs	Sustainable development goals.
WASH	Water sanitation and hygiene.

Unit one: Concepts of Health and Disease:

Learning Objectives

By the ending of the lectures, students should be able to articulate and comprehend:

- Definition and key concept of health and diseases.

Definition of Health

"WHO definition: Health is a status of complete physical, mental, and social well-being, not just the absence of disease or impairment and the capability to engage in constructive social and economic activity" (WHO 2010).

1.1.2 Operational Definition of Health WHO

A human organism's form or quality shows the microorganism's ability to function appropriately in specific settings, whether hereditary or environmental." Thus, health is defined as (a) the absence of visible signs of sickness and the person's ability to function regularly (b) the proper functioning of several body parts about one another (Equilibrium or Homeostasis). Health is a basic human right. Achieving the best attainable degree of wellbeing is the most significant universal and community objective. (Rai, 2018).

1.1.3 Changing Concepts of Health

There are different concepts of health with regards to the total wellbeing of a human being. These changing concepts are biomedical, ecological, psychological and concept of the whole.

I. Biomedical concept is when the body is free of diseases.
II. Ecological concepts imply when there are no form of pain and suffering in the body, and how the human body adapts itself to the environment.
III. Psychosocial concept of health considers the wellbeing of the body in relation to social, spiritual, mental and emotions.
IV. The concept of the whole is when the body works in agreement with all areas of your personal life. It can be related to industry.

1.1.4 Dimensions and Determinants of Health

It's hard to define health, but it's much easy to comprehend. To many of us, it may imply the absence of disease or disability and a healthy body and mind and normal bodily function. **(Rai, 2018)**

Physical Health

It involves a healthy body mass, circumference and heigh for one's age and gender, proper eyesight, hearing, locomotion, and motions, as well as an average heart rate, respiration rate, measuring blood pressure, measuring head and chest circumference, and measuring waist-hip ratio.

Mental Health

The WHO's definition of health stresses aspects of mental health: An individual's mental well-being may be described as "a state of well-being in which he or she recognizes his or her own talents, can cope with the normal stresses of life, can perform well in the workplace, and can make a positive contribution to his or her neighborhood." (Rai, 2018)

Social Well-Being

It is health's 3rd aspect. It refers to a individual's ability to adjust to others in his socialization, at family, at work, and with strangers. Males connect with males, interrelate and rely on one another and play an influential part in the aftermath of a situation.

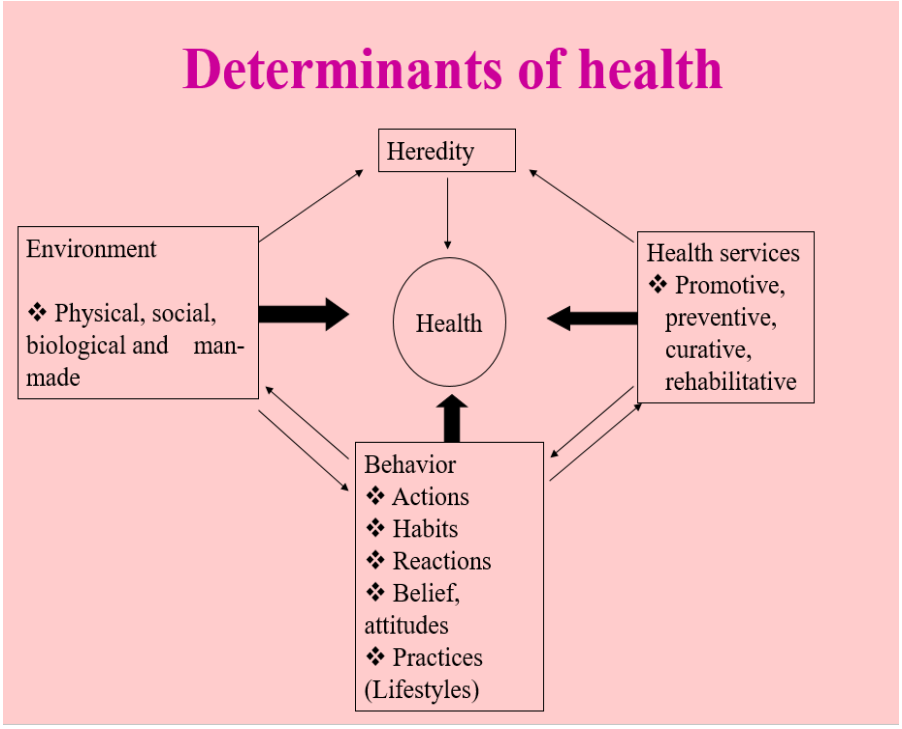


Figure 1.1: Determinants of health (Jimes lind institute, 2017)

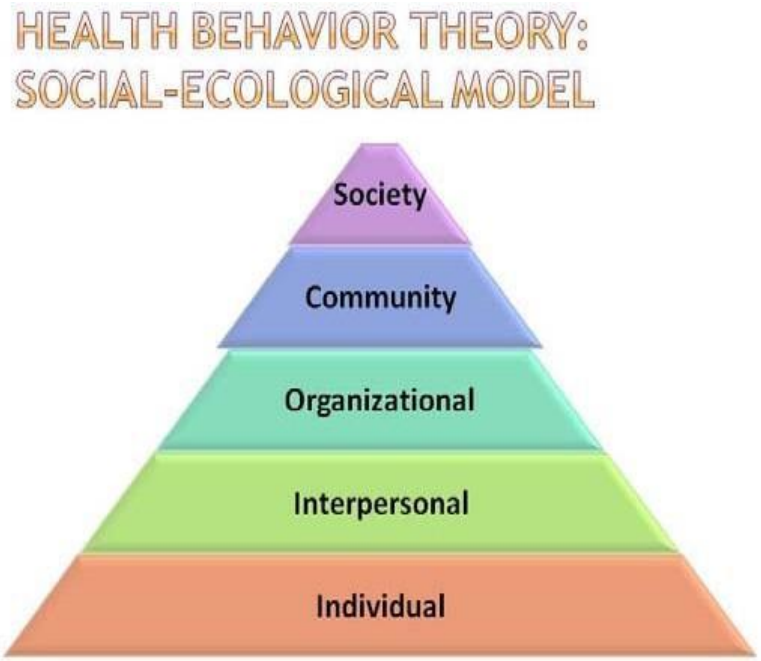


Figure 1.2: (Jimes lind institute, 2017)

Spiritual Health

In this sense, spiritual health refers to the part of an individual that extends out and seeks meaning and purpose in life.) This realm appears to resist categorization. It contains the following items:

i) Reliability
ii) Ethics of Morals
iii) Objective in life
iv) Dedication to some higher being
v) Principle in concepts that are not subject to "state of the art" explanation

Emotional Health

Firstly, the emotional and mental elements were intermingled, but as more research becomes accessible, a clear distinction becomes apparent. Mental health is defined as "knowing" or "cognition," and emotional health is defined as "feeling." **Figure 1.2:** (Jimes lind institute, 2017)

1.1.5 **Modern Philosophy of Health**

- The wellbeing of the person is a basic human right - It has been said that the right to live is a primary human right, also been a healthful is a vital human being right.
- Sound health is necessary to enjoy a comfortable life. It improves the quality of people's lives.
- Good health affects all areas of life. A sick man cannot carry out his duties properly.
- The health of a society or nation affects development.
- Good health is necessary for an individual, a nation to face their responsibilities. Also at international level, good health is necessary for the world to function properly. COVID-19 is a great example.
- When an individual maintains his/her health, it is a great contribution to the progress of a society.
- Globally, good health is an aspiration.

Health Behavior Theory

Study on why individuals participate in various health-related behaviors is driven by the Health - related behavior Theoretical model. Psychiatry, sociological, anthropology, and economics are just a few examples of the fields that have been used in the development of health-behavior theories. For the development, implementation, and evaluation of health-related behavior interventions, these concepts are useful.

Social-Ecological Model

This method encourages individuals to think about the long-term consequences of their personal choices, such as eating, smoking, and exercise, as well as other factors.

Individuals

- Changes in food, smoking, and physical activity habits are the first steps in treating chronic disease.

Interpersonal Groups

- It could be a gathering of friends or family, a reading club or a bicycling club. Interpersonal groups are an effective tool to develop and maintain healthier habits by providing individuals with the data and assistance they want to make healthy food, exercises, and personal life style.

Organizations

- Organizations include schools, workplaces, churches, football teams, and volunteer groups. Healthy diet, smoking cessation, or physical exercise may be encouraged by changes in organizational policy and the environment, as well as health information. (Jimes lind institute, 2017).

Communities

- There are many similarities between communities and corporations. Healthy food, cigarette public areas, and physical exercise are just a few of the things that may be improved by changes to the environment and regulations. Citizens, clubs, and organizations may work together to improve healthy eating and physical activity by making changes to zoning restrictions, upgrading parks and leisure facilities, and finding means to distribute free or low-cost fruits and vegetables. (Jimes lind institute, 2017)

Society

People, institutions, and organizations all have a role in creating a healthy culture in this wide-ranging field. Laws on diet, smoking, and physical activity, statewide school rules, television advertisements, and alliances with companies and industry are all part of a holistic strategy to reducing chronic disease on a big scale. (Jimes lind institute, 2017)

Definition: These are quantitative characteristics of a population that may be used to describe people's health

Definition: Disease is a state in which the body's normal physiological functions are impaired, whether throughout or just in a single portion.

Because of the connection between illnesses and societal conceptions of normality and

abnormality, the concept of sickness suffers. As a general rule, illness is used to describe something that deviates from the accepted "standard," which is accompanied by negative connotations such as strangeness, repugnance or viciousness, sickness, derangement or disorder.

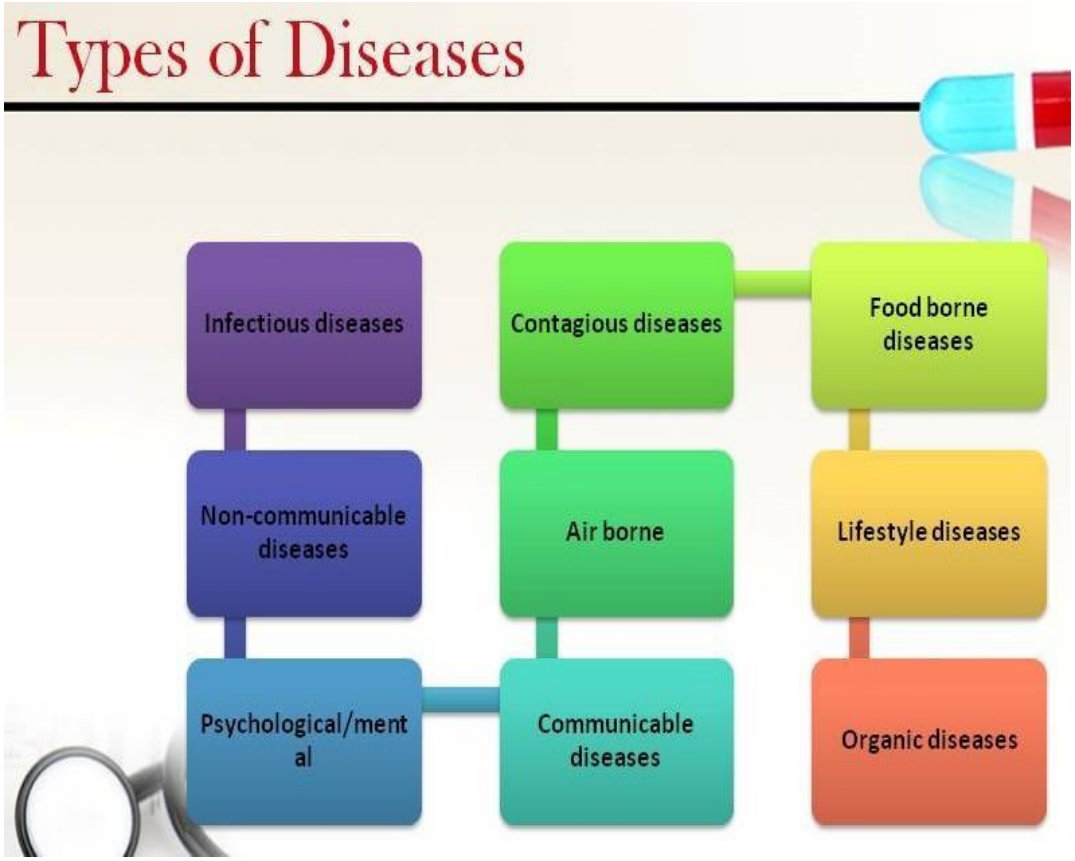


Figure 1.6 Types of diseases (Disease classfication web)

Infectious diseases:

Pathogenic biological agents can infect, present, and increase in a single host organism, resulting in clinically apparent disorders. Some of the more dangerous infections are classified as pathogens because of their ability to infect other organisms.

Contagious diseases:

Infected people, their secretions, or things touched by them can spread these illnesses quickly and readily through personal contact. Take tuberculosis as an example.

Food borne diseases:

Pathogenic bacteria, toxins, viruses, prions, and parasites are all transmitted through contaminated food.

Communicable diseases:

The terms "transmissible illnesses" and "contagious diseases" are sometimes used interchangeably. There are a number of biological agents that may cause disease, including as viruses, bacteria and fungus, protozoa, multicellular parasites, and abnormal proteins called prions. These biological agents may spread via contact with infected person, by eating contaminated food, or through drinking polluted drinks. Another way is to be poisoned, contaminated, or bitten by an infected insect-infested inanimate object. Aerosols are still another alternative (inhalation). (Jimes lind institute, 2017)

Non-communicable diseases:

Chronic disorders with a long incubation period and a gradual course might cause death more quickly, such as certain kinds of an abrupt cerebral haemorrhage. Many malignancies, heart disease, autoimmune illnesses, kidney disease, diabetes, asthma, and osteoarthritis are among the many conditions that can be found. (Jimes lind institute, 2017)

Lifestyle diseases

People are living longer and developing more diseases as a result of a sedentary lifestyle and unhealthy diets high in refined carbohydrates, trans fats, and alcoholic beverages.

Mental disorders:

Emotional instability, behavioral dysregulation, and cognitive impairment or dysfunction may be alleviated with the use of this medication. There are several mental illnesses, including major depressive disorder and generalized anxiety disorder.

Organic disease:

a tissue or organ in the body experiences an organic alteration that results in the symptom. In some instances, infections are not included in the definition of the word. It's frequently used as an antithesis to mental illness. If the alterations to the body's physical structures or functions cause emotional or behavioural issues, they are included.

Diseases can be classified in different manners. They can be categorized into:

- Chronic and acute
- Non-Infectious and infectious
- Genetic and Acquired
- Primary and Secondary

Disease stages.

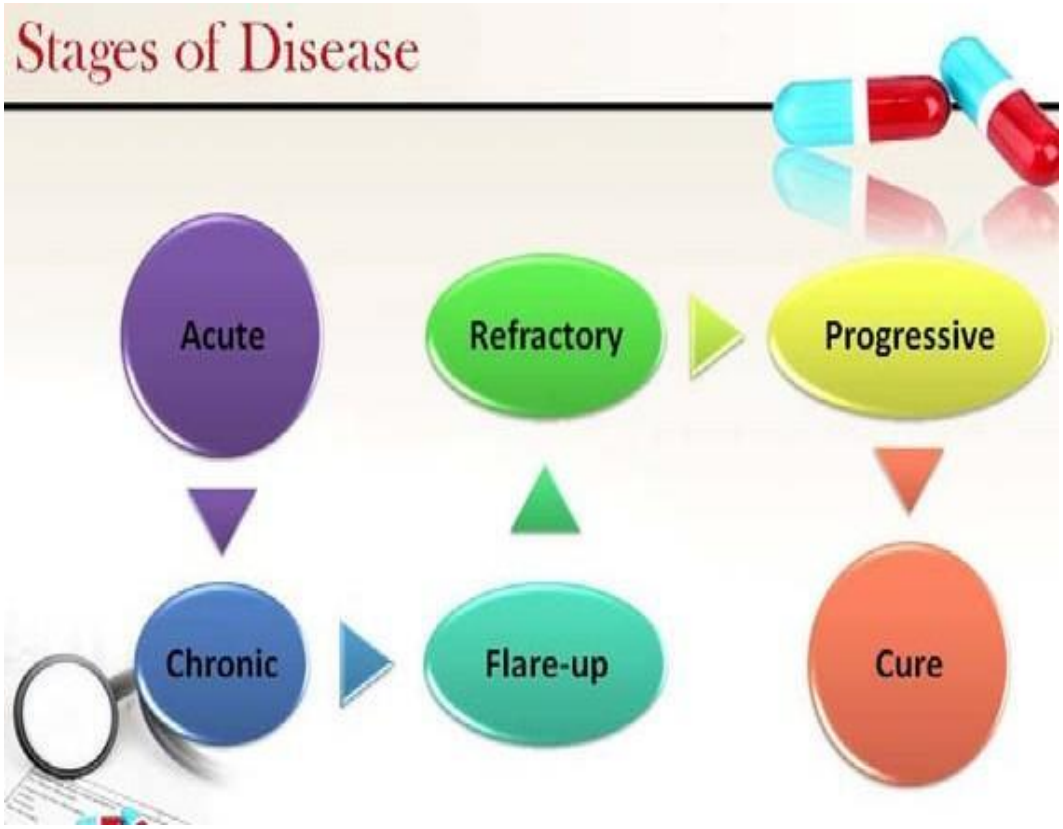


Figure 1.7: Stages of diseases (((Jimes lind institute, 2017)

- **Acute disease:** It's an illness that doesn't last long. The cold was an ex-girlfriend.
- **Chronic disease:** For the most part, it lasts for an extended period, up to six months. Patients with recurrence may be in remission for extended periods.
- **Flare-up:** Either the symptoms have returned, or new, more severe symptoms have appeared.
- **Refractory disease:** This stage is challenging to treat, especially if the patient has resisted therapy for a longer time than expected for the patient's condition.
- **Progressive disease** this stage continues to worsen until someone dies, becomes severely ill or has organ failure. On the other hand, Static disease is a present medical condition that does not improve or worsen.
- **Cure**: It is the resolution of a medical disease or a therapy that is highly likely to resolve it, whereas remission refers to the temporary removal of symptoms. Complete remission is the optimal prognosis for incurable illnesses.

Endemic: A disease that is endemic means it always exists in that area. Dengue fever, for example, is widespread throughout Africa.

Epidemic=To say a disease has risen to epidemic levels suggests that the sickness has affected a huge portion of the population and is swiftly spreading throughout. The flu epidemic is raging across Hong Kong, for instance.

Pandemic***:*** There is a pandemic if the disease spreads to a large number of individuals across a vast area, like the entire world. A well-known illustration is the AIDS epidemic.

Disease Prevention

When you know how an infectious disease spreads, you may take steps to reduce your chance of becoming infected. Implementing healthy habits can help you live longer and feel better. Preventing illnesses can be accomplished in several ways.

- A current immunization record
- A healthy lifestyle, especially frequent handwashing,
- a healthy diet, and
- the use of antibiotics exactly as prescribed are all important,

- seeing your doctor on time.
- You should also exercise caution when around wild and domestic animals you are unfamiliar with,
- avoid areas of insect infestation, and keep your surroundings clean. (Jimes lind institute, 2017)

Unit Two: Hygiene Promotion in Emergencies

1. Introduction:

1.1. Many societies that have been affected by disaster lack basic infrastructure, such as access to clean water and sewage. They are likely to be traumatized and at risk of sickness. Establishing good hygiene habits may be harmed if you change your routine or move locations. Disease transmission and outbreaks are considerably increased as a result of this. ' These researchers investigate the need for hygiene promotion in times of crisis and the best ways to do it. (World health organization, 2011)

1.2.Definition Hygiene

1.3."Hygiene" refers to a range of cleanliness levels. Human actions and practices related to cleanliness that have the ability to promote or impair one's health and those of others may also be referred to as "hygiene" (i.e. within their families and communities).

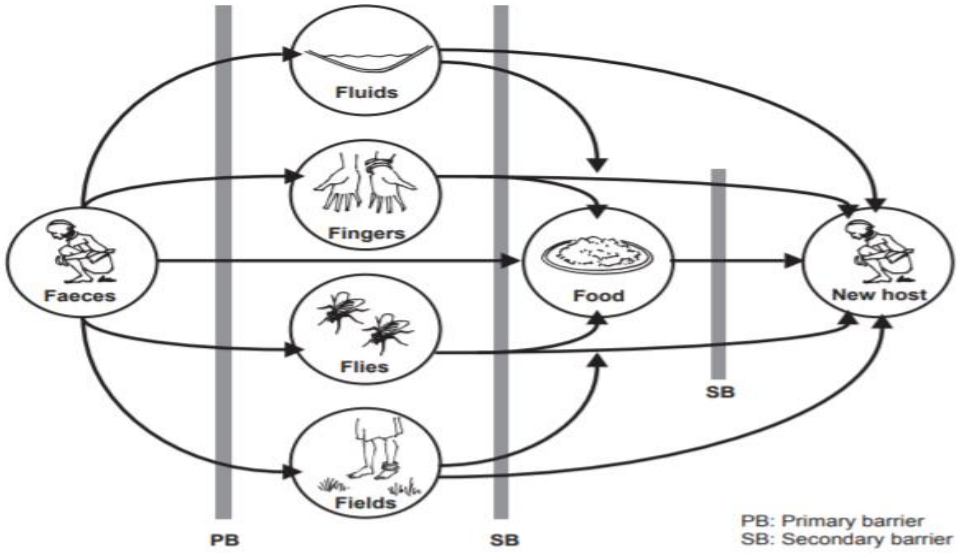
1.4. H**ygiene behaviours can be divided into five domains:**

- ✓ Hygiene in one's personal life
- ✓ Human waste must be disposed of properly.
- ✓ Three. Environmental and home cleanliness.
- ✓ Water sanitation
- ✓ sanitary conditions in the kitchen

2. Preventing the spread of disease:

In the aftermath of a natural catastrophe, effective hygiene promotion is a generally accepted strategy for minimizing the prevalence of diarrheal infections. But hygiene promotion gets much less attention than more than hygiene and water. The term "cleanliness promotion" encompasses a wide range of approaches aimed at increasing people's sanitation and hence reducing the spread of illness.

Different levels of cleanliness are referred to as "hygiene." It may also be described as human behaviors and activities linked with cleanliness that have the power to either promote or harm an individual's health (i.e. within their families and communities). (World health organization, 2011)

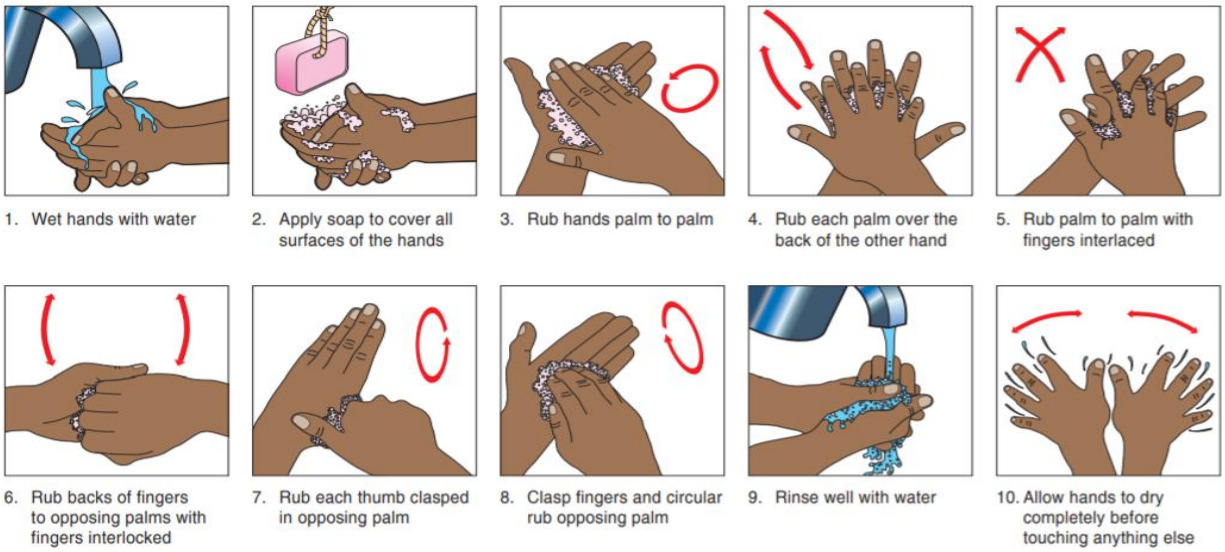


Source (WHO)

Minimum standards:

Sphere places a great value on community connection and involvement when it comes to emergency hygiene promotion. All facilities and resources should take into consideration the vulnerable, necessary and desired qualities of the impacted communities should be engaged in the administration and repair of sanitation services to the degree practical, according to the authors of the paper.

How to wash hands thoroughly:



Source (WHO)

3. **Standards of sanitation improvements**

1. **Targeting a small group of decreasing risk procedures.**

   Make a list of the actions that have the greatest impact on disease spread and prioritize them. Liquid soap washing hands and adequate excrement disposal are likely to be on the list.

2. **Aiming to a certain demographic.**

   Decide on the most influential community organizations and focus your efforts on promoting the reforms you want to see.

3. **Investigate the underlying causes of any changes in behavior.**

   For reasons that have nothing to do with health, people often modify their personal hygiene habits, such as a desire to be admired by their neighbors or a feeling of personal pride.

4. **Utilise acceptable massages on hygiène promotion**

   When people are amused and able to laugh, they learn more efficiently and can listen for longer amounts of time. Fearful individuals will resist listening to you.

5. **Determine the most effective method of communication.**

   Generally, it is simpler and more effective to use existing channels of communication than to build new ones.

6. **Use affordable combining methods**

   To use a variety of By connecting with your audience, you can reaffirm and raise the acceptability of your message. However, a balance must be struck between the expense of leveraging numerous channels and the overall effectiveness of the campaign.

4. **Plan, implement and supervise carefully**

   Effective hygiene promotion requires a community-based approach. Programs must be tailored to the specific needs of each community. This is only feasible via comprehensive activity planning, monitoring, and evaluation. (World health organization, 2011).

Conducting sanitation activities

Preliminary evaluation

If you're going to enhance your marketing effort, you're going to need to do it quickly. Following is a list of the test's most important questions.

All that can be done in the early stages of an emergency is a quick examination. It's possible to map the neighborhood to find water sources, latrines, and other community amenities, as well as to go on an exploratory tour through the neighborhood and interact with residents and officials from relevant organizations. (World health organization, 2011)

Questions for Preliminary evaluation

• What are the most common risk behaviors in your community?

As a group, how many individuals from your community exhibit these dangerous behaviors?

• What can be done to reduce the danger of certain behaviors?

When it comes to implementing safe practices, who is responsible for enforcing them?

In order to promote cleanliness, what are the best methods of communication?

To what extent do individuals need to be able to participate in safe practices?

To what extent are people willing to invest in order to obtain the facilities/materials in question?

In what location will the resources and facilities be located?

• How will you inform the community and them of the availability of these facilities/materials? (World health organization, 2011)

Designing the publicity campaign

The following are the primary steps in establishing a campaign:

1. Set a goal. Generally, the objective is to enhance one's quality of life (or to reduce the loss of life).
2. 2. Recognize hygiene issues. They should have been detected during your first physical examination.
3. Determine the major behaviors that are related with the difficulties. These may be associated with activities such as handwashing or excreta disposal, but they may also be associated with a lack of knowledge of technology or with incorrect attitudes about gender issues or the environment.
4. Determine the cause of the problems. The more accurately the causes can be recognized, the more easily the campaign may be targeted.
5. Create a prioritized list of activities. Determine which issues deserve prompt attention. This will need a delicate balance of health-related priorities and available resources.
6. Create a strategy. Determine the approaches and tools you want to employ. (World health organization, 2011)

Facilitators

According to Sphere, one hygiene promotion facilitator should be assigned to every 1000 people affected. At this point in an emergency, the amount should be doubled. Pre-existing organizations like faith-based groups, health care experts, or extension workers may be able to help in the early aftermath of a disaster, but dedicated facilitators will not have time to be recruited and trained. Consider using local facilitators wherever possible, since they will have a greater understanding of local concerns and are more likely to be accepted by the affected community. (World health organization, 2011)

Essential skills and knowledge required by facilitators

• Knowledge of sanitation-related health concerns, as well as appropriate preventative strategies, in emergency situations.

• An understanding of indigenous concepts and practices.

• Familiarity with adult and child hygiene promotion approaches.

• An understanding of the essential health messages and their limitations.

• Appropriate use of music, drama, and puppet shows.

• Sensitization to gender problems.

• A working understanding of how to communicate with diverse groups, particularly vulnerable ones within the impacted region.

• Capable of effective communication.

• Monitoring and evaluation capability

List of subjects that should be addressed by training facilitators is provided in this section, however they don't have to be presented sequentially. Introduce them to basic marketing strategies and help them hone their skills with regular, short instruction sessions.

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Source (WHO) (World health organization, 2011)

vi) **Promotion tools and communication methods**

- ✓ **Radio broadcasts**. A highly successful means of rapidly contacting a big number of individuals. They should be succinct, educational, and amusing, with an easily remembered motto or melody (jingle).
- ✓ **System of public address.** When the coverage area is limited or radios are unavailable, they may be utilized in place of radio broadcasts. Utilize loudspeakers at strategic locations or a transportable system installed on a slow-moving vehicle.
- ✓ **Banners:** Banners may be generated quickly and simply, preferably in conjunction with community members. The essential message should be graphically communicated, supplemented with a few short sentences in the local language. Examine posters by presenting them to members of the targeted group to ascertain their comprehension.
- ✓ **Dram show.** Drama is a very powerful tool for communicating ideas. It's beneficial to have an uncomplicated story with exaggerated characters and a high level of audience participation.

Source (WHO) (World health organization, 2011)

- ✓ **Group discussion and ideas sharing:** A structured discussion group may help participants get a better grasp of existing behavioral patterns and the reasons behind them.
- ✓ **Home visit:** this strategy need more time, but one that, when experienced facilitators are used, is incredibly successful. They may work with particular families to develop approaches that are adapted to their own situation.

The main approaches of hygiene:

1. The PHAST method encourages people to believe in themselves and in their ability to make a difference in their communities by taking positive action. Physical modifications like environmental cleanups or the building of latrines are just part of the equation.
2. 2. CHAST was developed in rural Somalia as a technique of encouraging healthy child hygiene. It follows the PHAST approach. As part of PHAST's participatory learning approach, communities are encouraged to acquire improved hygiene attitudes, reduce the prevalence of diarrhea, and improve the administration of water and sanitation services. Personal hygiene and general health are linked via a variety of activities and instructional games used by CHAST.
3. Children's hygiene habits are often formed throughout childhood, and hence CHAST is based on the idea that it is better to work with children rather than adults to improve their habits. Children's requirements have necessitated the modification and adaptation of the original PHAST approach. With the CHAST approach, educators take use of children's innate traits, such as their lack of background knowledge and life experience, as well as their heightened sense of curiosity and enthusiasm to learn. CHAST promotes active participation in discussions and the exchange of ideas among students. CHAST exercises and games encourage children to work in pairs or small groups and then present their results to the larger group. It's important to remember that CHAST products are meant to be fun – they contain games, exercises, and role-playing scenarios that enable children to learn about personal hygiene and cleanliness.
4. Community-led total sanitation (CLTS) is an approach to improving a community's hygienic and sanitary practices that is most often used in developing nations. An attempt to change rural people's behavior is made via a procedure known as "trigger," which leads

to a long-term cessation of open defecation activities in the rural areas. It focuses on a sudden and long-lasting shift in the behavior of a large group of individuals. Understanding the CLTS procedure requires familiarity with the term "trigger": Pit latrines, as well as other rudimentary toilets, are used in developing countries as a way to garner community support for putting an end to open defecation. Self-esteem and community pride are promoted via CLTS activities.

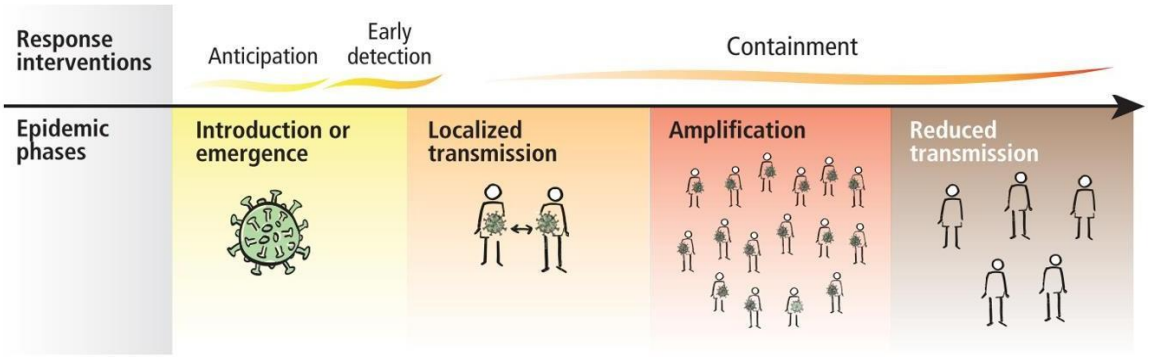
5. It also involves feelings of guilt and disgust over one's open defecation activities. To help rural communities realize the issue of open defecation, CLTS employs an unsubsidized method.
6. feces and collaborating to clean up and achieve "open defecation-free" status. (World health organization, 2011)

In the early 2000s, Kamal Kar created the concept for rural areas in Bangladesh. CLTS By 2011 it became a widely accepted approach. Non-governmental organizations were often in the forefront of CLTS implementation when a nation first started. Neighborhoods where open defecation is not tolerated may be designated as such by local governments (ODF). The initial CLTS plan did not include toilet subsidies in order to avoid stifling the process. There are at least 53 countries where CLTS is employed, and TS has been adapted for use in cities. In addition, it has been used in post-emergency situations and in countries with weak institutions. (World health organization, 2011)

COVID 19 Origin and Background

- Targeted audiences include healthcare professionals, students, and authorities within the health care system. COVID-19 patients should be guaranteed access to life-saving treatment without jeopardizing public health objectives or the safety of healthcare workers COVID-19 patients' treatment will be aided by this document if the health care system's capacity to respond is impaired.
- Important messages include:
- Critical public health measures regardless of transmission scenario; and

- Key steps that must be handled by transmission scenario to guarantee timely surge of clinical operations.
- •# The public health goals are to avoid epidemics, delay spread, and slow or halt transmission at all phases of the preparation and response plan. All patients, especially those who are severely sick, should be given the best possible care.. (WHO, 2020 (2))



((WHO, 2020 (2))

What is Coronavirus?

One of the many types of viruses is coronavirus. This creature's name comes from the fact that it is made up of genetic material and protein spikes (crowns).

This virus can cause respiratory and digestive problems.

It produces only minor health problems in the majority of persons.

It is also capable of causing severe illnesses, such as SARS-Cov and MERS-Cov. (WHO, 2020 (2))

Corona Viruses come from?

There were human cases of SARS-CoV, which were transferred by civet cats from China to the United States in 2002, and MERS-CoV, which was spread by camels from Saudi Arabia to the Middle East in 2012. While no human cases have been reported, many coronaviruses are currently spreading among animals. (World health organization, 2020 (1))

What is Covid-19?

A recently found coronavirus is the source of the infectious illness Covid-19. China announced a Coronavirus epidemic (COVID-19) on December 31st of this year. It was initially discovered in Wuhan, China. Because the outbreak was not stopped, the disease spread to other parts of Asia and Europe and then to the rest of the world.

The most significant risk of COVID-19 infection?

In spite of the fact that COVID-19 may injure anybody, certain individuals are predisposed to serious illness when exposed to it.

Chronic medical conditions such as kidney disease, sickle cell anemia, heart failure, and type 2 diabetes obesity (BMI >30) are associated with an increased risk of severe illness in adults over 65. solid organ transplantation-induced immunosuppression Pregnant women and those who are immunocompromised as a consequence of cancer treatment are at a greater risk of having more serious ailments, such as asthma and high blood pressure. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

who is risk to get COVID-19?

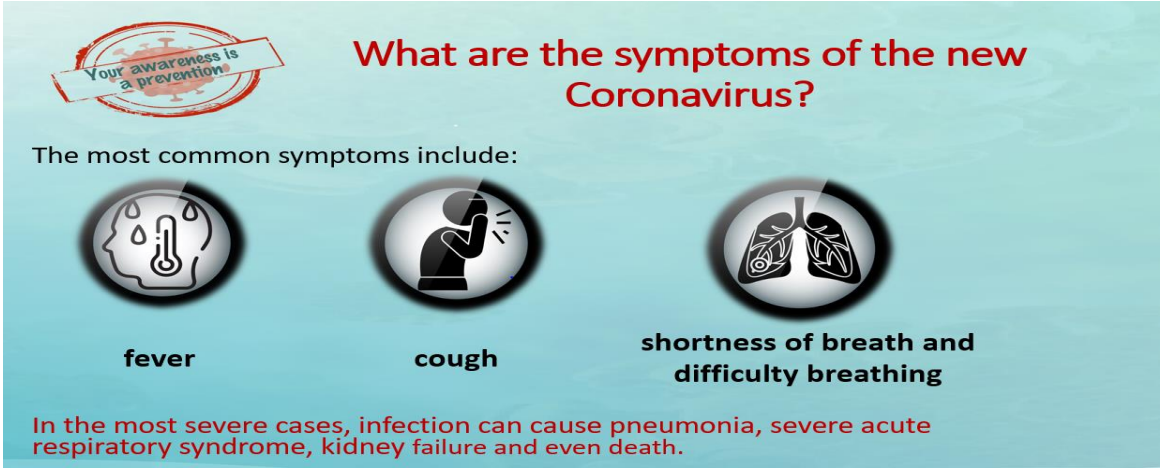
Those in the following groups are more susceptible to infection: COVID-19 patients are cared for by healthcare staff. Personnel in the laboratory who handle COVID-19 samples Shopkeepers at the slaughterhouse A proven COVID-19 infection at a person's home or workplace. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

COVID-19 Symptoms & Transmission

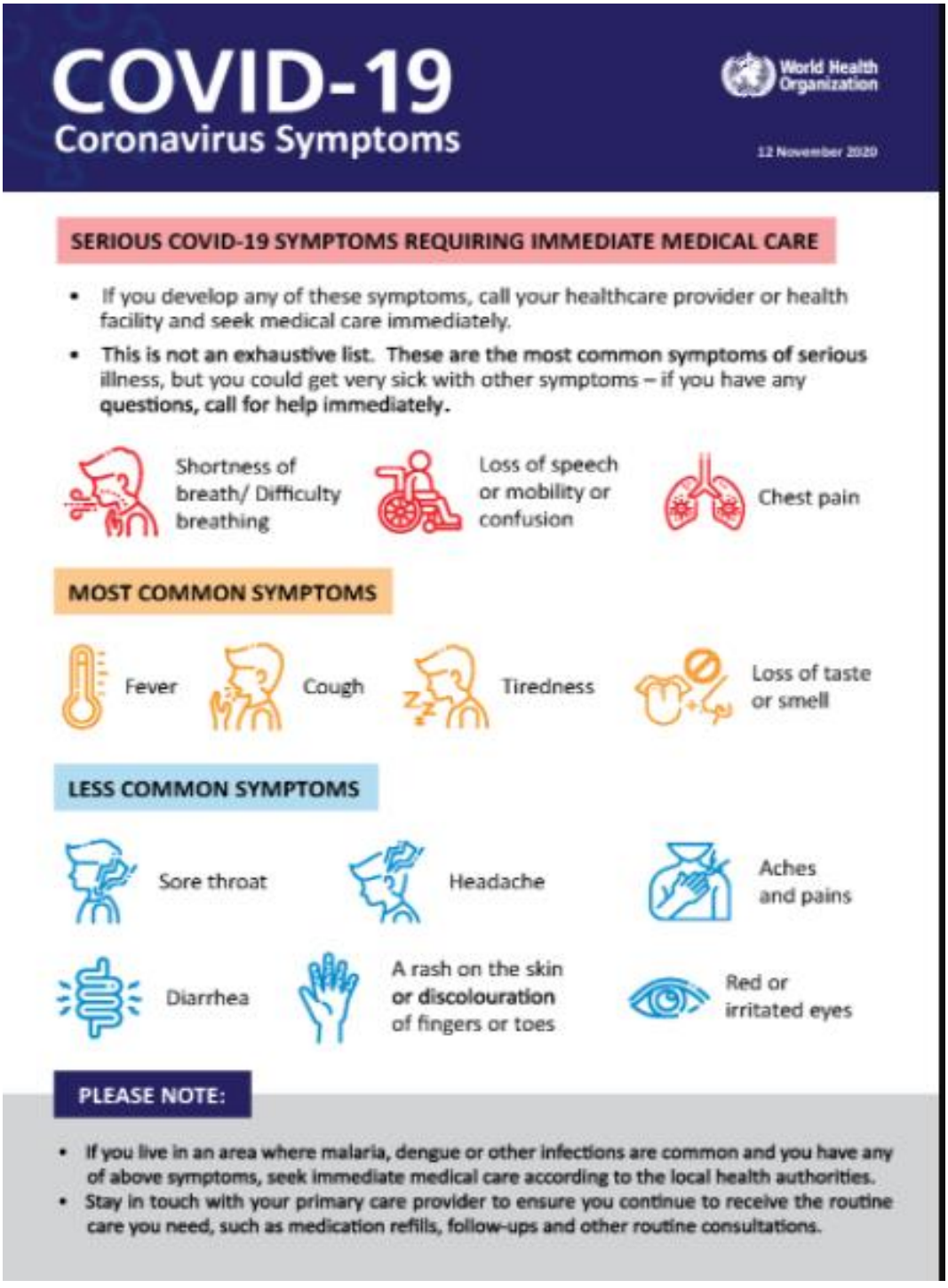
6.2.1 Symptoms of COVID-19

Individuals with the COVID-19 gene mutation might have a large variety of symptoms, from modest indicators to life-threatening disorders. If you are infected with the virus, you might get symptoms after 2-14 days. Infected persons may have a wide range of symptoms

when they are infected with COVID-19. Short of breath, Fever or chills, breathing difficulty, and a persistent cough are all asthma symptoms. Fatigue; New sensory loss or loss of smell; Muscle and body pains, and headaches; all have the same symptoms: a sore throat, runny nose, and vomiting and diarrhoea symptoms of the flu. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))



(World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))



(World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

6.2.2 Novel coronavirus Transmission

Covivirus, which causes COVID-19, is mainly transferred through direct contact between people (within about 6 feet). When an individual infected cough, sneezes or speaks, it can spread by respiratory droplets. Recent research suggests that COVID-19 can be shared by persons who aren't sick; thus, wearing a face mask is strongly advised. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

6.2.3 Case definition

Suspected case:

All of the following must be present: fever, at least one respiratory disease symptom (cough, shortness of breath), and a history of travel to or residency in a country or region where COVID-19 illness has been reported locally within 14 days prior to the onset of symptoms; or, an extremel illness or a history of COVID-19 exposure.. (MOH, 2020)

Confirmed case:

An individual who has had COVID-19 infection confirmed using PCR, regardless of clinical symptoms.

Contact:

contact is someone who has been exposed to any of these in the two days leading up to and 14 days after beginning of symptoms. For more than 15 minutes, direct physical contact with a suspected or confirmed COVID-19 case; > Direct physical connection with a suspected or confirmed case; > Care for someone who has COVID-19 illness suspected or proven without sufficient PPE;. (MOH, 2020)

For Community Health Workers: As well as a history of travel or residency in a nation or territory where COVID-19 disease was prevalent during the 14 days before the start of illness, OR contact with a person with a similar condition, acute airway sickness with fever and cough/shortness of breath is essential. (MOH, 2020)

6.3 COVID 19 Prevention, Control & Vaccination.

According to experts, COVID 19 may be avoided and handled just like any other condition. These techniques for prevention and control are addressed in more detail below. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

6.3.1 how can prevent COVID-19 pandemic?

Everyone may play a role in preventing the spread of respiratory viruses like coronaviruses by practicing the healthy habits listed below:

Consider yourself cautioned, and do not leave the house without permission from your doctor or public health authority. Take a tissue or a towel and cover your mouth and nose if required. If you must be in the presence of others, maintain a 6-foot minimum separation space. Avoid touching your eyes, nose, or mouth unless absolutely necessary. If you must publicly cough or sneeze, do it with your mouth closed. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

Three Important Ways to Slow the Spread

i. Protect yourself and others by using a mask and preventing the spread of COVID-19.
ii. If you don't live with them, keep a distance of at least 6 feet (2 arm lengths).
iii. Keep your distance from large groups. You are expected to be exposed to COVID-19 the more persons you come in touch with. (World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))

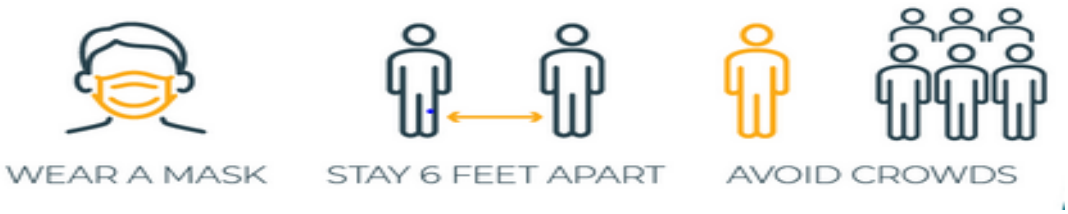
COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology BUSINESS INSIDER

(World health organization, Coronavirus disease (COVID-19) pandemic, 2020 (1))



6.3.3 Test for COVID-19?

COVID-19 tests are now approved by the WHO in three forms:

Molecular tests are used to identify SARS-CoV-2, the virus that causes COVID-19. Diagnoses may be made using molecular diagnostic techniques, which are quite accurate.

There are new diagnostic methods that may quickly identify viral particles in nasal swabs, such as antigen tests. Despite their speed, antigen tests aren't nearly as accurate as molecular tests. The

results of positive antigen tests are generally trustworthy, while negative results may need a molecular test to confirm.

Antibody (or serology) tests are used to determine whether a person has been exposed to COVID-19 in the past. When the body is fighting a disease or has been fighting an infection, antibodies are found in the blood. Individuals who have been previously infected with the virus may be identified by these tests, but the virus itself cannot be detected by them.. (WHO, 2020 (2))

COVID-19 Vaccination

COVID-19 vaccine After exposure to COVID-19, this vaccine is supposed to provide protection. Early 202 saw the development of many technology platforms for a COVID-19 vaccine, which had been created before to the COVID-19 pandemic because of the SARS and MERS coronavirus vaccinations.. (WHO, 2020 (2))

vaccines of **COVID-19** Without falling ill, aid our bodies in developing resistance to the COVID-19 virus. Vaccines provide protection in a number of different ways. T- and B-lymphocytes, as well as other immune cells, may retain the ability to combat the virus in the future, independent of vaccination status.

Following vaccination, the body typically takes several weeks to produce T- and B-lymphocytes. A person may get the virus that causes COVID-19 before to or soon after vaccination and become unwell as a result of the vaccine not providing enough protection.

Following vaccination, immune-building symptoms such as fever may develop. These signs and symptoms are rather common, and they indicate that your body is putting in a lot of effort to strengthen its defenses against infection.

COVID-19 may be prevented in numerous ways, one of which is by getting vaccinated. COVID-19 protection is vital since it can cause severe sickness or death in certain people. (WHO, 2020 (2))

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COVID-19 Vaccine

There are now a number of vaccines in use. Between Dec. 1 and Feb. 15, 2021, 175.3 million vaccine doses were administered during the first mass vaccination campaign. Three platforms were used to administer at least seven different vaccines.

The World Health Organization (WHO) approved the Pfizer COVID-19 vaccine for use in emergencies around the end of 2020. (BNT162b2). WHO authorized EULs for two AstraZeneca/Oxford COVID-19 vaccine versions made by the Serum Institute of India and SKBio on February 15th, 2021. On March 12th, 2021, the WHO approved Janssen's COVID-19 vaccine Ad26.COV2.S. (According to Johnson & Johnson). Additional vaccinations are likely to be EULed by the WHO in June. The World Health Organization (WHO) provides information on goods and the progress of WHO regulatory assessments on a regular basis.

To ensure the safety and effectiveness of vaccines, they must be approved by national authorities, manufactured to strict standards, and distributed. As part of this approach, WHO works with other organizations throughout the globe to ensure that the billions who will need COVID-19 immunizations have reasonable access to safe and effective vaccines.. (CDC, 2020)

Importance of the vaccine?

Vaccination is vital in the COVID-19 epidemic. Vaccination rates among youngsters have dropped since the outbreak, which might lead to a rise in illnesses and deaths from diseases that could have been prevented. According to WHO, notwithstanding the obstacles faced by COVID-19, governments should ensure that essential vaccines and health services continue to be provided. (WHO, 2020 (2))

Who would find the COVID-19 vaccines?

Individuals over 18 years who have pre-existing diseases, particularly those with auto-immune disorders, can get the COVID-19 vaccination without fear of severe side effects. Hypertension, diabetes, asthma, lung, liver, and renal illness, and chronic infections that are stable and under treatment are among the diseases that fall under this classification.

If you have a damaged immune system, are pregnant, breastfeeding your infant, or have a history of serious allergies, especially to a vaccination (or any of the chemicals in the vaccine), discuss

your case with your healthcare practitioner if supplies are supplied limited in your region. (WHO, 2020 (2))

Can we stop getting safety measures after being vaccinated?

Because of COVID-19 vaccinations, people are less likely to get sick and die. After the first fourteen days of receiving a vaccine, your protection is minimal, but it builds over time. Immunity usually develops two weeks after receiving a single dose of a vaccine. Both doses of a two-dose vaccination are required to get the maximum level of protection. (WHO, 2020 (2))

The immunization against COVID-19 may result in a positive sickness test, such as an Atigen or PCR lab. Is this possible?..

results of the laboratory antigen test As a result, a person's immunity cannot be recognized during testing. Immunity to COVID-19 may be determined by performing a positive antibody (serology) test if the vaccination causes an immunological response. (WHO, 2020 (2))

If get Covid-18 do I still need to vaccinated?

The vaccination should still be gi (WHO, 2020 (2))ven to you even if you've had COVID-19 in the past. COVID-19's effectiveness varies from person to person, and it is impossible to estimate how long a person's natural immunity will continue after taking the supplement. (WHO, 2020 (2))

Ca children be vaccinated?

As a precaution, vaccine is initially tested on adults before being given to children. A more serious and fatal illness, COVID-19, has also been found in the elderly population. It is being examined in children now that the immunizations have been proven safe in adults. We'll know more and have directions to follow after those investigations are complete. Make sure youngsters keep their physical distance from others, wash their hands often and cough and sneeze into the elbow of their shirt till further notice. They can also use a mask when the time is right.

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