

Community, SHG, and Corona

Community and SRLM can
win the fight together



**A comic for community
awareness on the coronavirus
pandemic**

Sangita: An SRLM Staff who works as para health advisor for better health of community

Corona: A virus that causes COVID-19 disease



Didi, we have heard about coronavirus. Do we need to worry?

I will explain, Didi. Do you know what viruses are?

No. What are viruses?

NOTE: All SRLM staff should wear a mask and gloves in the field. They should also encourage members to wear a mask or a suitable face covering.



Viruses are small germs that can cause diseases.



Can we see them?

We cannot see them with our naked eye.



Oh!







Sangita didi, are there other ways through which the virus can infect us?

Yes. If we are standing within 2 meters of a person with COVID-19 we can catch the infection by breathing in droplets coughed out or exhaled by them.



Can they make us sick?



They can!



What are the symptoms of coronavirus?

Fever, dry cough, and breathing problems are the common symptoms.



Fever



Dry cough

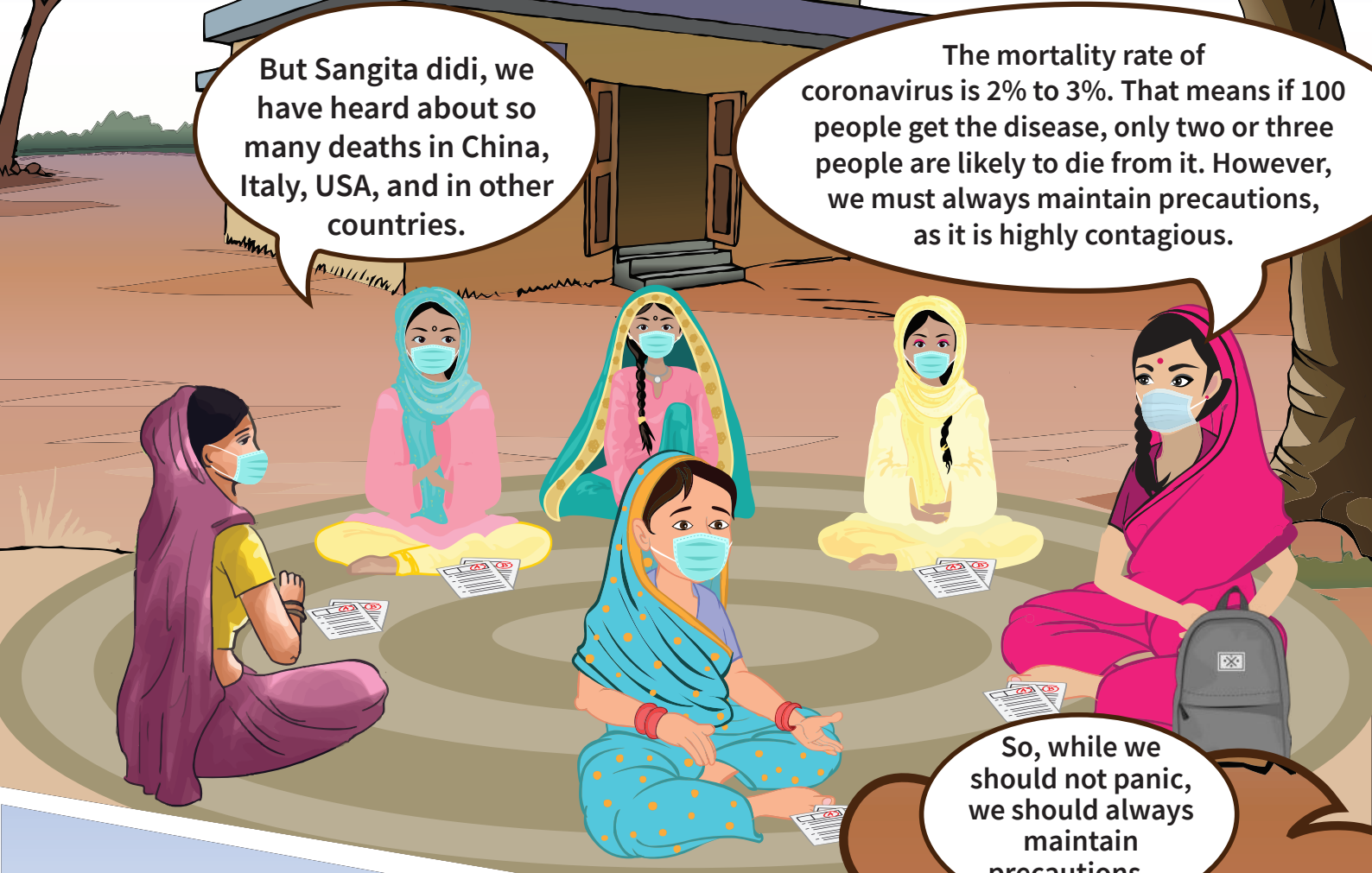


Breathing problems




Sangita didi, we should not panic. But please also tell us about precautions.

Didi, you do not need to worry about it. We all can remain safe if we follow simple prevention steps.




But Sangita didi, we have heard about so many deaths in China, Italy, USA, and in other countries.

The mortality rate of coronavirus is 2% to 3%. That means if 100 people get the disease, only two or three people are likely to die from it. However, we must always maintain precautions, as it is highly contagious.



So, while we should not panic, we should always maintain precautions....



Sangita didi, please tell us how we can maintain precautions to stay safe.

Sure, I will tell you about simple prevention methods. They will help you stay safe.

The first step is to keep yourself clean and maintain hygiene. We should wash our hands properly with soap.

How can we wash our hands properly?

I will tell you about the 10 steps of hand washing. Now, follow these steps.

Prevention handwash-10 Steps of washing hands

How to wash our hands



1 Take water and wet both of your hands



2 Take soap and scrub it on both of your hands



3 Rub the palms of your hands together



4 Rub the back of each hand on the palm of the other hand (left and right)



5 Rub hands palm to palm with fingers interlaced



6 Rub the backs of the fingers of each hand on the palm of the other hand



7 Wrap the palm of each hand around the thumb of the other hand and rub



8 Rub the fingertips of each hand on the palm of the other hand



9 Rinse well with water, removing all soap residue



10 Use clean towel or disposable tissue to dry off your hands



Prevention - hand wash



After coughing, sneezing,
or cleaning nose



Before and after eating



After touching any garbage or dirt



Before, after, and during cooking



Before and after using the washroom



After touching or coming in contact
with animals or another person



Didi, you know the virus spreads through touch. We should greet without touching each other.

Could you explain this in detail?



Namaste


Let's greet like this

Hello Didi




As-salaam-Alaikum

Namaste Didi

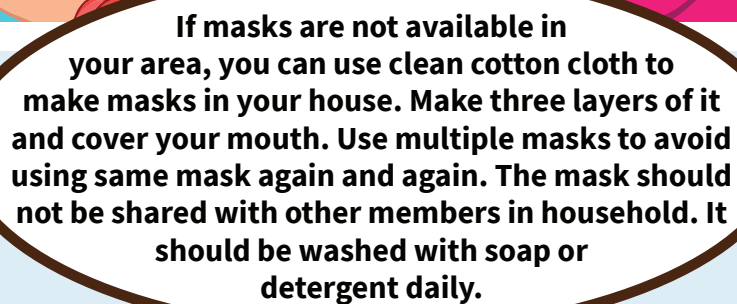


Sangita didi, are there any other prevention steps?


Yes Didi! Please cover your face with a mask when you go outside.




Also wear a mask...




If masks are not available in your area, you can use clean cotton cloth to make masks in your house. Make three layers of it and cover your mouth. Use multiple masks to avoid using same mask again and again. The mask should not be shared with other members in household. It should be washed with soap or detergent daily.



If you are a health worker and are attending to patients.



If you are providing care to individuals with respiratory symptoms.



If you have respiratory symptoms—cough and difficulty in breathing.

Also maintain social distance

X

✓



Avoid crowded places and social gatherings

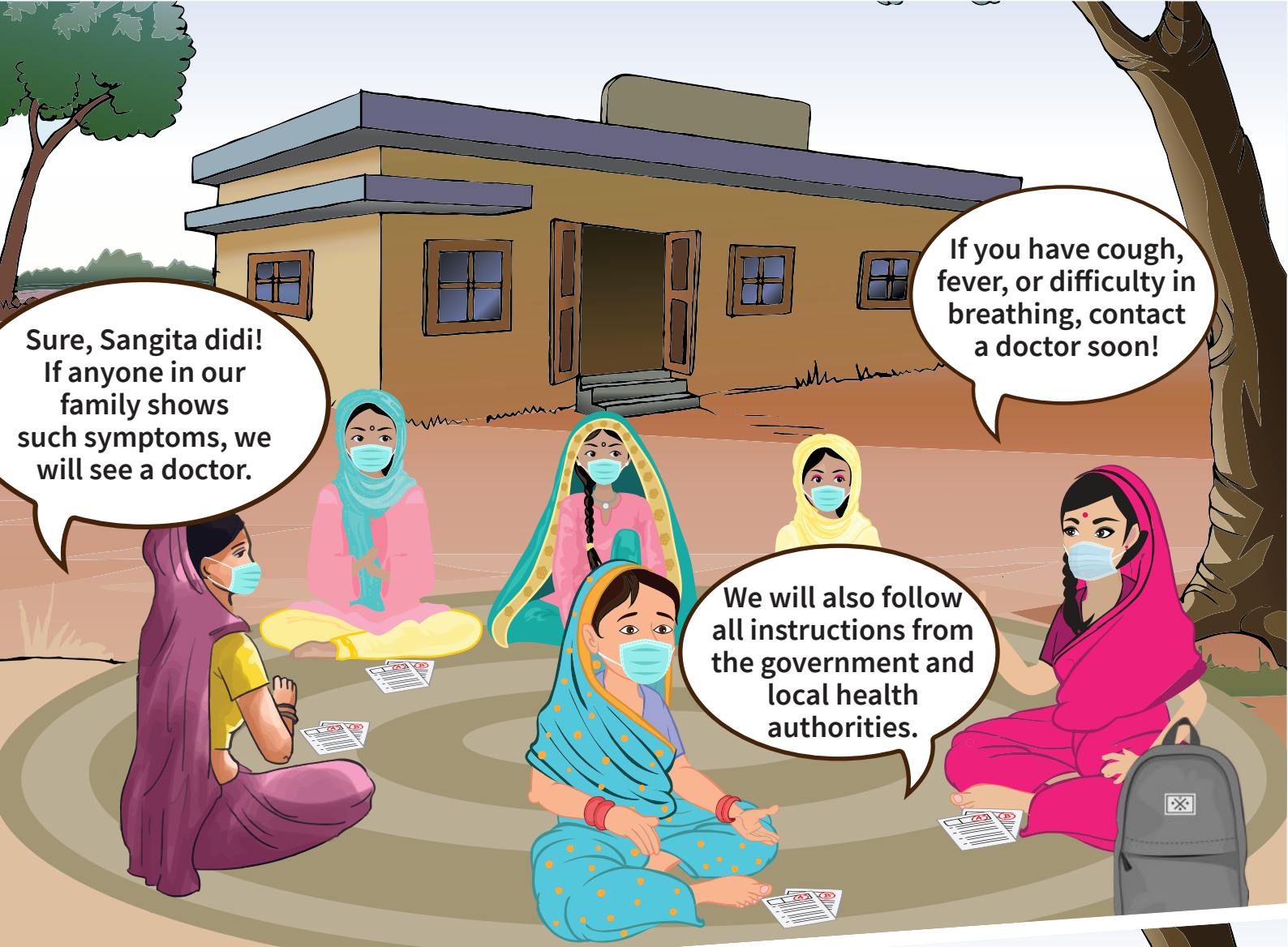


Oh, that is why our schools and colleges are closed.

Didi, please avoid travel unless it is urgent.

Yes, Didi.





Sure, Sangita didi!
If anyone in our
family shows
such symptoms, we
will see a doctor.

If you have cough,
fever, or difficulty in
breathing, contact
a doctor soon!

We will also follow
all instructions from
the government and
local health
authorities.



Great! These are
simple steps to protect
ourselves from
coronavirus.





References:

World Health Organization, WHO
Ministry of Health and Family Welfare, Government of India

Disclaimer:

A SHG is a community based group with 10-20 members. However, we have shown only five members in the SHG meeting for better visual presentation.

Please visit the Ministry of Health and Family Welfare, Govt. of India at <https://www.mohfw.gov.in/> for the latest guidelines on COVID-19.

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