



Living with Coronavirus

The effects of the coronavirus SARS-Cov-2 and the disease COVID-19 are now evident and the opening up of the nation is underway with extreme caution. Since prevention is the only cure at the moment, this primer has been compiled by the District Administration, Chamba (H.P.) to share the preventive strategy related information for the benefit of one and all.

Social Distancing is the new Dharma

'STAY home' is the most vital karma

Self-care and not self-denial

False assurances are deadlier than the virus

Don't hoard. Let's think about the needy

Rumours need to be checked from undergoing community transmission

STAY home. The only way the virus can spread is through you, or through anybody like us, who is knowingly or unknowingly,



symptomatically or asymptotically infected with the coronavirus. Without a known cure till date, all we can do is prevent ourselves from getting infected. Home is the safest place to prevent ourselves and our family from getting infected...unless we choose to bring the virus home.

Love thy neighbour, but don't trust him. Used to weekend get-togethers and evening socialising? Yes, you were. Yes, your treats and



hangouts are long overdue. You want the party to begin, but more importantly the SARS-Cov-2 coronavirus also wants your get-togethers and the parties to start running. You may go to your neighbour's house or invite them in, but are you sure that they did not contract the virus somehow? Oh yes, they look perfectly fine and are asymptomatic. But most of the COVID-19 positive patients are so. All six of them in Chamba were asymptomatic. But yes, we know it might be difficult for you. Keep reading this primer to know the safe methods to have hangouts. We have searched [a few](#) for you.

Avoid public, crowded spaces. Avoid going out to public places unnecessarily. If there are unavoidable circumstances demanding venturing out of home, avoid going to public places attracting large crowds. Even so, if it is unavoidable to resist going to public places attracting large crowds, try to



go during the low rush hours. Even then, if the rush is ever-prevalent in such places, spend as minimum time as possible there.

Cover face and nose while sneezing. If getting out seems to be a compulsion, be on the morally correct side. If you have arrived from

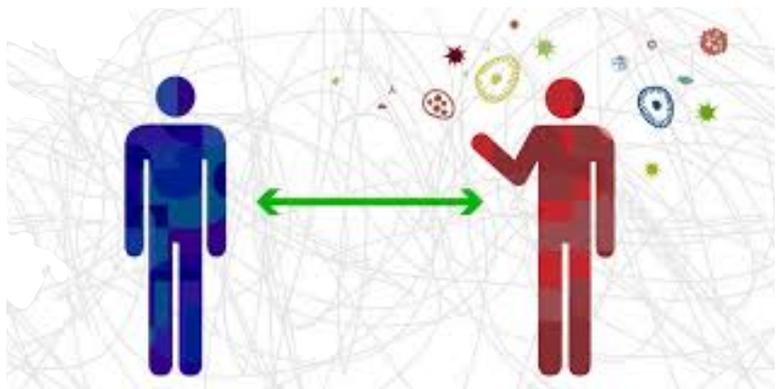
Cover your mouth and nose while sneezing or coughing.



outside and are home quarantined, or if you are unwell, it is your moral responsibility to remain at home. If you have a cold, cover your face with your elbow, hand or handkerchief when sneezing or coughing in open.

Remember, a sneeze and/or death does not knock before coming.

2 metres law. At a public place, it is almost impossible to practice social distancing. You may meet your



neighbour, or your friend who is eager to share the stories of lockdown. Be mature not to trust him during times such as these. If you are still the person who needs police to tell you to be mature, and the policeman is not around, practice safe physical distancing. Tell your tale in short and listen to a tale in short, while maintain a minimum distance of 2 meters or 6 feet from each other at all times. An area of 2 gaj around you will be fairly enough to screen you from a sneeze of Coronavirus-infected 'friend'.

No to handshakes and hugs. Handshakes are almost instinctive to us. Yes, the hand stretches out as soon as we see that familiar face, or as soon as we see a stretched hand extended towards us. Be polite, be



sanskari. Adopt Namaste. And yet, when you see that dear friend after an era of separation of two lockdowns, hold on your nerves. Don't hug him. Or her.



Beware and Be aware of what you touch. Once in public places, one is compelled to touch surfaces and things. Beware and be aware of what you touch outside your own space.

Once you have touched them, beware of not touching your face, especially the eyes, nose or mouth.

Wash your hands with soap frequently. Contagious viruses like SARS-Cov-2 prefer to travel hand in hand. In the scenario where touching surfaces or things is inevitable, make sure to wash your hands before you touch your face. The best option to destroy the virus from your hands is simple and cheap: the time-tested soap. Wash your hands thoroughly for more than 20 seconds as frequently as possible to prove that you are not hands in glove with the virus!



Face mask is the new make-up. You might be eager to tell folks

the toll lockdown took on your face. Yes, you might have a fully grown

beard, a more glowy skin,

added facial fat or the new

make-up you learnt during

your enriching locked

down tenure. But hey, behold!

Cover your face before setting a

foot outside your house because wearing a face mask is compulsory at

all public places. If you do not have a mask, cover your face with your

dupatta or handkerchief or any piece of cloth you have.



Use sanitizers in case soap is not available. In situations

where getting soap and water is not possible, a sanitizer is the best

option. Although it may not be as effective as soap

and water, but it does well to kill or inactivate

the microbes on hands. It must be applied

as per dosage recommendation on its bottle



and rubbed all over the hands till it dries. Using an alcohol based sanitizer with minimum 60% alcohol is recommended. Yes, a sanitizer contains alcohol but do not swallow it if you relish the latter!

Home is where I am in Quarantine with myself. If you

have come from outside the State, especially the red or orange zones or came in contact with a COVID-19 patient, it is best advised to stay inside a single, well-ventilated room with

an attached toilet for a minimum of 14 days. He/she needs to stay away from

elderly people, pregnant women,

children and persons with co-

morbidities within the household. Important part, restrict

the movement within the house. And the most important one, report to

the medical team if symptoms appear.



Immunity is protection. Till vaccine is available, our immunity is our only weapon against the disease. While there are plenty of

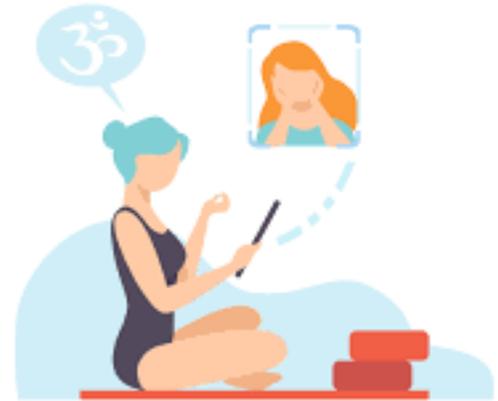


[Ayurvedic options](#), choosing a healthy lifestyle often helps. Eating a balanced nutritious diet, getting adequate sleep, exercising daily, practicing Yoga, stress management are some of the basic strategies which might help.

Seniors First. The senior citizens, such as your grandparents, need you more than ever during times like these. But maintain a safe distance with them if you really care for them. Don't get emotional if they ~~g~~ ~~a~~ ~~r~~ ~~e~~ away; talk to them over video ~~g~~ ~~a~~ ~~p~~ ~~s~~ rather than visiting them. Morning walks with safe distancing can be undertaken during curfew relaxation timings.



Online is the new socialisation dharma. Missing gyms? Social distancing does not stop you from using mobile apps and online tutorials to carry out aided workouts. Get working and get healthy. Missing friends? Get logged into a online social networking app. Use online tutorials to develop hobbies. Missing dhaams? Looks like you do! And keep missing for the time being.



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Dealing with Emotional crisis. With prolonged durations of being locked down, and added exposure to the widespread social and other



media coverage of the pandemic, certain anxiety, or fear, or even distress can emerge as a byproduct of the social distancing measures. Do not take such indicators as abnormal. Talking out to our

specialised Volunteer Counsellors at Relax Chambyal CareLine is just a touch away. Choose from four different areas of counselling and comfort yourself with an anonymous healing touch. The CareLine has been integrated with the [Chamba Home Delivery](#) android app.

Download Aarogya Setu App. This application is a Bluetooth-based COVID-19 tracker launched by the Government of India. The aim of the Aarogya Setu App is to augment the initiatives of the Government of India, particularly the Department of Health, in proactively reaching



out to and informing the users of the app regarding the risks, best practices and relevant advisories pertaining to the containment of COVID-19.

Disclaimer: This primer has been compiled based on empirical evidence, as well as information available from credible sources. This must, in no way, be treated as an authority over and above the core medical expertise.

