



Listening to Young Lives “At Work”

*A Consultation Guide on COVID 19
(Coronavirus)*



Note for Readers

This guide is for you. In this moment of uncertainty and confusion we thought that you might find useful to have at hand a short guide with few information on coronavirus, what you can do to prevent the spread of the virus, what support the government is offering and few additional information about your own wellbeing and what to do and where to ask for help in case you need.

We hope that you will find it useful!

You can find this consultation guide and additional information about the Young Lives study and the “Listening to Young Lives at Work” phone survey here:

UK website: [Click here](#)

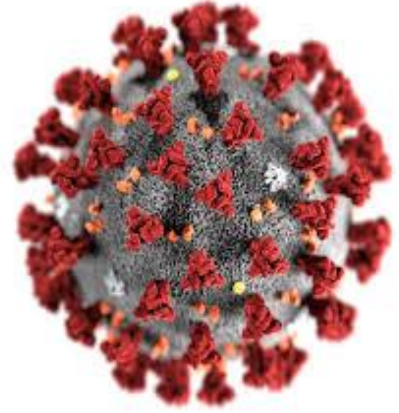
India: [Click here](#)

Hyderabad: cess.ac.in>Young Lives



What is COVID-19

COVID-19 is an infectious disease caused by the most recently discovered corona virus. Corona viruses are a large family of viruses which may cause respiratory infection in animals or humans. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally including India and Telugu states i.e. Telangana and Andhra Pradesh. In humans, several coronaviruses are known to cause respiratory infections.



What Are the Main Symptoms?

The most common symptoms of COVID-19 are:

- *Fever,*
- *Dry Cough*
- *Tiredness.*



Other symptoms that are less common are:

- *Aches and pains,*
- *Nasal congestion, headache,*
- *Conjunctivitis,*
- *Sore throat,*
- *Diarrhoea,*
- *Loss of taste or smell or a rash on skin or discoloration of fingers or toes.*

These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms. Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty in breathing.

Older people (as they have lower levels of immunity), and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness (WHO). People of all ages who experience fever and/or cough associated with difficulty in breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek medical attention immediately.



What Should I do if I have COVID-19 symptoms and when Should I Seek Medical Care?

If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate and monitor your symptoms.

Follow the national guidance on self-isolation including downloading the App “Arogyasethu” on your mobile which depict best practices and relevant do’s and don’ts (advisories) pertaining to the containment of COVID-19. Other guidelines include:

- Maintain a physical distance of at least 1 meter.
- Do not attend social gathering and in case of necessity interact with the assigned surveillance team in your area.
- Use helpline number (1075).

However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek immediate medical care. When you attend the health facility, wear a mask or a cloth covering nose and mouth, keep at least 1 meter distance from other people and do not touch surfaces with your hands. If it is a child who is sick, help the child stick to this advice.

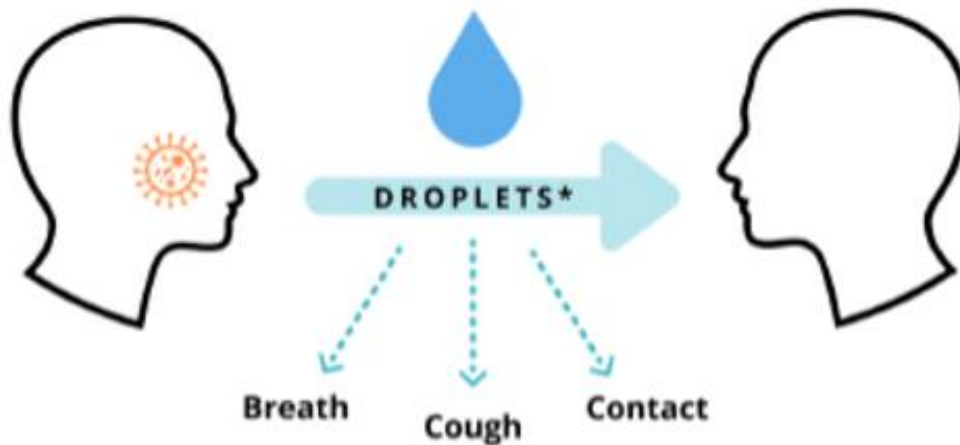
Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. If possible, call your health care provider in advance, so he/she can direct you to the right health facility.



How is it Transmitted?

The virus that causes COVID-19 is primarily transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces around persons. Once it falls on floors or surfaces, **it can survive up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard or carton.** People get infected by breathing in the virus from nearby infected people. People who touch COVID-19 virus contaminated objects and surfaces can also get the virus when they touch their eyes, nose, or mouth.

Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease. Evidence to date suggests that children and young adults are less likely to get severe disease, but severe cases can still happen in these age groups.





How Long Does It Take After Exposure to COVID-19 to Develop Symptoms?

The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.

Is there a vaccine, drug or treatment for COVID-19?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of mild COVID-19, there are no medicines that have been shown to prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19.

What can I do to reduce the risk of infection?

The chance of contracting COVID-19 can be reduced through the following precautionary measures:

- Stay at home as much as possible and avoid unnecessarily travels.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.
- Washing hands thoroughly with soap and water or disinfect with alcohol-based hand sanitizers.
- Follow national guidance on social distancing. Maintain a safe physical distance from others (at least 1-2 meters).
- Avoid going to crowded places.
- Wear a quality face mask, hand gloves and do not touch surfaces with your hands.
- Avoid touching eyes, nose and mouth.
- Covering mouth and nose with tissue or bent elbow when sneezing.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.



True or false: myths about COVID-19

There are a lot of myths/incorrect information circulating about COVID-19.

MYTH 1: EATING GARLIC OR LEMON (AND OTHER FOODS COMMONLY USED AS HOME REMEDIES FOR FLU AND COMMON COLD) CAN HELP PREVENT INFECTION WITH THE NEW CORONAVIRUS.

FACT: Garlic is a healthy food that may have some antimicrobial properties. Similarly, lemons have vitamin C which is an essential nutrient that can support immune function. However, there is no evidence that eating garlic or lemon (or other foods for that matter) has protected people from COVID-19.

MYTH 2: COVID-19 VIRUS IS TRANSMITTED THROUGH HOUSEFLIES

FACT: Till date, there is no evidence to suggest that the COVID-19 virus is transmitted through houseflies.

MYTH 3: VIRUSES CAN SPREAD THROUGH RADIO WAVES/MOBILE NETWORKS

FACT: Viruses cannot travel on radio waves/mobile networks.

MYTH 4: ONE CAN CONFIRM CORONAVIRUS WITH THE BREATHING EXERCISE

FACT: There is no evidence to confirm Coronavirus with the breathing exercise, which can even be dangerous.

MYTH 5: ALCOHOL CONSUMPTION CAN PREVENT CORONAVIRUS

FACT: Excessive alcohol consumption can increase your risk of health problems and cannot prevent COVID-19.

MYTH 6: CORONAVIRUS CAN BE TRANSMITTED BY MOSQUITOES

FACT: Till date there has been no information or evidence to suggest that Coronavirus can be transmitted through mosquitoes as this is a respiratory virus which is new and it needs vaccine



MYTH 7: AGED PERSONS ARE ALONE PRONE TO CORONAVIRUS

FACT: People of all ages can be infected by the new coronavirus.

Additional information can be found here:

If you have any doubts about what is true and what is false, the first thing you should do is consult reliable source of information. You might also want to check the Myth buster webpage by WHO (click [here](#))

Additional information can be found here:

India: <https://www.mygov.in/covid-19>

What measures is the government taking to prevent the spread of the virus?

Government of India (GoI) as well as State Governments have been taking several proactive preventive and mitigating measures starting with implementation of complete lockdown, ban on international travel, issue of advisories to the public, setting up quarantine facilities, tracing of persons infected by the virus and various social distancing measures.

Central and State Governments have suspended metro and rail services, road transport services as well as domestic air traffic, closed all educational institutions, government offices except essential services, shut down all places of worship and put a ban on gathering at all the religious places, banned/put restrictions on public gathering in any functions including marriage and death cases, closed all malls, cinema halls, entertainment places etc.

State governments have also imposed curfew in the night, ban on sale of liquor, allowed opening of kirana and general stores during stipulated timings, shut down all hospital services except the cases of emergency and COVID-19 hospitals, sanitisation of all public places frequently, strict implementation of wearing face masks by all in case they have



to move out, keeping a close watch on people with recent history of foreign travel and on those who recovered and discharged, testing of people who are suspected with virus and if found positive putting them in quarantine under medical observation and tracking all contacts of those tested positive and testing them.

Most importantly implementing social distancing in all places of allowed movements including within the communities. The situation has been continuously reviewed at the level of the Hon'ble Prime Minister of India and by the Chief Ministers of the respective states.

The Hon'ble Prime Minister has addressed the Nation on the need for preventive measures and has also held meeting with all the Chief Ministers very often through video conference. State Chief Ministers also followed similar actions cautioning the public to be careful. Governments have issued advertisements on the need of hand washing repeatedly with liquid soap or soap and communities to keep sanitizers for outsiders visiting their community.

All the above restrictions were imposed during lockdown 1.0 – 4.0 which started from 25 March 2020 to 31 May 2020. But many restrictions have been lifted / relaxed with effect from 1 June 2020. As per the Ministry of Home Affairs (MHA) guidelines issued periodically, more activities in areas outside containment zones are allowed in phased manner and relaxations effective from August 1 are as follows.

- Yoga centres and gyms have been allowed to open from August 5.
- Malls and market complexes without theatres, food courts and restaurants will be operational.
- Inter-state movement of people and goods.
- Lifted night curfew
- Marriage functions are allowed with up to 50 people in attendance while funerals can be carried out with up to 20 people in attendance.

However, the following will continue to remain restricted:

- Schools, colleges and coaching institutions will remain closed till August 31, 2020.



- Metro Rail, Cinema halls, swimming pools, entertainment parks, theatres, bars, auditoriums, assembly halls and similar places.
- Social/ political/ sports/ entertainment/ academic/ cultural/ religious functions and other large congregations.

For details see Ministry of Home Affairs (MHA) Order No. 40-3/2020-DM-1 (A) dated 30-05-2020.

What Measures is the Government Taking to Support?

Government of India announced Rs. 1.7 lakh crore (USD23 billion) economic package on 26 March to support the poor, providing rations of grains and pulses, free cooking gas cylinders to 83 million families, and cash transfers of Rs. 30,000 crores @ Rs 500 (USD 6.65) a month to about 200 million women for the next 3 months through accounts opened under **Jan DhanYojana**. Rs.500/- per account holder per month was deposited in their Jan Dhan account for three months i.e. March, April and May 2020. Quarantine facilities have been set up across all districts. In addition to this, there are some more measures explained below:

- Repayment date of crop loans has also been extended up to 31 May 2020 i.e. those who pay by 31 May 2020 will still get the benefit of Interest Subvention (IS) and Prompt Repayment Incentive (PRI).
- Government has asked private companies to refrain from lay-offs and salary cuts.
- Payment of wages to workers without any deduction is mandatory.
- A sum of Rs.52,000 crore cess fund available is to be used by State governments to help Building & Construction workers.
- Increase in MNREGA wage to Rs. 202/- a day from Rs. 182/-.
- Class IX and XI students will be promoted based on school-based assessments such as tests, exams and projects.
- UGC and MHRD have opened up digital platforms for students and teachers to access and facilitate technology enabled teaching-learning process.
- Government launched 'Arogya Setu' mobile application which helps track the spread of the virus. It notifies users on whether they are susceptible to the infection.



- Violation of lockdown measures will result in penal charges under IPC as per the Disaster Management Act during lockdown periods.

Following are the state specific support measures taken during the lockdown period Government of Telangana extending the following benefits.

- Cash support to all white card holders twice i.e. Rs.1500/- in the month of April 2020 and another Rs.1500/- in May 2020 to purchase essential commodities such as groceries, vegetables.
- Provision of rice at the rate of Rs. 12Kgs per head per month to members of BPL households free of cost during April, May and June 2020 and thereafter 10 Kgs per head per month free of cost during July and August.
- Provision of rice or wheat flour at the rate of Rs. 12/Kg and Rs.500/- cash per head to all migrant workers.
- Migrants are provided with shelter and food.
- Government asked house owners to defer payment of house rent by tenants for 3 months i.e. March, April and May.
- Children, lactating mothers and pregnant women are provided with fortified food, Balamrutham, Murukulu etc., through door delivery since March 2020.
- Schemes with assistance from GoI:
 - *Insurance coverage Rs.50 lakhs to the staff serving the people such as doctors, sanitation workers, hospital staff, staff of civil supplies.*
 - *Households accessing Deepam and Ujwala schemes are given an additional cooking gas cylinder free of cost.*

Government of Andhra Pradesh extended the following benefits:

- A onetime support of Rs 1000 cash provided to all White card holders for buying essential commodities such as groceries and vegetables.
- State government has doubled up the ration quota for next three months from 20 kg per family to 40 kg since April 2020.
- The cardholders would get six quotas of ration over three months.
- The ration would be distributed for every 15 days since April to November. Each time ration includes free rice 5 kg per person and 1 kg Bengal gram per family.



- Children, lactating mothers and pregnant women are provided with fortified food, Balamrutham, Murukulu etc., through door delivery since March 2020.
- Additionally, 1 kg of wheat flour at subsidized price of Rs 18 (its market price is at Rs 40), 500 gm of sugar at Rs 10 while market price is Rs 45 are also supplied.
- Dry ration to school going children
- Provision of 3 face masks per head.
- Migrants are provided shelter and food.
- Free ration to NGOs running old age homes and child care institutions. This includes 10 kg of rice and one kg of red gram per resident.
- Special shelter centres in urban areas for providing food and shelter to the migrant workers and homeless in the state.
- Schemes with assistance from GoI:
 - *Insurance coverage Rs.50 lakhs to the staff serving the people such as doctors, sanitation workers, hospital staff, staff of civil supplies.*
 - *Households accessing Deepam and Ujwala schemes are given an additional cooking gas cylinder free of cost.*

State governments have well established grassroots level administrative machinery such as PRIs, PDS shops, cooking gas dealers. Village level revenue officials have been utilized for service delivery. In case of Andhra Pradesh, there is a village secretariat for each gram panchayat which has been entrusted for all the service delivery and for many services, volunteers within the village secretariats have been asked to visit each household to create awareness for the public as well as service delivery.

Additional information can be found here: <https://www.mygov.in/covid-19>

Additional measures can be seen in the websites of Government of Telangana and Government of Andhra Pradesh with specific heading COVID-19



Parenting

During this time of confinement, parents might face difficulty in interacting constructively with your children. We suggest having a look at this webpage (click [here](#)) which provide some useful tips for parents on: planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19. The page is translated in 90 languages! Other useful tips can be find in the UNICEF webpage: [here](#).

Use these resources to you and your kids' advantage and have fun in doing so.

Mental Health

Enforced lockdowns as well as compulsory social distancing to curb the spread of the virus have led to mental stress and in some cases compromised the mental well-being of many people. Staying at homes leads in some cases to stress, confusion and even depression. Furthermore, the loss of a loved one or loss of job or loss of livelihood opportunities may be an important cause of sadness, depression and anxiety.

What Can We Do to Protect Our Mental Health?

- Be aware that social isolation, quarantine, and distancing can affect you and your family's psychological well-being.
- Seeking information from reliable sources and reducing the time spent consuming news (1-2 times per day, rather than every hour).
- Seeking support from family and friends via phone, email, text, etc. Trying to maintain daily routines and make time for physical activity and sleep.
- Using relaxation exercises (e.g. slow breathing, meditation, progressive muscle relaxation, grounding exercises) to relieve stressful thoughts and feelings.
- Engaging in activities that you enjoy and find relaxing and that in the past have helped with managing adversity. If you can't do the things that you generally enjoy doing because of the lockdown, try to think if you could adapt them and do them in the house. You can also try something new.



- Set targets: setting targets and achieving them will give you a feeling of control and purpose. For this, think about all the activities that you need to and can do from home.
- Keep your mind active: read, write, draw, paint, play games, do crosswords, sudoku, puzzles. Find something that works for you.
- Exercise regularly: a daily physical exercise of 30 minute for adults and one hour for children.
- Keep regular sleep routines and eat healthy food.
- Create a new daily routine: try to take part of active activities such as cooking, cleaning, doing exercise. Also do activities such a reading or calling a friend.

Suicidal Thoughts

If you're feeling like you want to die, it's important to tell someone. Help and support is available and there are people who can help you. You do not have to struggle with difficult feelings alone.

If you're worried about someone who is feeling depressed, try to get them to talk to you. Ask open-ended questions like: "How do you feel ...?" Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful. So, it is important that family or friends seek help from a specialist if they see behaviors or hear phrases that express suicidal ideation.

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behaviour is new, has increased, or seems related to a painful event, loss, or change. Seek help in case you or someone you know exhibits any of the following:

- Mood swings
- Anger at aggressiveness
- High impulsiveness
- Irritability
- Prolonged sadness
- Frequent crying
- Neglect of personal appearance
- Isolation



- Loss of hope

Recurrent Expressions

- "I'm not worth anything"
- "They'll be better soon"
- "You will see what I can be capable of"
- "Don't worry, everything will be solved"
- "This will never improve"
- "I will stop being a problem"

If you need help, there are services that you can go to: <https://www.mygov.in/covid-19>



Violence

The World Health Organization (WHO) has said that the risk of intimate partner violence is likely to increase, as distancing measures are put in place and people are encouraged to stay at home. There have been reports of domestic violence in different parts of the country during the lockdown and police have intensified vigil to check such incidents. The current situation and the potential increased level of stress, tension and frustration due to unemployment, frustration, reduced income, limited resources, alcohol abuse and limited social support are exacerbating an existing underlined problem in our society.

Women who are experiencing violence may find the following information helpful:

- To reach out to supportive family and friends who can help practically (e.g. food, child care) as well as in coping with stress.
- To develop a safety plan for themselves and their children's safety in case the violence gets worse. This includes keeping numbers of neighbors, friends, and family whom you can call for or go to for help; have accessible important documents, money, a few personal things to take with you if you need to leave immediately; and plan how you might leave the house and get help (e.g. transport, location).
- To keep information on helplines related to supporting women who are facing violence, social workers, child protection or nearest police station, and accessible shelters and support services. Be discreet so that your abuser does not find this information.

If you need help, there are services that you can go to:

Telangana Dial - 100

WhatsApp helpline number (9441669988)

Andhra Pradesh- 181

Andhra Pradesh Women Protection cell – 040-23320539

Andhra Pradesh Women Commission – 0863-2329090)



Young Lives is committed to ensuring the highest standards of ethical conduct by all personnel associated with the project. We want to make sure that our study does not have a negative effect on the safety and well-being of all people involved in the study, including resulting from my own conduct/behaviour.

If you would like to make any kind of complaint on the conduct of the Young Lives staff you can contact:

If you are not comfortable contacting your Safeguarding Lead, alternatively you can contact one of your Safeguarding Officers:

If your Safeguarding Lead and your Safeguarding Officers are not available or not appropriate for your concern, contact:

You are strongly encouraged not to make anonymous disclosures. That being said, all disclosures, even those made anonymously, will be reviewed.



Andhra Pradesh Important Help Line Numbers

Sr. No	Service Provider	Help Line Number
1	Centralised Helpline	112
2	Corona Covid 19 helpline	011-23978046 OR 1075
3	A.P. COVID 19 Helpline	0866-2410978 , 08645-247185, 08645246600
4	Police	100
5	Ambulance	102 , 108
6	Women Helpline Number	181, 1091
7	Child Helpline	1098
8	Disaster Helpline	1077

Telangana Important Help Line Numbers

Sr. No	Service Provider	Help Line Number
1	Centralised Helpline	112
2	Corona Covid 19 helpline	011-23978046 OR 1075
3	Telangana COVID 19 Helpline	0866-2410978 , 08645-247185, 08645246600104 , 8790005197 , 040-23286100 , 040-23454088
4	Police	100
5	Ambulance	102 , 108
6	Women Helpline Number	181
7	Disaster Helpline	1077
8	Child Helpline	1098



Centre for Economic and Social Studies
Nizamiah Observatory Campus, Begumpet Hyderabad
Website: www.cess.ac.in

***We Hope You Find This Guide Useful!
"See you" soon and stay safe!***