

## Ten Commands for Coping with COVID-19: Basic Minimum Measures

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The understated very basic precautionary measures are intended for the poorer section of the society who cannot afford or have access to masks, gloves, or other resources:

1. Please follow the directions of the local authorities and the society for preventive actions to be taken. Most importantly *Stay At Home* and avoid contact with others.
2. A cloth the size of a large hanky can be folded three or four times and a piece of elastic can be stitched on at the ends to make a mask. This should be good enough unless you are in contact with a suspected or known positive case of Covid 19. This mask can be boiled, sundried and if possible, hot iron pressed for reuse. One-part bleach and 4 parts waters can also be used to soak it for 30 minutes before wash. Those who cannot even stitch can simply fold it twice and tie against the back of the head. This will also help you in not touching the nose or eyes.
3. For hands, soap, and water with vigorous

rubbing to generate foam is good enough. Wash thoroughly covering all parts of the hand - take care to allow water to run from fingers down to elbow. Wash frequently and make sure not to touch nose or eyes. Those who don't have soaps can soak soapnuts (Reetha/Shikakai) in one big container and use throughout the day for washing the hands.

4. Alternative methods for sanitizing hands, concentrated neem water (bunch of neem leaves boiled in water and cooled) can be used as day-to-day sanitizer. For those who don't have even cooking facilities, they can crush few eucalyptus leaves and sanitize.
5. A hot press for the clothes is good enough if they cannot be washed frequently. Those who don't have hot press can dry it in sunlight.
6. Wipe all suspect surfaces with soap. Any cheap soap should be ok. The solution described in Point No. 2 above can also be used for wiping surfaces. Doors, door handles, knobs, switches are important areas for sanitization.
7. Keep distance of at least six feet from others, avoid unnecessary movement and contact with people - known or unknown.
8. Please report to doctor if you have had contact with a person with suspicion of Covid-19 infection. Watch out for fever and report to doctor immediately. A dry cough with fever is a more serious indication for reporting to a medical facility nearby. Sneeze only into your shoulders and not by covering with hand. Cough into a newspaper or any paper

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if tissue is not available and immediately burn the used paper and wash hands again. Report suspicious cases of people relatives or friends - with fever and dry cough to doctors. Strictly follow directions if you are placed in self quarantine.

9. For relieving the symptoms like cold, cough, (if not associated with fever) few drops of

eucalyptus oil can be inhaled with steam inhalation or leaves can be boiled and inhaled.

10. Remain calm. Drink lot of fluids, particularly buttermilk since it has lot of lactobacilli to boost the immunity. Citrus fruits can be consumed like lemon/amla/guava. Those who cannot afford citrus fruits can consume few pieces of raw allacin rich foods like garlic and onion.

