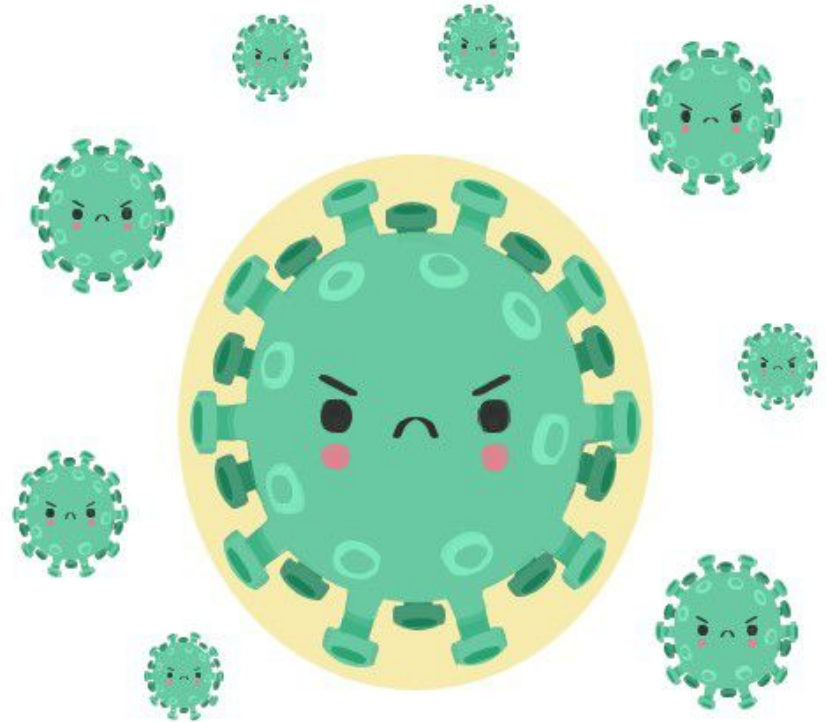




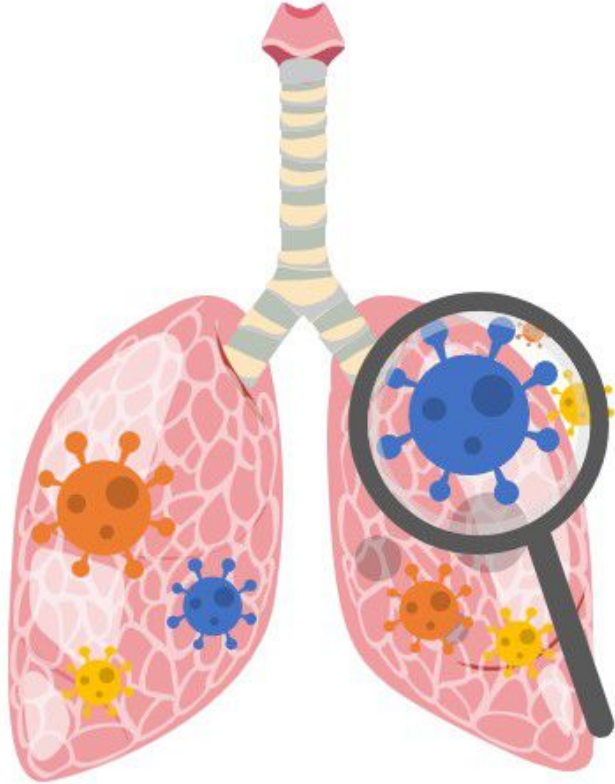
# INDIA FIGHTS CORONA REPORT 2020-2021

## What is COVID-19?

COVID-19 is the disease caused by a new coronavirus called SARS-CoV-2. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.



## Coronavirus Symptoms



Fever Headache



Runny Nose



Cough



Chest Pain

## What is India Fights Corona Project ?

**Sociwind Foundation** initiated India Fights Corona to provide help in challenging time of Covid-19 to the people.



During Covid situation people were without job in lockdown and many people lose their jobs and work.



We provide food to the needy people.

# 1

## Make public aware about COVID Appropriate Behavior

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. As washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

# 2

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Because when someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

# 3

Avoid touching eyes, nose and mouth. As hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



# 6

Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. As you have a higher chance of catching COVID-19 in one of these areas.

# 5


Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. This will also protect you and help prevent spread of viruses and other infections.

# 4

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Because droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Make people aware about Arogya Setu App and help them download it and use its features

Aarogya Setu Mobile App



An app that speaks your language

Available in 11 different languages

Scan to Download  
**Aarogya Setu**  
App for iOS and Android

Download on the Google play | Download on the App Store

The advertisement features a smartphone displaying the app's interface with a network of people icons. To the right is a QR code with the app's logo in the center. The background is light blue with abstract wave patterns.



**Aarogya Setu**

मैं सुरक्षित | हम सुरक्षित | भारत सुरक्षित

The graphic shows the app's icon, which is a white rounded square containing an orange heart with a green checkmark. Below the icon, the app name 'Aarogya Setu' is written in a bold, dark blue font. At the bottom, the slogan 'मैं सुरक्षित | हम सुरक्षित | भारत सुरक्षित' is written in a smaller, black font.



## Distribute packets of Sanitary Napkins among Women







## Aware people about Hand Washing and it's Importance





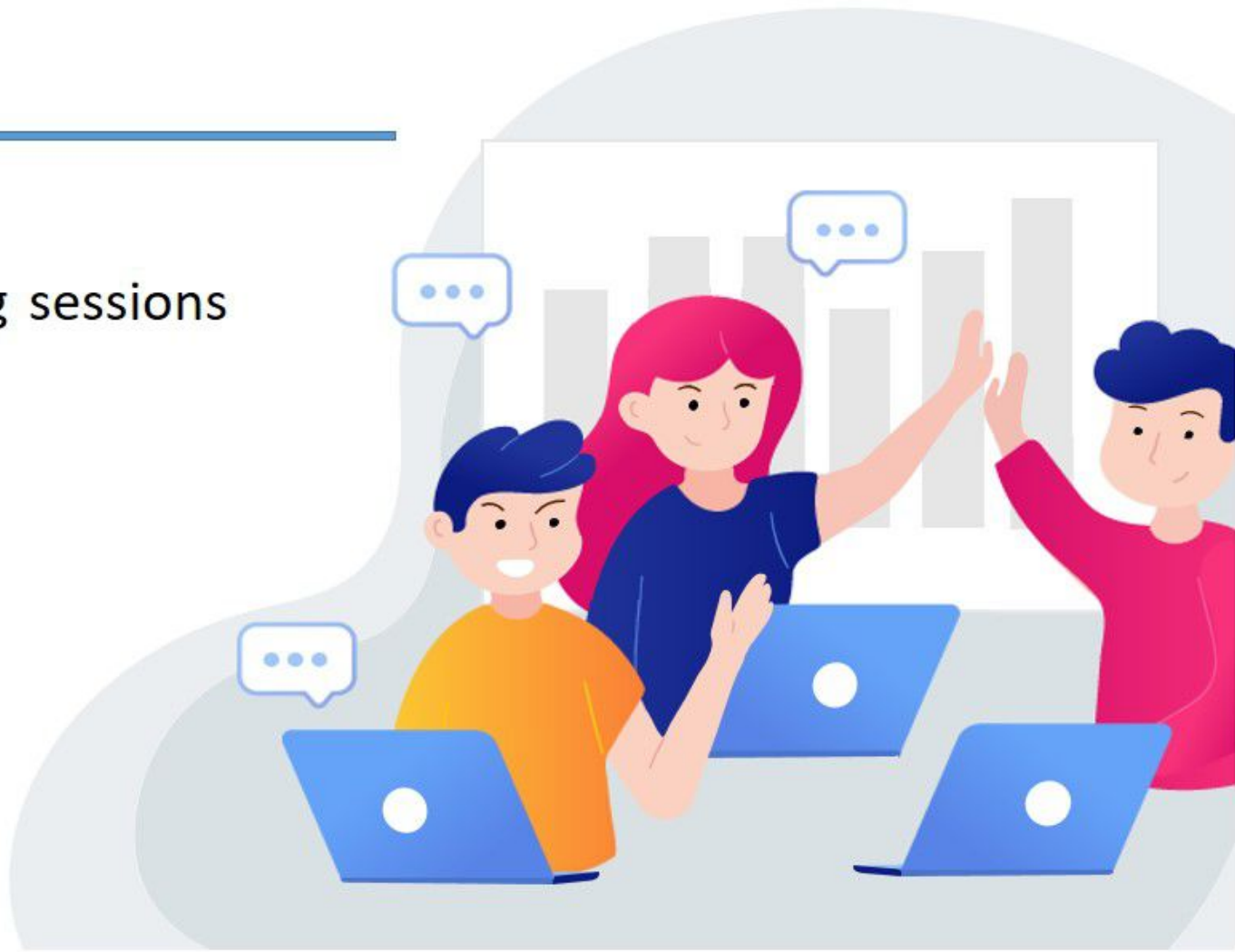


## Distribute face masks among public and instruct their uses in fighting COVID

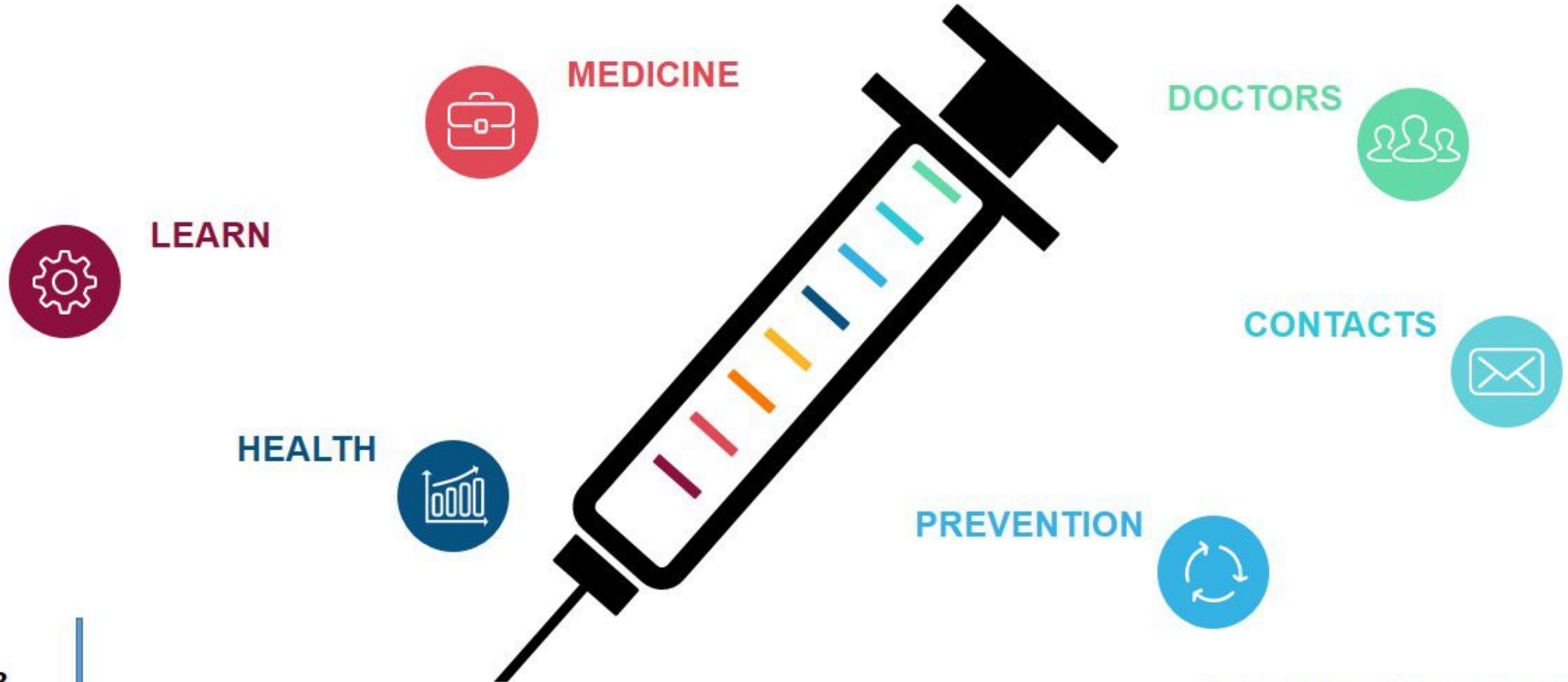
- Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
- Take the mask and inspect it for tears or holes.
- Orient which side is the top side (where the metal strip is).
- Ensure the proper side of the mask faces outwards (the coloured side).
- Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it molds to the shape of your nose.
- Pull down the mask's bottom so it covers your mouth and your chin.
- After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
- Discard the mask in a closed bin immediately after use.
- Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

## Tele and Video Counselling sessions for COVID patients families

Hello! How  
can we help  
you??



Creating Awareness about the myths and misconceptions of Covid-19 vaccination and motivating them to get their vaccination done.





**Sociwind Foundation**  
*Together we can! Together we will !!*