Join the Fight Against COVID for Farmers

National Institute of Agricultural Extension Management (MANAGE)
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What is COVID?

• 'CO' stands for 'CORONA', 'VI' for 'VIRUS', and 'D' for 'DISEASE'.

• Disease caused by Corona Virus.
Common Signs and Symptoms of COVID 19

• Fever
• Dry cough
• Tiredness
• Aches and pains

• Sore throat
• Diarrhoea
• Headache
• Loss of taste or smell
COVID is spreading through direct, indirect, or close contact with infected people through saliva and droplets which are expelled when an infected person coughs, sneezes, talks or sings.
Do’s and Don'ts

• Wash hands with soap and water frequently

• Use hand sanitizer.
Do’s and Don'ts

- Maintain safe distance from others
- Avoid touching your eyes, nose, ears, and mouth.

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Do’s and Don'ts

• When coughing and sneezing, cover mouth and nose with handkerchief or tissue.
• Don’t spit in public
• Dispose of the used tissue in a closed bin.
• Avoid close contact with anyone with cold, cough or flu like symptoms.

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Do’s and Don'ts

• Use a face mask whenever going out

• If you have cough, fever or difficulty in breathing, contact a doctor immediately.

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What To Do When Anyone Starts With Symptoms?

• People who have symptoms of COVID-19 should remain in one room and use a separate bathroom to avoid spread to other members of the household.

• Cover all coughs and sneezes with a tissue, and dispose of the tissue in a lined trash can.

• Clean all frequently used surfaces in the isolation room every day using a disinfectant. Such surfaces may include table tops, counters, doorknobs, and bathroom fixtures.

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What To Do When Anyone Starts With Symptoms?

• Seek medical help, people should call the emergency services if their symptoms are severe or include breathing difficulties.

• Avoid going out in public, and isolate from other people inside the home.

• Regularly wash the hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer, containing at least 60% alcohol, when soap and water are not available.
What To Do When Anyone Starts With Symptoms?

- Avoid touching the eyes, mouth, and nose, as this increases the risk of transferring the virus to other people or surfaces.
- Avoid sharing personal items, including crockery, utensils, towels, and bedding, with others.
- Wash all eating utensils thoroughly after use with soap and water, or put them in the dishwasher.
- Wear a face mask if going to the hospital or traveling by ambulance. If face masks are unavailable, use a scarf or bandana instead.

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Post COVID Complications
Nutrition, Precautions

• Post COVID Complications: Severe fatigue and Increased risk of damage to the heart, lungs and brain

• Nutrition advice during the COVID-19
  1. Eat Fresh food
  2. Drink enough water
  3. Eat less food with fat and oil
  4. Eat less Salt & Sugar
  5. Avoid outside food

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Post COVID Complications
Nutrition, Precautions

• COVID Precautions:

1. Wash your hands often with soap and water for at least 20 seconds.

2. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

3. Avoid touching your eyes, nose, and mouth with unwashed hands.

4. Avoid close contact with people who are sick.
Advisory to Farmers and Livestock Owners

1. Guidelines for farmers and farming sector during lockdown period due to COVID-19 issued by Govt. of India. (3 pages)

2. Advisory to farmers for Rabi Crops issued by ICAR (3 pages)

3. Note on Advisories to farmers during lockdown due to COVID 19 – State-wise (26 pages)

4. Advisory for Livestock Owners during COVID 19 Lockdown Issued in public interest by ICAR-Indian Veterinary Research Institute, Izatnagar (16 pages).

The above awareness material is available for download at: https://www.manage.gov.in/fightagainstcovid-19.asp

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Together, We Will Fight COVID

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