



MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA

Asha Kiran

A RAY OF HOPE

CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS

MAY 14, 2021 TO AUGUST 25, 2021



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Ministry of Health & Family Welfare
Government of India



Help us to
help you



#Unite2FightCorona
14-05-2021

India will win the
fight against COVID-19

Total recoveries in
last 24 hours

3,44,776



mohfw.gov.in



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2 vaccines available in India

COVI-SHIELD



COVAXIN



Who can take the vaccine?



≥ 18 years (as on 1st January 2021) in healthcare facilities



CANCER



DIABETES



CARDIOVASCULAR
DISEASES



CHRONIC
RESPIRATORY
DISEASES



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Cumulative Covid-19 Vaccination Coverage

(As on 13th May'21)



Health Care Workers: 1st Dose: **96,16,697** 2nd Dose: **66,02,553**



Front Line Workers: 1st Dose: **1,43,14,563** 2nd Dose: **81,12,476**



People aged 18-44 years: 1st Dose: **39,14,688**



People aged ≥ 45 years: 1st Dose: **5,65,82,401** 2nd Dose: **85,14,552**



People aged ≥ 60 years: 1st Dose: **5,42,32,598** 2nd Dose: **1,72,86,501**



Total Achievement: 1st Dose: **13,86,60,947** 2nd Dose: **4,05,16,082**



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Who should not be taking COVID-19 vaccine?



Pregnancy



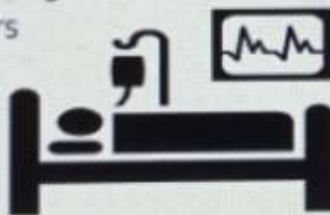
Breastfeeding
mothers



COVID-19 like symptoms



COVID-19 Convalescent
plasma Therapy



Seriously Ill (with/without ICU
admission



K S HEGDE
MEDICAL ACADEMY



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**Department of Health and Family
Welfare Services Govt of Karnataka** ✓



4h • 🌐

For the information of Public

The earlier interval of 6 to 8 weeks of time for COVISHIELD vaccination between 2 doses is revised to 12 to 16 weeks.

Citizens are requested not to come to Vaccination centers if they have not completed 12 weeks after the first dose of Covishield vaccine.

This revised time interval between 2 doses is applicable only to COVISHIELD and not to COVAXIN vaccine.



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Stronger together!

Act responsibly and
get vaccinated.



#LargestVaccineDrive



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There are rumours that COVID-19 vaccine can
affect child-bearing capacity of women.
Is it true?

COVID-19 vaccine has no negative effect on
child-bearing capacity of women. This rumour
is a misconception and people should not be
worried about it.

Dr. Arun Sharma,
Director, NIIRNCD (ICMR-Jodhpur)



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#VACCINEVARTA



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Cumulative Covid-19 Vaccination Coverage

(As on 15th May'22)



Health Care Workers: 1st Dose: 96,42,077 2nd Dose: 66,40,753



Front Line Workers: 1st Dose: 1,44,23,966 2nd Dose: 81,86,165



People aged 18-44 years: 1st Dose: 48,21,550



People aged \geq 45 years: 1st Dose: 5,71,55,909 2nd Dose: 90,63,011



People aged \geq 60 years: 1st Dose: 5,44,67,664 2nd Dose: 1,77,98,573



Total Achievement: 1st Dose: 14,05,11,166 2nd Dose: 4,16,88,502



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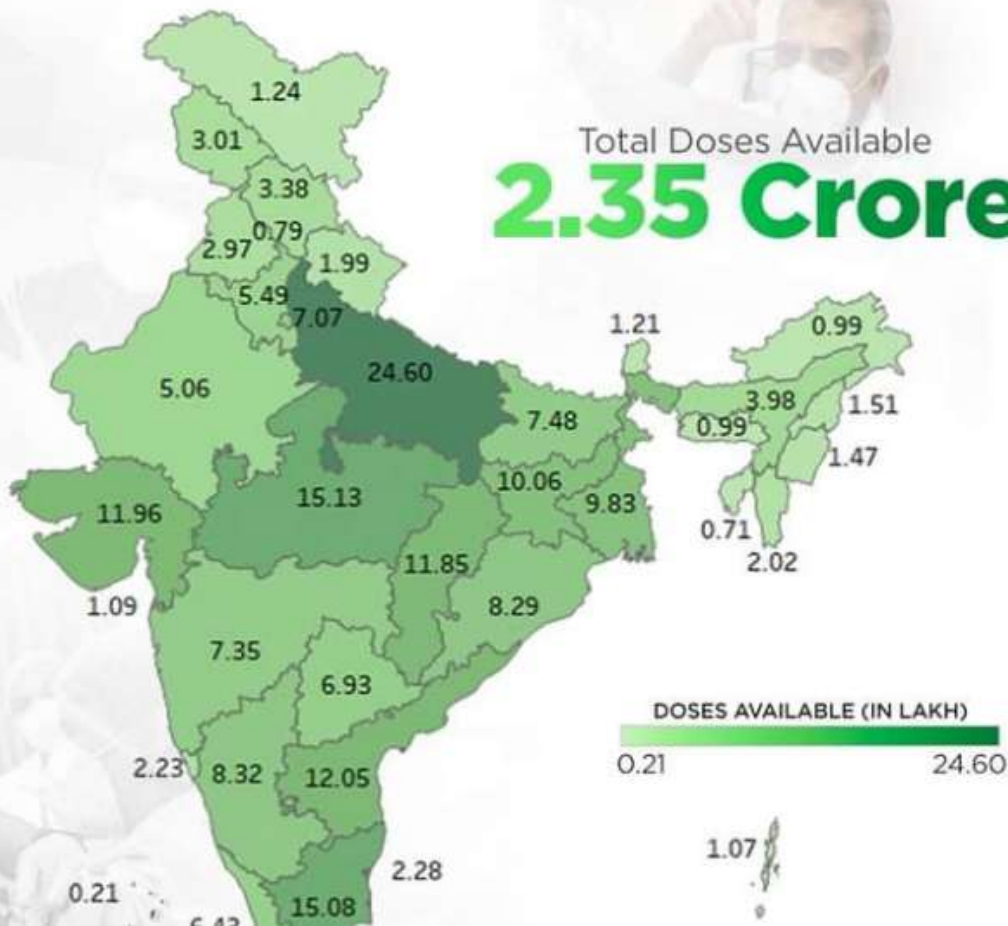
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TOTAL COVID-19 VACCINE
DOSES AVAILABLE
AS ON 15TH MAY 2021

myGov
मेरी सरकार

Total Doses Available
2.35 Crore



HOW TO KEEP YOUR CHILD SAFE IF YOU TEST POSITIVE FOR COVID-19



ISOLATE YOURSELF IN
A SEPARATE ROOM



WEAR A MASK AND ENCOURAGE
CHILDREN TO WEAR ONE TOO



IDENTIFY A CAREGIVER
FOR YOUR CHILD



PREPARE YOUR CHILD MENTALLY
FOR THE PERIOD OF ISOLATION



STAY VIRTUALLY
CONNECTED WITH
YOUR CHILD



MONITOR YOURS AND
YOUR CHILD'S SYMPTOMS



Save the Children



#ProtectAMillion



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#LargestVaccineDrive

Help us to
help you

Have you taken the 1st dose of Covishield vaccine - then please note



- The minimum stipulated period for 2nd dose of Covishield vaccine is recommended to be **12 to 16 weeks** after the 1st dose
- **Further online or onsite** appointments not possible if period after 1st dose for a beneficiary is less than 84 days
- **Already booked online appointment** for 2nd dose will remain **VALID**, however, citizens are advised to reschedule for a date 84 days after the date of 1st dose
- Incase a **pre-booked** beneficiary still wishes to take the 2nd dose before the 84th day, Co-WIN will allow such bookings



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Ministry of Health & Family Welfare
Government of India

17-05-2021



#Unite2FightCorona

**India will win the fight
against COVID-19**

**Total recoveries
in last 24 hours
3,78,741**





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CAN YOUR C-19 VACCINATION AFFECT YOUR PERIODS ?



Some Rare Cases of irregular periods have been reported. But transient and temporary. Please get yourself vaccinated!!

No Scientific Evidence to Show any reason to avoid being vaccinated, before, during or after ones periods.

Dr Deepak Shedde



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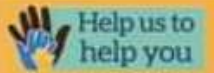
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Ministry of Health & Family Welfare
Government of India



Anxiety associated with COVID-19 pandemic may lead to psychological issues

In case you are feeling anxious and stressed out



**Virtually connect
with family and
friends**



**Exercise and
meditate
regularly**



**Sleep
adequately**



**Eat a
balanced
diet**



**Cultivate
new skills**

Call NIMHANS (toll-free) helpline - 080-46110007



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How India fought back
in the last 24 hours

18.05.2021



4,22,436

PEOPLE
RECOVERED

18,69,223

SAMPLES
TESTED

15,10,418

VACCINE
DOSES GIVEN



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Myth Busting Update 19/05/2021

**CAN YOU TAKE C-19 VACCINE IN
INDIA WHEN YOU ARE
BREASTFEEDING?**



Yes!

The vaccine has just been cleared for use for lactating mothers on the 19th of May 2021. Go get your shot!!

Dr Deepak Shedde



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Government of India

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#Unite2FightCorona
19-05-2021

India will win the
fight against COVID-19

Total recoveries
in last 24 hours
3,89,851

6 Feet
2 Gaj

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#IndiaFightsCorona



ADVISORY FOR COVID-19 HOME TESTING USING RAPID ANTIGEN TESTS (RATs)

- Home testing by RAT is advised **only in symptomatic individuals** and **immediate contacts** of laboratory confirmed positive cases.
- Indiscriminate testing is **not advised**.
- Home testing should be conducted as per the procedure described by the manufacturer in the **user manual**.
- The **Home Testing Mobile App** is available in Google play store and Apple store and must be downloaded by all users.
- The mobile app is a comprehensive guide of the **testing procedure** and will provide a **positive or negative** test result to the patient.
- All users are **advised to click a picture** of the test strip after completing the test procedure with the same mobile phone which has been used for downloading the **mobile app** and **user registration**.

Source: Indian Council of Medical Research

1/3



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1. Vaccination for 18-44 years age group is being resumed from 22.5.2021 and state procured vaccines will be utilised to vaccinate the eligible beneficiaries.

2. State has identified corona front line warriors who will be receiving vaccination initially.

20:43 · 20 May 21 · [Twitter for Android](#)



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Why is the second dose of vaccine so important?

Like any other Vaccine, first dose does not produce full immunity but prepares the system to fight the COVID-19 infection.

The second dose triggers the immune system to produce large number of antibodies and cell-mediated immunity.

It also stimulates the memory cells to remember the infection for long term and produces antibodies quickly when infected.



Therefore, two doses of vaccine are essential to get maximum protection from COVID-19



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Department of Health and Family Welfare



Shri B. S. Yediyurappa
Minister of Health and Family Welfare



State task force for Mucormycosis submitting recommendations to Honourable Chief Minister of Karnataka



Mucormycosis (Black Fungus Infection)

It is not contagious and it does not spread from one person to another

Mucormycosis is a fungal infection that mainly affects people who are on medication for other health problems that reduces their immunity to fight environmental pathogens.

Sinuses or lungs of such individuals get affected after fungal spores are inhaled from the air.

What Predisposes

- Uncontrolled diabetes mellitus
- Immunosuppression by steroids
- Prolonged ICU stay
- Co-morbidities – post transplant/cancer

How to manage

- Control diabetes
- Reduce steroids (if patient is still on) with aim to discontinue rapidly
- Discontinue immunomodulating drugs
- No antifungal prophylaxis needed
- Extensive Surgical cleaning

When to Suspect

- Sinusitis – nasal blockage or congestion, discharge from nose (blackish/bloody), local pain on the cheek bone
- One sided facial pain, numbness or swelling
- Blackish discoloration over bridge of nose/palate
- Toothache, loosening of teeth, jaw pain
- Blurred or double vision with eye pain; fever, skin lesion
- Chest pain, coughing out blood, breathing problems

How to prevent

- Use masks if you are visiting dusty construction sites
- Wear shoes, long trousers, long sleeve shirts and gloves while handling soil (gardening), moss or manure
- Maintain personal hygiene including thorough scrub bath

Symptoms



Pain and redness around eyes / nose



Fever



Headache



Coughing



Acute breathing problem



Vomiting of blood



Altered mental status

DOs

- Monitor blood sugar level post COVID-19
- Use steroid judiciously - correct timing, dose and duration
- Use clean, sterile water for humidifiers during oxygen therapy
- Use antibiotics/antifungals judiciously

DON'Ts

- Do not miss warning signs and symptoms
- Do not consider all the cases with blocked nose as cases of bacterial sinusitis, particularly in the context of immunosuppression and/or COVID-19 patients on immunomodulators
- Do not hesitate to seek aggressive investigations, as appropriate for detecting fungal disease
- Do not lose crucial time to initiate treatment for Mucormycosis

Mucormycosis is not spread by sterile oxygenation, humidifier, and water. The fungi remain in the indoor & outdoor environment. The spores enter the respiratory tract via air.



Wear Mask



Follow Physical Distancing



Maintain Hand Hygiene



Get yourself voluntarily vaccinated

If you have fever, cold, or any COVID-19 like symptoms, call the Apathmitra Helpline **14410** or Bengaluru COVID Helpline **1912**

For more details please visit the nearest Health Care Centre or call **24X7 Health Helpline 104**

Health For All, Health Everywhere



Ministry of Information
and Broadcasting
Government of India

#IndiaFightsCorona



Can you get COVID-19
even after vaccination?



Vaccination is crucial to prevent COVID-19. **Only 0.03%-0.04% of the people have contracted COVID-19** after vaccination and even then they have had mild symptoms.

Vaccine will not allow the virus to further replicate and it will not allow the disease to become more severe. But during that time, your RT-PCR test can be positive and you may be infectious to others so it's important to follow COVID-19 appropriate behaviour even after vaccination.

Source: Dept of Medicine, AIIMS (ND)
Recommended by: ICMR & MoHFW

[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mib_india](#)



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HOW TO BOOST YOUR IMMUNE SYSTEM



Avoid alcohol
and cigarettes



Drink more
water



Get enough
sleep



Eat plenty
of fruits and veggies



Wash fruits and
vegetables properly



Exercise daily



Wash
your hands



Practice
meditation



Take your vitamins
and probiotics



Try to stay calm,
and not stressed

For COVID-19 related information call 24/7 toll free Apathamitra helpline 14410

@DHFWKA



Department of Health and Family Welfare



Shri B. S. Yediyurappa
Minister of Health and Family Welfare



Latest Recommendations on COVID-19 VACCINATION

In case of individuals having lab test proven COVID-19 illness, COVID-19 vaccination to be **deferred by 3 months** after recovery

In case of COVID-19 patients who have been given monoclonal antibodies or convalescent plasma, COVID-19 vaccination to be **deferred by 3 months** from discharge from the hospital

In case of individuals who have received atleast the 1st dose and got COVID-19 infection before completion of the dosing schedule, the 2nd dose should be **deferred by 3 months** from clinical recovery from COVID-19 illness

Persons with any other serious general illness requiring hospitalisation or ICU care should also **wait for 4-8 weeks** before getting the COVID-19 vaccine

To register for
vaccination visit
www.cowin.gov.in



Minister of Health & Family Welfare and
Education Dr. R. Sudhakar visiting COVID-19 lab at
Government Hospital

An individual
can donate blood
after 14 days of either
receipt of COVID-19
vaccine or testing
RT-PCR negative,
if suffering from
COVID-19 disease



COVID-19 vaccination
is recommended for
all lactating women

There is no
requirement for
screening of the
recipients for Rapid
Antigen Test (RAT)
prior to COVID-19
vaccination



Wear
Mask



Follow
Physical
Distancing



Maintain
Hand
Hygiene



Get yourself
voluntarily
vaccinated

If you have fever, cold, or any COVID-19 like symptoms, call the Apathmitra Helpline **14410** or Bengaluru COVID Helpline **1912**

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INDIAN COUNCIL OF
MEDICAL RESEARCH
Serving the nation since 1971

myGov
मेरी सरकार

You Can Now Self-test COVID-19 At Home:

ICMR Issues Advisory



Home testing by Rapid Antigen Test is advised for symptomatic individuals & immediate contacts of the lab-confirmed positive cases



The kit has a home testing mobile app, available in Google play & Apple store



All symptomatic individuals who test negative by RAT should get themselves immediately tested by RT-PCR



ICMR has approved the "CoviSelf (PathoCatch) COVID-19 OTC Antigen LF device"

Date: 20th May 2020



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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार

Help us t
help yo

अपनों की सुरक्षा के लिए कदम बढ़ाएं,
टीका अवश्य लगवा कर कोरोना को हराएं

COVID-19 टीके के लिए cwin.gov.in
पर जाएं और पंजीकरण करें



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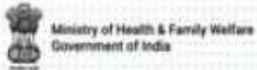


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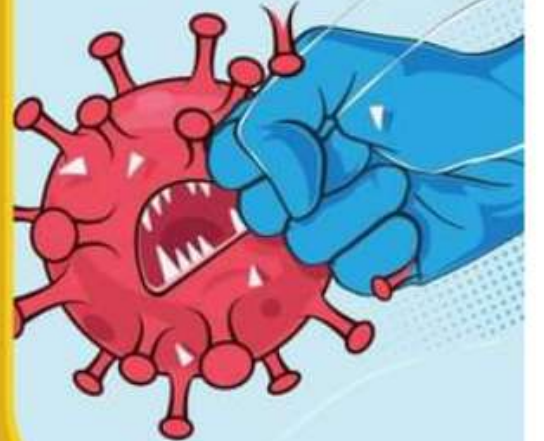
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**India will win
the fight against
COVID-19**

Total recoveries
in last 24 hours
3,02,544



#Unite2FightCorona
24-05-2021



ग्रामीण विकास मंत्रालय
भारत सरकार



इन 5 स्टेज के पार,
सुनिश्चित है कोरोना की हार।



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Government of India



Try to focus on
work at hand



Listen only to
official advisories



Follow
a healthy routine



Try an indoor hobby or
develop a new skill



Keep in touch with
loved ones virtually



Reach out
for help if in need



Try to help
& support others

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Help us to
help you

FEW TIPS TO MANAGE STRESS DURING AND POST COVID





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Government of India



WAYS TO PROMOTE MENTAL HEALTH



Be positive and maintain a good work-life balance



Stay active and engage in recreational activities



Practise yoga and meditation



Stay away from tobacco, alcohol and addictive substances



Stay connected. Share your feelings



Sleep well

**THE BEST YOU CAN DO TO
HELP YOURSELF IS TO SEEK HELP**



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People diagnosed with COVID-19 deserve compassionate care. Helping them stay connected to their loved ones by phone, video or messaging can provide comfort during isolation.



#MentalHealth #COVID19 #coronavirus



World Health
Organization

REGIONAL OFFICE FOR Europe



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When going to a
health care facility of any kind

In areas where **COVID-19** is spreading



Maintain a distance of at
least 1 metre from others



Clean hands
frequently



Wear a mask



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**Online connections are
social connections too.**



**While staying physically apart, let friends and family
know that you love them over the telephone or a
video call.**

I just found out I have COVID-19.

What do I do to protect my friends and family?



World Health Organization

If you are diagnosed with COVID-19 or receive a positive test result, you have done nothing wrong.

Anyone can contract COVID-19 regardless of race, gender, age, or income. Remember we are all in this together.



If you have COVID-19 with symptoms, or a positive test result without symptoms, you will be asked to self-isolate at home or in a health care facility.



Contact your local public health authority. They may be able to help you to notify your contacts and inform them about next steps.



Think back to 48 hours before you started to feel unwell, or if you don't have any symptoms, 48 hours before you took your COVID-19 test until you began self-isolation. Consider where you went and who you might have spent time with.



Contact people with whom you had physical contact or spent more than 15 minutes at a distance closer than one metre, and let them know of your positive test result.



If you visited a store, health facility, or other close and crowded establishment during this period, please call and let them know the day and time that you were present.



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CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS

Everyone – including young people – can help stop the spread of COVID-19.

People who are at higher risk of becoming severely ill from COVID-19 partly rely on others to keep up protective behaviours.

Help protect those who need it most:



Feel sick:

stay home unless seeking urgent medical care



Face:

avoid touching it



Elbow:

cough into it



Hands:

clean them often



Keep distance:

at least 1 metre from others



Space:

avoid crowded places and limit time in enclosed spaces



Clean:

frequently touched objects and surfaces regularly



#StaySafe



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भारत सरकार



Help us to
help you

भारत

COVID-19 के
खिलाफ लड़ाई
जीतेगा

#Unite2FightCorona
28-05-2021

2,83,135

लोगों ने पिछले 24 घंटों में
कोरोना को दी शिकस्त





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#LargestVaccineDrive



Help us to
help you

क्या आप जानते हैं?

वैक्सीन आपके शरीर को कोरोना वायरस के
संक्रमण से लड़ने के लिए तैयार करती है



टीका ज़रूर लगवाएं

HOW CHILDREN CAN WEAR FABRIC MASKS

TO PROTECT YOURSELF AND OTHERS, REMEMBER TO:

- Keep at least 1 metre distance from others
- Clean your hands often
- Avoid touching your face and the front of the mask
- Wear the mask with the correct side up and out



Clean hands before touching the mask



Inspect the mask for damage or if dirty



Identify the inside of the mask which will touch the face and the upper part that will cover the nose



Adjust the mask without leaving gaps on the sides



Cover mouth, nose and chin



Avoid touching the front of the mask



Clean hands before removing the mask



Remove the mask by the straps



Store the mask in a clean bag or container



Clean hands after removing the mask



Wash the mask at least once a day, preferably with hot water



Do not share masks with others



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शादी में ना आकर मैंने तुम्हें और तुम्हारे परिवार को कोरोना के संक्रमण से बचाया है।

मेरे लिए इससे बड़ी खुशी और तुम्हारे लिए इससे बड़ा उपहार और क्या ही हो सकता है!

बिलकुल सही भाई

दवाई भी, कड़ाई भी

Covid-19 के टीकाकरण के समय अपने साथ ये
दस्तावेज़ ले जाना ना भूलें:



आधार कार्ड/ वोटर आईडी/
पासपोर्ट/ ड्राइविंग लाइसेंस/
पैन कार्ड/ NPR स्मार्ट कार्ड/
पेंशन के दस्तावेज़
(फोटो युक्त)

अपनी बारी आने पर टीका ज़रूर लगवाएं।
24x7 हेल्पलाइन : 1075 (टोल फ्री)
#LargestVaccineDrive

टीका नहीं दलेंगे
महामारी नहीं पालेंगे



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भारत सरकार



Help us to
help you

+ स्वास्थ्य केंद्र +



टीका लगवा कर बढ़ाएं रोग प्रतिरोधक क्षमता,
आपकी सुरक्षा से जुड़ी है आपके परिवार की सुरक्षा

COVID-19 टीके के लिए cowin.gov.in पर जाएं और पंजीकरण करें



mohfw.gov.in



@MoHFWIndia



@MoHFW_INDIA



@mohfwindia



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HOW CAN I PROTECT MYSELF FROM

BLACK FUNGUS



Keep **Diabetes** under control.



Use **Steroids** only on Doctors prescription.



Do not start any Covid medication on your own.



Get early treatment to avoid risk of hospitalization.



Use **distilled water** for home oxygen cylinder humidifier.



Wear a **double mask**.



Wash hands with soap.



Reduce direct contact with **soil, moist walls, compost, decaying leaves**.



Get **vaccinated** for Covid19.



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डॉक्टर मैम,
मुझे टीके के लिए पंजीकरण कराने के
बाद कोरोना हो गया है,
अब मैं क्या करूं?

Ministry of Rural Development
Government of India

- ✓ सबसे पहले खुद को दूसरों से अलग कर लें और अपना इलाज कराएं।
- ✓ टीका लेने के लिए टीकाकरण केंद्र पर ना जाएं क्योंकि इससे बाकी लोगों में संक्रमण का खतरा बढ़ जाता है।

टीका नही टालेंगे

अपनी बारी आने पर टीका ज़रूर लगवाएं।
24x7 हेल्पलाइन : 1075 (टोल फ्री)



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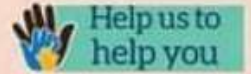


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Ministry of Health and Family Welfare
Government of India



**Whether a village or a city, a haat or a mall
The onus is on us to protect ourselves and all**



**Let's do our bit to stop COVID-19 transmission
Maintain distance of 6 feet in all public places**

**Safai, Dawai, Kadai
Jeetenge Corona se Ladai**

For information related to COVID-19
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7
helpline number 1075 (Toll Free)



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**PULL UP YOUR SOCKS,
IT'S TIME TO FIGHT COVID-19**



Safai,
Dawai, Kadai
Jeetenge
corona se
ladai

**FOLLOW COVID APPROPRIATE BEHAVIOURS
AT ALL TIMES**



**Always wear
your mask**



**Maintain distance of
6 feet from others**



**Wash your hands
frequently and thoroughly
with soap and water**



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How to talk about vaccines

With people who may have questions or concerns

- 1. Listen with empathy**
And acknowledge how they're feeling.


I'm a bit worried about the vaccine...

It's okay to have questions or want more information.
- 2. Ask open-ended questions**
To help understand their concerns.


Could you tell me more about why you feel that way?
- 3. Share trusted information**
Visit the WHO website or chat to your doctor or nurse to find answers to common questions.


How do we know the vaccines are safe?

They've been thoroughly tested and reviewed. If you're interested, I know where we can find more information.
- 4. Explore reasons for wanting to get vaccinated**
Share your motivations and what helped you overcome any concerns.


I want to get vaccinated so I can visit my parents again. What about you?

I got vaccinated to protect my older clients at work.

World Health Organization



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भारत सरकार

**CBSE की 12वीं कक्षा की
बोर्ड परीक्षा रद्द हुई है।**

**...पर कोविड महामारी की
परीक्षा अभी जारी है।**



**तैयारी जारी रखें,
ढिलाई ना करें!**



मास्क पहने



बार-बार हाथ धोएं



2 गज की दूरी बनाएं



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Government of India



Help us to
help you

Wear mask at all times



PROPER WAY



IMPROPER WAY

Safai, Dawai, Kadai
Jeetenge Corona se Ladai

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7
helpline number 1075 (Toll Free)



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How to do online registration

Step 1: Open Google in your smartphone and go to website given below

www.cowin.gov.in

Step 2: Press Register

Step 3: Enter your mobile number

Step 4: You will get 6 digit OTP number please enter that OTP number and Press

verify and proceed

Step 5: Press Add member and Enter your Name, Aadhaar number and date of birth

Step 6: Press schedule

Step 7: Press Search by district and give select State as Karnataka and give select district as Dakshina Kannada

Step 8: Press for Covishield and Press date 4th June

Step 9: Now you will get a list of all centers where Vaccination is available and also it shows how many slots available

Step 10: Select your nearest center and book slot



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#LargestVaccineDrive



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help you



**हाइपरटेंशन या उच्च रक्तचाप
रोगियों में कोरोना संक्रमण का
खतरा ज्यादा होता है**



घबराएं नहीं

**स्वस्थ आदतें अपनाएं,
स्वस्थ जीवन की ओर
अपना कदम बढ़ाएं**

COVID-19 Vaccination Aftercare

- You'll be asked to wait for 30 minutes after receiving the injection to ensure no severe side effects.
- A few common side effects like mild fever, injection site rash, and fatigue can be expected.
- If you are feeling extreme discomfort like chest pain, difficulty in breathing and other critical symptoms; seek immediate medical intervention.
- Continue to follow all necessary COVID-19 even after getting vaccinated.



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I want to get vaccinated
so I can visit my parents
again. What about you?



I got vaccinated to
protect my older clients
at work.



ಲಸಿಕೆ ಪಡೆಯಿರಿ

ಮಾಸ್ಕ್ ಧರಿಸಿ

ದೈಹಿಕ ಅಂತರ ಪಾಲಿಸಿ

ಆಗಾಗ್ಗೆ ಕೈ ತೊಳೆಯಿರಿ



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Points To Remember: Vaccination Certificate

- After the first dose of vaccination, you need to download the provisional certificate.
- After the second dose of vaccination, you need to download the digital certificate.
- You will get an SMS with a download link for both of these certificates.



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Ministry of Health & Family Welfare
Government of India

#LargestVaccineDrive

Help us to
help you

More than
23 crore vaccine doses
administered

India's **landmark achievement** in its
fight against COVID19

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[mohfwindia](https://www.youtube.com/channel/UCmohfwindia)

[@mohfw_india](https://www.youtube.com/channel/UCmohfw_india)

ಅಕ್ಕಾ, ಮಾಸ್ಕ್ ಇಲ್ಲದೆ
ಏಕೆ ಹೊರಗೆ ಬಂದಿರಿ?

ನಾನು ಲಸಿಕೆ ಪಡೆದುಕೊಂಡಿದ್ದೇನೆ,
ಹಾಗಾಗಿ ಈಗ ಮಾಸ್ಕ್
ಹಾಕಿಕೊಳ್ಳುವ ಅಗತ್ಯವಿಲ್ಲ!

ಅಕ್ಕ, ನೀವು ಲಸಿಕೆಯೇನೋ ತೆಗೆದುಕೊಂಡಿರುವಿರಿ, ಆದರೆ
ಕೊರೋನಾ ಸೋಂಕು ಸಮುದಾಯದಿಂದ ಪೂರ್ಣವಾಗಿ
ಹೋಗಿರುವುದಿಲ್ಲ. ಲಸಿಕೆಯ ರಕ್ಷಣೆ ಜೊತೆಗೆ ಮಾಸ್ಕ್ ಧರಿಸುವುದು,
ಕೋವಿಡ್ ಸೋಂಕಿನಿಂದ ಪಾರಾಗಲು ಅತ್ಯವಶ್ಯಕ.
ಲಸಿಕೆಯಿಂದ ಪಡೆದ ರಕ್ಷಣೆಯನ್ನು ಮಾಸ್ಕ್ ಧಾರಣೆ ಕಾಪಾಡುತ್ತದೆ.

ಎಲ್ಲಿಯವರೆಗೆ ಕೋವಿಡ್ ಮಹಾಮಾರಿ ಇರುವುದೋ
ಅಲ್ಲಿಯವರೆಗೆ ಮಾಸ್ಕ್ ಧಾರಣೆ ಮತ್ತು ಉಳಿದ
ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳನ್ನು ತಪ್ಪದೇ ಪಾಲಿಸಬೇಕು.



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ಕೋವಿಡ್-19



ಒಬ್ಬರಿಗೊಬ್ಬರು ಸಹಾಯ ಮಾಡಿಕೊಂಡರೆ
ಕೋವಿಡ್‌ನ ಈ ಕೆಟ್ಟ ಸಮಯದಲ್ಲಿ ನಾವು
ಒಂಟಿ ಎಂಬ ಭಾವನೆ ಎದುರಾಗುವುದಿಲ್ಲ.

ಆನ್‌ಲೈನ್ ಸಂಪರ್ಕಗಳು ಸಹ ಸಾಮಾಜಿಕ ಸಂಪರ್ಕಗಳೇ.



ದೂರವಿದ್ದರೂ ಸಹ ನಿಮ್ಮ ಸ್ನೇಹಿತರು ಹಾಗೂ
ಕುಟುಂಬಸ್ಥರನ್ನು ದೂರವಾಣಿಯಲ್ಲಿ ಮಾತನಾಡುವ
ಮೂಲಕ ಮತ್ತು ವೀಡಿಯೋ ಕಾಲ್ ಮಾಡುವ
ಮೂಲಕ ನೀವು ಅವರನ್ನು ಎಷ್ಟು ಪ್ರೀತಿಸುವಿರಿ,
ಎಷ್ಟು ಕಾಳಜಿ ವಹಿಸುವಿರಿ ಎಂಬುದನ್ನು ವ್ಯಕ್ತಪಡಿಸಿ.



ಚಿತ್ರಕಲೆ, ಹಾಡುಗಾರಿಕೆ, ನೃತ್ಯ ಹಾಗೂ ಇನ್ನಿತರೆ
ರೂಪಗಳ ಕ್ರಿಯಾಶೀಲ ಆಟಗಳು ಮಕ್ಕಳಿಗೆ
ತಮ್ಮ ಭಾವನೆಗಳನ್ನು ವ್ಯಕ್ತಪಡಿಸಲು ನೆರವಾಗುವುದರ
ಜೊತೆಗೆ ಸ್ಟ್ರೀನ್ ಟೈಂ ಅನ್ನು ಕಡಿಮೆಗೊಳಿಸಿ
ಒತ್ತಡವನ್ನು ಶಮನಗೊಳಿಸುತ್ತದೆ.



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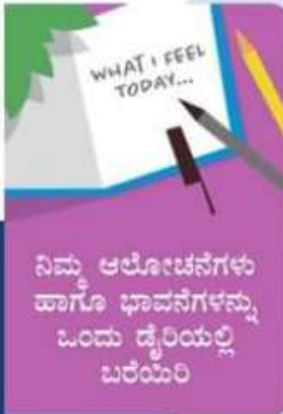
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ನಿಮ್ಮ ಆರೋಗ್ಯ ಹಾಗೂ
ಕ್ಷೇಮಕ್ಕೆ ಅದ್ಯತೆ ನೀಡಿ.



ನಿಮ್ಮ ಆರೋಚನೆಗಳು
ಹಾಗೂ ಭಾವನೆಗಳನ್ನು
ಒಂದು ಡೈರಿಯಲ್ಲಿ
ಬರೆಯಿರಿ



ಧ್ಯಾನ ಮಾಡುವುದನ್ನು
ಅಭ್ಯಾಸ ಮಾಡಿಕೊಳ್ಳಿ



ನಿಮಗೆ ಹಿತ
ವಿನಿಸುವವರೊಂದಿಗೆ ಸ್ವಲ್ಪ
ಸಮಯ ಮಾತನಾಡಿ

ನೀವು ನಿಮ್ಮ ಮನೆಗಳಲ್ಲಿ ಕಳೆಯುವ ಗುಣಮಟ್ಟದ
ಸಮಯ ನಿಮ್ಮ ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕೆ ಸಹಕಾರಿ.



Ministry of Health and Family Welfare
Government of India

Unique Disability Identification Card
(UDID) is now acceptable as a photo ID
for COVID-19 vaccination.

The Union Government continues
to adopt an inclusive approach to leave
no one behind.



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[@mohfw](https://www.instagram.com/mohfw)



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CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS

HOW TO USE AN OXYGEN CONCENTRATOR?

STEP 1

Position the machine 1 to 2 feet (0.30 to 0.61 m) from the wall.

STEP 2

Connect the humidification bottle. Make sure the air filter is in place.

STEP 3

Attach your oxygen tubing to either the humidification bottle or an adapter.

STEP 4

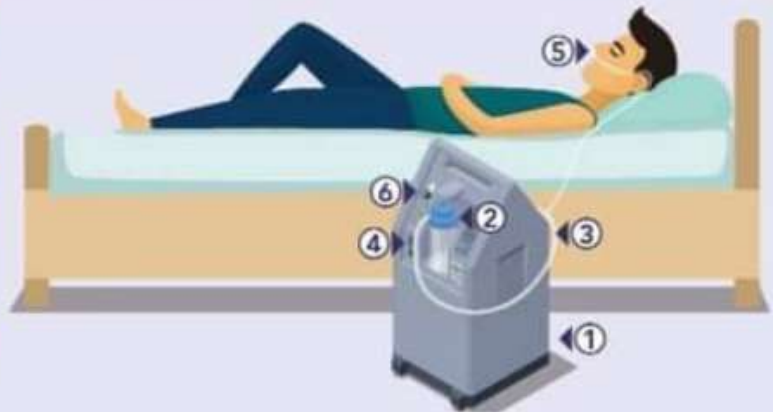
Start the machine at least 15-20 mins before use: Switch the power button to the "ON" position.

STEP 5

Keep nasal cannula into your nostrils - note position behind the ears and tighten at the chin.

STEP 6

Adjust knob to prescribed level (1-5L for a 5L machine and 1-10 L for a 10 L machine).



GENERAL PRECAUTIONS

- The Oxygen Concentrator shall be used strictly under medical supervision. It is very important to select only the prescribed level of oxygen as advised by treating doctor. Do not alter the flow selection unless you have been directed to do so by your doctor.
- Switch off the concentrator for minimum 30 min every 6 hours to avoid over-heating.
- Do not use the concentrator or any oxygen product near an open flame.
- Do not leave nasal cannula on clothing, bed coverings or chair cushions. If the machine is turned on but not in use, the oxygen will make the material flammable.
- Read and understand the manufacturer's manual for any other specifics/clarifications/variations



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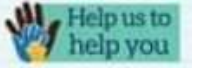
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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार



बचाव के उपाय से एक भी व्यक्ति ना चूके
मास्क उतरा, यानी सुरक्षा से समझौता!



M - मेरा
A - आपका
S - सुरक्षा
K - कवच



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಕೋವಿಡ್-19 ನಿಮಗೆ ತಿಳಿದಿದೆಯೇ?



ಅನಿಯಂತ್ರಿತ ಒತ್ತಡ ನಿಮ್ಮ
ದೇಹದಲ್ಲಿ ಹಾರ್ಮೋನ್‌ಗಳ
ಅಸಮತೋಲನವನ್ನು ಉಂಟು
ಮಾಡುತ್ತದೆ. ಇದು ಮೆದುಳಿನ
ಕಾರ್ಯನಿರ್ವಹಣೆ ಮೇಲೆ
ಪರಿಣಾಮ ಬೀರುತ್ತದೆ.

ಹಾಗಾಗಿ ಕೋವಿಡ್ ಮಹಾಮಾರಿಯ
ಸಮಯದಲ್ಲಿ ಆರಾಮವಾಗಿರಿ.
ಒತ್ತಡಕ್ಕೆ ಒಳಗಾಗಬೇಡಿ

ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸಹಾಯಕ್ಕಾಗಿ
ಉಚಿತ ದೂರವಾಣಿ ಸಂಖ್ಯೆ
080 46110007ಕ್ಕೆ ಕರೆ ಮಾಡಿ



ಜ್ವರ, ನೆಗಡಿ, ಕೆಮ್ಮು ತರಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಿದ್ದಲ್ಲಿ ಆಪ್ತಮಿತ್ರ ಸಹಾಯವಾಣಿ 14410 ಗೆ ಕರೆ ಮಾಡಿ
ಅಥವಾ ಬೆಂಗಳೂರು ಕೋವಿಡ್ ಸಹಾಯವಾಣಿ 1912 ಗೆ ಕರೆ ಮಾಡಿ
ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ
ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ, ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



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Chellam sir,
Which vaccine should I take-
Covishield or Covaxin?

Wrong question.
All vaccines are safe.

You should ask when to
get vaccinated. The answer
is, **as soon as possible.**

And don't forget to follow
COVID Appropriate Behavior
even after getting vaccinated.



[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mlb_India](#)



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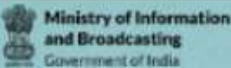
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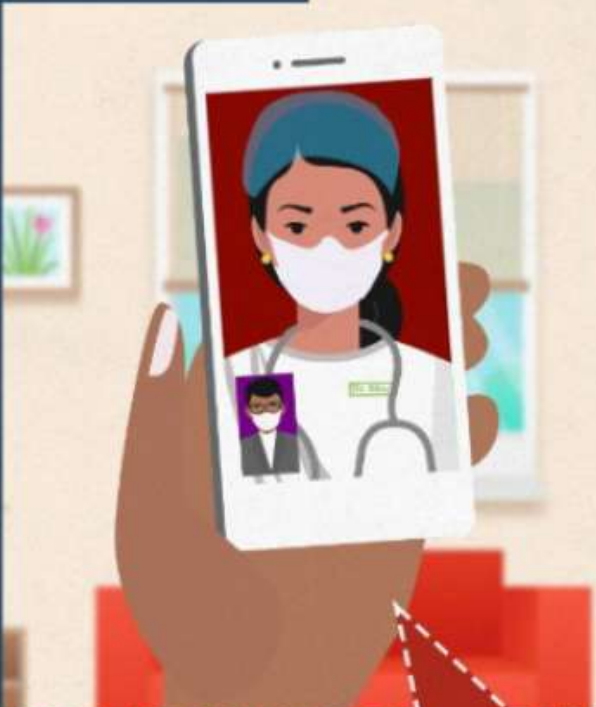

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#IndiaFightsCorona



Doctor, I have **tested positive** for **COVID-19**, can I get **vaccinated** now?

No Rajat, you should take the **vaccine** at least **3 months** after **recovery** from COVID.

[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mib_india](#)

ಪಲ್ಸ್ ಆಕ್ಸಿಮೀಟರ್ ಬಳಸುವುದು ಹೇಗೆ?



ಹಂತ 1



ಉಗುರು ಬಣ್ಣ / ಕೃತಕ ಉಗುರು ತೆಗೆಯಿರಿ. ನಿಮ್ಮ ಕೈಯನ್ನು ಬೆಚ್ಚಗಿರಿಸಿ

ಹಂತ 2



ಆಕ್ಸಿಜನ್ ರೀಡಿಂಗ್ ತೆಗೆದುಕೊಳ್ಳುವ ಮುನ್ನ ಕನಿಷ್ಠ 5 ನಿಮಿಷಗಳ ಕಾಲ ವಿಶ್ರಮಿಸಿ

ಹಂತ 3



ನಿಮ್ಮ ಕೈಯನ್ನು ನಿಮ್ಮ ಎದೆಯ ಮೇಲೆ ಕೈಯ ಮಟ್ಟದಲ್ಲಿ ಇರಿಸಿ ಹಾಗೂ ಸ್ಥಿರವಾಗಿ ಹಿಡಿದುಕೊಳ್ಳಿ.

ಹಂತ 4



ಪಲ್ಸ್ ಆಕ್ಸಿಮೀಟರ್‌ನ್ನು ನಿಮ್ಮ ಮಧ್ಯ ಅಥವಾ ತೋರುಬೆರಳಿಗೆ ಅಳವಡಿಸಿ

ಹಂತ 5



ಪಲ್ಸ್ ಆಕ್ಸಿಮೀಟರ್‌ನ್ನು ಕನಿಷ್ಠ ಒಂದು ನಿಮಿಷಗಳಷ್ಟು ಸಮಯ ಅಥವಾ ರೀಡಿಂಗ್ ಸ್ಥಿರವಾಗುವ ತನಕ ಇರಿಸಿ

ಹಂತ 6



ರೀಡಿಂಗ್ 5 ಸೆಕೆಂಡ್ ಕಾಲ ಬದಲಾಗದಿದ್ದರೆ, ಅತ್ಯಧಿಕ ರೀಡಿಂಗ್‌ನ್ನು ಪರಿಶೀಲಿಸಿ

ಹಂತ 7



ಪ್ರತಿ ಪರಿಶೀಲನೆಯನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಗುರುತಿಸಿಕೊಳ್ಳಿ

ಹಂತ 8



ದಿನಕ್ಕೆ ಮೂರು ಬಾರಿ ರೆಕಾರ್ಡಿಂಗ್ ಮಾಡಿ. ಪ್ರತಿ ದಿನ ಒಂದೇ ಸಮಯದಲ್ಲಿ ಮಾಡಿ. ಆರೋಗ್ಯದಲ್ಲಿ ವ್ಯತ್ಯಾಸ ಕಂಡುಬಂದರೆ ಹೆಚ್ಚಿನ ಎಚ್ಚರವಹಿಸಿ.

ಹಂತ 9



ನಿಮ್ಮ ಆರೋಗ್ಯದಲ್ಲಿ ತೀವ್ರ ಬದಲಾವಣೆ ಆಗಿದಾಗ, ಉಸಿರಾಟದ ಸಮಸ್ಯೆಯಿಂದ ಮಾತನಾಡಲು ಹಾಗೂ ಮಾತನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಆಗದಿದ್ದಾಗ, ನಿಮ್ಮ ಆಮ್ಲಜನಕ ಪ್ರಮಾಣ 94 ರ್ಗಿಂತ ಕಡಿಮೆ ಆದಾಗ 108 ಕ್ಕೆ ಕರೆ ಮಾಡಿ.



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Ministry of Health and Family Welfare
Government of India



Help us to
help you

**Rearrange your office seats to
maintain physical distance from others**



Stay 6 feet apart from your colleagues at all times

**Safai, Dawai, Kadai
Jeetenge Corona se Ladai**

For information related to COVID-19
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7
helpline number 1075 (Toll Free)



mohfw.gov.in



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Government of India

**LET US ALL DO OUR BIT AND FOLLOW
COVID APPROPRIATE BEHAVIOURS
EVERYDAY, EVERYWHERE**



For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline number



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help you

Commuting to office using public transport?
Always maintain distance from co-passengers
and wear your mask at all times



Safai, Dawai, Kadai
Jeetenge corona se ladai

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline number 1025 (Toll Free)



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भारत सरकार

DO YOU DISPOSE YOUR MASK CORRECTLY?

1. FOLD USED MASK



2. MANAGE EAR LOOPS



3. WRAP IT WITH EAR LOOPS



4. PUT MASK INTO PAPER BAG



5. DISPOSE INTO A BIN



6. WASH HANDS PROPERLY





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Government of India

help you



Always wear
your face-cover/mask



Wash your hands
frequently and thoroughly
with soap and water



Maintain distance of
6 feet from others

Let's learn about the 5 W's of COVID-19

- What – Follow COVID Appropriate Behaviour
- When – Every time
- Where – Everywhere
- Who – Everyone
- Why – To stay protected from COVID-19

**Safai, Dawai, Kadai
Jeetenge Corona se Ladai**

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7

helpline number 1075 (Toll Free)



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ಹೀಗಿರಲಿ ಮಾಸ್ಕ್‌ಗಳ ಬಳಕೆ

ಬದುಕಲು ಕಲಿಯಿರಿ
Join Telegram Channel

- 1** ಸರ್ಜಿಕಲ್ ಮಾಸ್ಕ್ 6 ತಾಸು ಬಳಸಬೇಕು.
ಮರುಬಳಕೆ ಮಾಡುವಂತಿಲ್ಲ.
- 2** ಎನ್ 95 ಮಾಸ್ಕ್ 12 ತಾಸು ಬಳಸಬಹುದು.
ಇದನ್ನು ಮರುಬಳಕೆ ಮಾಡಬಾರದು.
- 3** ಬಟ್ಟೆ ಮಾಸ್ಕ್ ಬಳಸುವವರು ಪ್ರತಿ 6 ಗಂಟೆಗೆ
ಒಮ್ಮೆ ಇಲ್ಲವೆ ಒದ್ದೆಯಾದಲ್ಲಿ ಬದಲಿಸಬೇಕು.
ಇದನ್ನು ಬಿಸಿ ನೀರಿನಲ್ಲಿ ತೊಳೆದು, ಬಿಸಿಲಿನಲ್ಲಿ
ಒಣಗಿಸಿ, ಇಸ್ತಿ ಮಾಡಿ ಮರುಬಳಕೆ ಮಾಡಬಹುದು.
- 4** ಫಿಲ್ಟರ್ ಮಾಸ್ಕ್ (ಗಾಳಿ ಶುದ್ಧೀಕರಿಸುವ)
ಬಳಸುವವರು ಆಗಾಗ್ಗೆ ಅದರ ಫಿಲ್ಟರ್
ಬದಲಿಸಬೇಕಾಗುತ್ತದೆ.



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ಕೋವಿಡ್-19

ಒಂದು ವೇಳೆ ನಿಮ್ಮ ನೆರೆಹೊರೆಯಲ್ಲಿ ಯಾರಾದರೂ

ಸೆಲ್ಫ್-ಐಸೋಲೇಷನ್‌ನಲ್ಲಿದ್ದರೆ ಅವರಿಗೆ ಅಗತ್ಯವಿರುವ

ವಸ್ತುಗಳನ್ನು ಅವರ ಮನೆ ಬಾಗಿಲಿಗೆ ತಲುಪಿಸಲು ನೆರವಾಗಿ.



ಈ ಕಷ್ಟದ ಸಮಯದಲ್ಲಿ ಒಬ್ಬರಿಗೊಬ್ಬರು ನೆರವಾಗಲು
ಎಲ್ಲರೂ ಒಂದಾಗೋಣ





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ಕೋವಿಡ್-19

.....ಇದಕ್ಕಾಗಿ ನಿಮಗೆ ಧನ್ಯವಾದಗಳು



ನಂಬಲು ಅರ್ಹ ಮಾಹಿತಿಯನ್ನು
ಹಂಚಿಕೊಳ್ಳುವ
ಬದ್ಧತೆಯುಳ್ಳ ಅಪರಿಚಿತ



ಆತ್ಮಪಕ್ಷದಲ್ಲಿ ವಾಸಿಸುತ್ತಿರುವ ಹಿರಿಯರಿಗೆ
ಅಗತ್ಯ ವಸ್ತುಗಳನ್ನು ತೆಗೆದುಕೊಂಡು ಹೋಗಿ
ಕೊಡುವ ಅನುಕಂಪವುಳ್ಳವರು



ಅನಗತ್ಯವಾಗಿ ಔಷಧಗಳನ್ನು
ಸಂಗ್ರಹಿಸಿ ಇಟ್ಟುಕೊಳ್ಳುವ
ಜವಾಬ್ದಾರಿ ವಹಿಸುವ ನಾಗರಿಕ



ಲಸಿಕೆಗಳನ್ನು
ಪಡೆದುಕೊಂಡಿರುವ
ಹಿರಿಯ ನಾಗರಿಕರು



ಸ್ವಯಂಪ್ರೇರಿತರಾಗಿ ಮನೆಯಲ್ಲಿ
ಐಸೋಲೇಟ್ ಆಗಿರುವ
ಜವಾಬ್ದಾರಿಯುತ ಯುವಕ/ಯುವತಿ



ಮಾಸ್ಕ್ ಧರಿಸುವಂತೆ ಹಾಗೂ
ಕೈಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳುವಂತೆ
ಆಗಾಗ ಎಲ್ಲರಿಗೂ ನೆನಪು
ಮಾಡಿಕೊಡುವ ಹುಡುಗಿ

ಈ ಕಷ್ಟದ ಸಮಯದಲ್ಲಿ ಒಬ್ಬರಿಗೊಬ್ಬರು ನೆರವಾಗಲು

ಎಲ್ಲರೂ ಒಂದಾಗೋಣ



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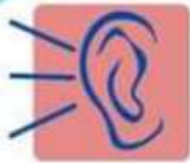
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Ministry of Information
and Broadcasting
Government of India

#IndiaFightsCorona



LISTEN TO YOUR KIDS



SPEND QUALITY TIME



ENCOURAGE POSITIVITY



ENCOURAGE CREATIVITY



HELP THEM
MAKE A SCHEDULE
FOR STUDY AND PLAY



HELP THEM
VIRTUALLY CONNECT
WITH THEIR FRIENDS



ORGANIZE
VIRTUAL GROUP ACTIVITIES



PROTECT THEM FROM NEWS
THAT CAN INCREASE ANXIETY

COVID-19
TIPS FOR MANAGING
YOUR CHILD'S ANXIETY





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ಬನ್ನಿ
ಹಾಕಿಸಿಕೊಳ್ಳಿ

ಪಿತ್ತನೆ ಮಹಾಕವಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104 ಕ್ಕೆ ಕರೆ ಮಾಡಿ

ಪ್ರಧಾನ ಆರೋಗ್ಯ ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಕಡ್ಡಾಯವಾಗಿ
ಮುಖವಸ್ತು
ಧರಿಸಿ

ಜ್ವರ, ನೋಡಿ, ಶಿವು ಕರಕರ ಕೋರ್ಟ್-19 ರಕ್ಷಣಾಪಡ್ಡದ ಅಭಿಮತ ಸಹಾಯವಾಣಿ 14410 ಗೆ ಕರೆ ಮಾಡಿ

ಪಿತ್ತನೆ ಮಹಾಕವಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104 ಕ್ಕೆ ಕರೆ ಮಾಡಿ



ಪ್ರಧಾನ ಆರೋಗ್ಯ ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



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A RAY OF HOPE

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COVID-19 is not over yet!

Be Alert, Observe **COVID APPROPRIATE BEHAVIOUR** at all times



THREE GOLDEN RULES



Always wear a mask



Wash hands thoroughly and frequently with soap and water



Maintain 2 meter distance from others



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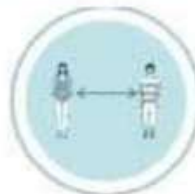
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ಕೋವಿಡ್-19

ಸಂಕಷ್ಟದ ಕಾಲದಲ್ಲಿ ಸಕಾರಾತ್ಮಕವಾಗಿ ಯೋಚಿಸಿ! ನಾವು ಗೆಲ್ಲುತ್ತಿದ್ದೇವೆ!

ಸೋಂಕಿಗೆ ತುತ್ತಾಗುತ್ತಿರುವವರಿಗಿಂತ ಆಸ್ಪತ್ರೆಯಿಂದ
ಗುಣಮುಖರಾಗಿ ಹೊರಗೆ ಬರುತ್ತಿರುವವರ ಸಂಖ್ಯೆ ಹೆಚ್ಚುತ್ತಿದೆ.





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Government of India

Help us to
help you



Let's give Corona a tough fight
That's how our future will look bright



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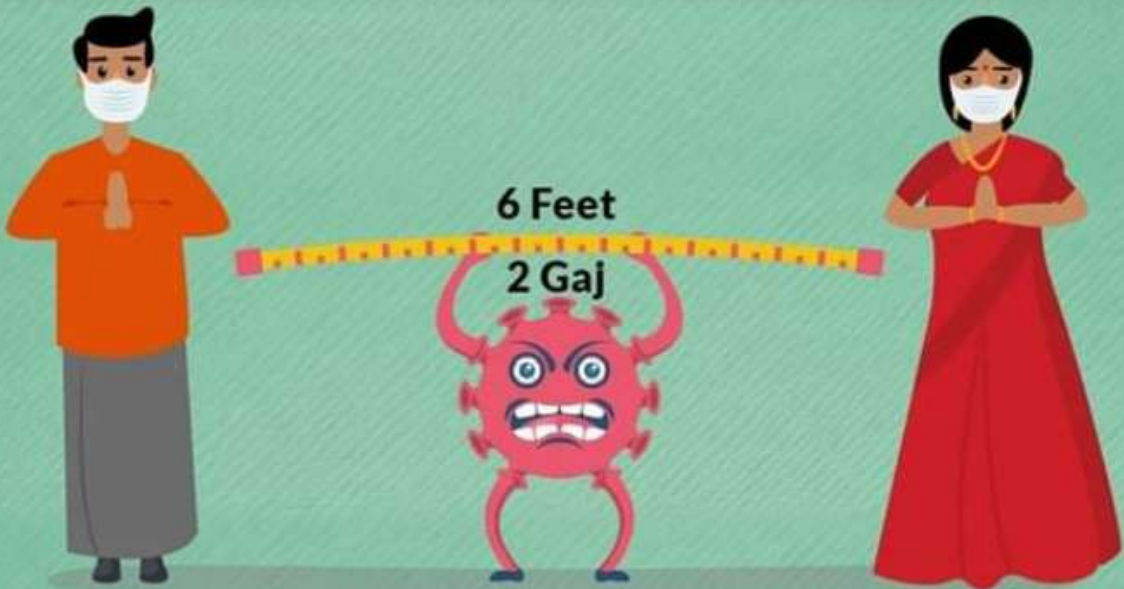


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ದೈಹಿಕ
ಅಂತರ
ಅತಿ ಅವಶ್ಯಕ

SHOW DEARNESS FROM A DISTANCE





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Should I take the vaccine
if I have other conditions like
high blood pressure or diabetes?

Yes, you should.

It is especially important for people with previous illnesses to get vaccinated, as they are at high risk of severe disease and death due to COVID-19.

Taking the vaccine will protect you.





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ಕೋವಿಡ್-19

ದೈಹಿಕ ಅಂತರ
ಕಾಯ್ದುಕೊಳ್ಳಿ



6 ಅಡಿ ಅಂತರವಿರಲಿ



6 ಅಡಿ ಅಂತರವಿರಲಿ



6 ಅಡಿ ಅಂತರವಿರಲಿ



ಸ್ವಯಂಪ್ರೇರಿತವಾಣಿ



ಬಿಸಿಕ್
ಪಡೆಯಿರಿ





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ಮುಖಗವಸನ್ನು ಸರಿಯಾಗಿ ಧರಿಸುವ ಪ್ರತಿಜ್ಞೆ ಮಾಡೋಣ

ಒಮ್ಮೆ ಉಪಯೋಗಿಸಿದ
ಮಾಸ್ಕ್‌ನ , ಮರುಬಳಕೆಯ
ಮುನ್ನ ಶುಚಿಗೊಳಿಸುವುದು
ಉತ್ತಮ





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How to Register through CoWIN portal

1. Visit the CoWIN website and click on Register/Sign in yourself.
2. Add your mobile number and click on Get OTP. After receiving the OTP, type the digits on the site, and click on 'Verify'.
3. Enter all your details, including photo ID proof, name, gender, and year of birth on the 'Register for Vaccination' page. Once this is done, click on Register.

READ
IN APP





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#IndiaFightsCorona



DOST MASK NA LAGAYE TOH DUKH HOTA HAI



LEKIN DOST VACCINE BHI NA LAGWAYE TOH ZYADA DUKH HOTA HAI

Follow **COVID Appropriate Behaviour** even after **getting vaccinated**.



#We4Vaccine



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How to Register through the Aarogya Setu app

1. Open the Aarogya Setu app and click on the CoWIN tab present on the home screen.

2. Select 'Vaccination Registration' and then enter your phone number. You will receive an OTP and then you can proceed to verify yourself.

3. On the 'Register for Vaccination' page, enter all details, including photo ID proof, name, gender, and year of birth. Click on 'Register'.

**READ
IN APP**




















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**A set of 15 promises, we need to follow,
as part of COVID Appropriate Behaviour**

1.  Greet without physical contact.	2.  Maintain physical distance.	3.  Always and properly wear a mask.
4.  Avoid touching eyes, nose and mouth.	5.  Maintain respiratory hygiene.	6.  Wash hands frequently and thoroughly.
7.  Regularly clean and disinfect frequently touched surfaces.	8.  Do not spit in the open.	9.  Avoid unnecessary travel.
10.  Do not discriminate against anyone.	11.  Discourage crowd. Encourage Safety.	12.  Do not circulate social media posts which carry unverified or negative information.
13.  Seek information on COVID-19 from credible sources.	14.  Call national toll-free helpline 1075 or state helpline numbers for any queries.	15.  Seek psychosocial support for any stress or anxiety.



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Don't Hesitate, Vaccinate!



Visit **cowin.gov.in** and register
for COVID Vaccine.



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Vaccination Saves Lives

Studies show that **chances**
of hospitalization reduce by
75-80% after vaccination.

The possibility of vaccinated
individuals needing **oxygen**
support is around **8%** and the
risk of ICU admission is only **6%**.





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सामयिक ज्ञान

सामयिक ज्ञान

National COVID-19
Recovery rate increases to

96.80%



#Unite2FightCorona

till 8 am, 28th June, 2021





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FAQs during COVID-19 Pandemic

Q. How to save children from COVID-19 infection?



Practice frequent **hand washing** or **hand sanitization**



Wear a **face mask** covering your nose



Avoid **crowded places**



Children above **2 years of age** can also wear a mask





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#breakthechain

Remember the 3 C's!

COVER

Cover your mouth while coughing and sneezing



CLEAN

Frequently wash your hands with warm water and soap for 20 seconds about the it to sing happy birthday twice



CONTAIN

Stay home when you are sick





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Ministry of Rural Development
Government of India



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Ministry of Health & Family Welfare
Government of India



Help us to
help you



**Fighting Corona is easy,
Wear a Mask, Don't be Lazy!**



mohfw.gov.in



@MoHFWIndia



@MoHFW_INDIA



@mohfwindia



mohfwindia



@mohfw_india



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ಕೂರೂನಾ ಮಹಾಮಾರಿಗೆ ಕಠಿಣ ಸವಾಲನ್ನು ನೀಡೋಣ
ನಮ್ಮ ಭವಿಷ್ಯವನ್ನು ಉಜ್ವಲಗೊಳಿಸೋಣ



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**Pregnant women
are now eligible for
COVID-19 Vaccination**

#LargestVaccineDrive





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Government of India



Help us to
help you



*You should not take COVID19
Vaccine during menstruation*



*Vaccination during
menstruation is safe*



Visit www.cowin.gov.in and register for COVID Vaccine.

mohfw.gov.in

[@MoHFWIndia](https://www.facebook.com/MoHFWIndia)

[@MoHFW_INDIA](https://twitter.com/MoHFW_INDIA)

[@mohfwindia](https://www.instagram.com/mohfwindia)

[mohfwindia](https://www.youtube.com/channel/UCmohfwindia)

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MYTH

Lactating women should not get vaccinated.



FACT

COVID-19 vaccination is recommended for all Lactating Women.





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and Broadcasting
Government of India

#IndiaFightsCorona



Pairing 2 masks together



For Double Masking:

- Wear a **surgical mask**, then wear another **tight fitting cloth mask** over it.
- If you do not have a surgical mask, wear **two cotton masks** together.
- Ideally surgical mask should be used **only once**, but when pairing, you can use it **up to 5 times** by leaving it in a **dry place for 7 days** after one use (ideally give it some **sun exposure**) and then reuse as double layer.

**Double masking recommended*

Surgical masks should never be washed.

*PSA Advisory to prevent transmission of SARS-CoV-2 virus



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/MIB_Hindi



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ARE YOU STEPPING OUT TO SHOP?

REMEMBER



**WEAR YOUR MASK
AT ALL TIMES**



**WASH YOUR HANDS
FREQUENTLY OR USE
ALCOHOL-BASED
HAND-SANITIZER**



6 Feet
2 Gaj



MAINTAIN DISTANCING NORMS

SAFAI, DAWAI, KADAI



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ಮಾಸ್ಕ್ ಧರಿಸಿ.
Wear Mask.



ಸಾಮಾಜಿಕ ಅಂತರ ಕಾಪಾಡಿ.
Maintain Distance.



ಕೈ ತೊಳೆಯಿರಿ.
Wash Hands.



ಕೆಮ್ಮು/ವಾಗ, ಸೀನುವಾಗ
ಮೊಣಕೈ ಬಳಸಿ.
Cough/ Sneeze into
your elbow.



ರೋಗಲಕ್ಷಣ ವಿದ್ವರೆ
ಮನೆಯಲ್ಲೇ ಪ್ರತ್ಯೇಕವಾಗಿರಿ.
Isolate If you are sick.



ಲಸಿಕೆ ಪಡೆಯಿರಿ.
Get Vaccinated.

ಕೋವಿಡ್ ಸಂಬಂಧಿತ ಸಹಾಯಕ್ಕಾಗಿ 1912ಗೆ ಕರೆ ಮಾಡಿ.

@DHFwKA

MAINTAIN COVID APPROPRIATE BEHAVIOUR

Do NOT lower your guard!

Wear Double Masks

Wear two masks for extra protection.
If you have access to a N95 mask, you do not
need to double mask.



Wash Hands with Soap Often

Wash your hands with soap several times
a day, and do not rely solely on a
sanitizer to maintain hygiene.

Keep Your Home Well Ventilated

Leave windows and doors open,
as often as you can.



Maintain Physical Distancing

Stay at least 6 feet away from others
and avoid crowded spaces.

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ग्रामीण विकास मंत्रालय
भारत सरकार

पापा हाथ धो लो राइट,
कोरोना से जीतो फाइट।



अपने हाथों को
पानी से गीला करो।



साबुन लगाओ।



२० सेकेण्ड तक हाथों को
अच्छी तरह रगड़ो।



एक बार फिर हाथों को
अच्छी तरह पानी से धोएँ।



तौलिए से
हाथों को पोछ लो।



दवाई भी, कड़ाई भी



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and Broadcasting
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We can lower our **COVID-19** RISK by:





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Manali can wait, But **Virus** won't

Stay Safe, Stay Home



Follow COVID
Appropriate Behaviour



Image Courtesy: @yogitabhayana

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[/mib_india](#)



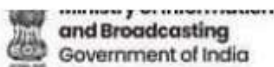
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Can COVID-19 Vaccination cause infertility in men and women?

- There are **no scientific evidences** suggesting COVID-19 Vaccination causing **infertility in men and women**
- All vaccines and their constituents are first **tested** on animals and later in humans to **asses any side effects**
- National Expert Group on Vaccine Administration (**NEGVAC**) has recommended COVID-19 vaccination for **all lactating women**





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COVID-19

MYTHS AND FACTS

MYTH

People are facing challenges while registering on the Co-WIN portal due to language constraints.



FACT

For easy understanding of users, CoWin is now available in 12 languages. These include Hindi, Malayalam, Tamil, Telugu, Kannada, Marathi, Gujarati, Odia, Bengali, Assamese, Gurmukhi (Punjabi) and English.





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ಮಾಸ್ಕ್ ಹಾಕೋ

ದೂರ ನಿಂತೋ

ಕೈ ತೊಟ್ಟೋ

ಲಸಿಕೆ ಚುಚ್ಚೋ



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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಶ್ರೀ ಎ.ಎಸ್. ಮಹೇಶ್ವರ
ಕಾರ್ಯದರ್ಶಿ, ಮಂಗಳೂರು



ಕೋವಿಡ್-19 ಲಸಿಕಾಕರಣ ಕುರಿತು ಇತ್ತೀಚಿನ ಶಿಫಾರಸ್ಸುಗಳು

ಯಾವುದೇ ವ್ಯಕ್ತಿ ಪ್ರಯೋಗಾಲಯ ಪರೀಕ್ಷೆಯಿಂದ ಮೃದುವಾಗಿ
ಕೋವಿಡ್-19 ಖಾಯಿ ಕೊಂಡಿ ಗುಣಮುಖರಾದ
2 ತಿಂಗಳವರೆಗೆ ಲಸಿಕಾಕರಣವನ್ನು ಮುಂದೂಡಬೇಕು

ಕೋವಿಡ್-19 ರೋಗಿಗಳಿಗೆ ಮಾರ್ಕೋಪ್ಪಾಲ್
ಪ್ರತಿರೋಧಕಗಳನ್ನು ಅಥವಾ ಪ್ಲಾಸ್ಮಾ ಫೇರಿಸ್ ನೀಡಿದ್ದರೆ
ಅಂತಹವರಿಗೆ ಅನುಕ್ರಮದ ಐದನೇ ಕೊಂಡಿದ ಮೂರು
ತಿಂಗಳವರೆಗೆ ಲಸಿಕಾಕರಣವನ್ನು ಮುಂದೂಡಬೇಕು

ಯಾವುದೇ ವ್ಯಕ್ತಿ ಕೋವಿಡ್-19 ಲಸಿಕೆಯ ಮೊದಲ ಡೋಸ್ ಪಡೆದು
ಎರಡನೇ ಡೋಸ್ ಪಡೆಯುವ ಅವಧಿಗೆ ಮುನ್ನ ಕೋವಿಡ್-19
ಸೋಂಕಿಗೆ ತುತ್ತಾದರೆ, ಖಾಯಿಗೊಂಡ ಗುಣಮುಖರಾದ ಮೂರು
ತಿಂಗಳವರೆಗೆ ಲಸಿಕಾಕರಣವನ್ನು ಮುಂದೂಡಬೇಕು

ಯಾವುದೇ ವ್ಯಕ್ತಿ ಮೊದಲ ಯಾವುದೇ ಗಂಭೀರ ಸ್ವರೂಪದ
ಖಾಯಿಲೆಯ ಚಿಕಿತ್ಸೆಗಾಗಿ ಅಸ್ಪತ್ರೆಗೆ ಅಥವಾ ತೀವ್ರ ನಿಗಾ ಘಟಕಕ್ಕೆ
ದಾಖಲಾದರೆ, ಅಂತಹವರು ಕೂಡ ಕೋವಿಡ್-19 ಲಸಿಕೆ
ಪಡೆಯುವುದನ್ನು 4-6 ವಾರ ಮುಂದೂಡಬೇಕು

www.cowin.gov.in

ಇಲ್ಲಿ ಲಸಿಕೆಗಾಗಿ ನೋಂದಾಯಿಸಿಕೊಳ್ಳಿ



ಮಾಸ್ಕ್ ಧರಿಸಿ, ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ, ಕೈಗಳನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಿ
ಮಾತ್ರವೇ ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಬೇಕು

• ಯಾವುದೇ ವ್ಯಕ್ತಿ
ಕೋವಿಡ್-19 ಲಸಿಕೆ ಪಡೆದ
14 ದಿನಗಳ ನಂತರ
ಅಥವಾ

• ಕೋವಿಡ್-19 ಖಾಯಿಗೊಂಡ
ಬಳಿಕ RT-PCR ನೆಗಟಿವ್ ಆದ
14 ದಿನಗಳ ನಂತರ ರಕ್ತದಿಂದ
ಮೋಡಬೇಕು



ಕೋವಿಡ್-19 ಲಸಿಕೆ
ಪಡೆಯುವ ಮುನ್ನ ಲಸಿಕೆ
ಪಡೆಯುವವರಿಗೆ ರಾಸಿಡ್
ಅಂಟಪಿನ್ ಬ್ರಾನ್ಡ್ (ಆರ್.ಎ.ಬಿ)
ಪರೀಕ್ಷೆ ಅಡ್ಡಪಡಿಸಿ



ಮಾಸ್ಕ್ ಧರಿಸಿ



ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ



ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ



ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ



ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ



ಮುಖಕ್ಕೆ ಮುಖದ ಸಂಪರ್ಕ ತಡೆಗಟ್ಟಿ

ಜ್ವರ, ಬಾಧೆ, ಕಿವಿರು ಹರಿವು ಕೋವಿಡ್-19 ಲಸಿಕೆಗಾಗಿದ್ದು ಅದರಂತೆ ಸಂಖ್ಯೆಯು 14410 ಗೆ ಅರೆ ಮೂರು ಘಂಟೆಗಳಲ್ಲಿ ಕೋವಿಡ್ ಸಂಖ್ಯೆಯು 1912 ಗೆ ಅರೆ ಮೂರು

ಕೊಡುವ ಮಾರ್ಗದರ್ಶಿ 24X7 ರಂತೆ ಆರೋಗ್ಯ ಸಂಖ್ಯೆಯು 104 ಕ್ಕೆ ಅರೆ ಮೂರು

ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



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Asha Kiran

A RAY OF HOPE
CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS



Department of Health and Family Welfare



Shri B. S. Yediyurappa
Minister of Health and Family Welfare



Latest Recommendations on COVID-19 VACCINATION

In case of individuals having lab test proven COVID-19 illness, COVID-19 vaccination to be **deferred by 3 months** after recovery

In case of COVID-19 patients who have been given monoclonal antibodies or convalescent plasma, COVID-19 vaccination to be **deferred by 3 months** from discharge from the hospital

In case of individuals who have received atleast the 1st dose and got COVID-19 infection before completion of the dosing schedule, the 2nd dose should be **deferred by 3 months** from clinical recovery from COVID-19 illness

Persons with any other serious general illness requiring hospitalisation or ICU care should also **wait for 4-8 weeks** before getting the COVID-19 vaccine

To register for vaccination visit
www.cowin.gov.in

- An individual can donate blood after 14 days of either receipt of COVID-19 vaccine or
- Testing RT-PCR negative, if suffering from COVID-19 disease



There is no requirement for screening of the recipients for Rapid Antigen Test (RAT) prior to COVID-19 vaccination



Honorable Minister for Health & Family Welfare and Medical Education, Dr. K. Sathish Kumar reviewing the health programmes



Wear Mask



Follow Physical Distancing



Maintain Hand Hygiene



Get yourself voluntarily vaccinated

If you have fever, cold, or any COVID-19 like symptoms, call the Apathamitra Helpline **14410** or Bengaluru COVID Helpline **1912**

For more details please visit the nearest Health Care Centre or call **24X7 Health Helpline 104**



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Symptomatic pregnant women are at an increased risk of severe diseases and it might affect the foetus too. Hence, the COVID-19 vaccine is recommended for pregnant women.



Who are at higher risk of getting infected with COVID-19?

- Someone who is a health care worker or a frontline worker.
- Community having a high or increasing rate of COVID-19 infections.
 - Frequently exposed to people outside the household.
- Difficulty in complying with social distancing if living in a crowded household.

**COVID-19 vaccination is safe
for both the pregnant women and her child.**



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#HELPUSTOHELPUYOU

VIRUS HOT SPOTS



CELLPHONE



MONEY



KEYS



DOOR HANDLE



ELEVATOR



How to wear a mask:



1. Wear **mask** so **nasal clip** is **over the nose**. External pleats should face downwards



5. Remove by first untying lower string and then upper string



2. Open **mask pleats** so it covers mouth and nose



6. Replace mask after **8 hours** or when damp/humid



3. Tie upper strings first. Then lower strings. There should be **no gap** between **face** and **mask**



7. **Dispose** the **mask** in the recommended manner



4. **Do not touch** front of the mask



8. **Clean hands** after removal of mask



9. **Do not reuse** single use mask

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How can I do deep breathing exercises? How do they help?

These exercises can be done
after taking steam inhalation and also without it.

They may help in recovery after illness.



Steps:

- 1 Sit up in a chair.
- 2 Keep your body relaxed.
- 3 Breathe in slowly through your nose.
- 4 Hold in your breath.
- 5 Release your breath slowly, keeping your mouth open.
- 6 Do it 10 times at one time.



You can repeat it 3-4 times in a day.

Precautions:

- 1 Do it only in a closed room. Remove your mask.
- 2 Do not do these if you have breathing problems, high temperature, or chest pain.
- 3 Stop if you feel dizzy or have palpitations.



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CORONAVIRUS COVID - 19

PRECAUTION: DO THE FIVE



HANDS

WASH THEM OFTEN



ELBOW

COUGH INTO IT



FACE

DON'T TOUCH IT



SPACE

KEEP SAFE DISTANCE



FEEL SICK?

STAY HOME



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PROTECT YOURSELF AGAINST COVID-19



Wash hands frequently



Wear a mask



Avoid crowded places



Avoid touching your
Mouth, Eyes, & Nose
with unwashed hands



Isolate yourself
if unwell

Don't forget to
get your
COVID-19
Vaccine.





@DHFWKA



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भारत सरकार



Help us to
help you

डॉक्टर साहब, मुझे अभी कुछ दिन पहले ही
कोरोना हो चुका है। क्या मुझे भी कोरोना का टीका
लगवा लेना चाहिए?

नहीं। ठीक हो जाने के 3 महीने बाद ही
कोरोना का टीका लगवाना चाहिए।

सही समय पर कोरोना का टीका अवश्य लगवाएं!



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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



Help us to help you

ಕೈಗಳನ್ನು ತೊಳೆಯಲು ಸೋಪು ಮತ್ತು ನೀರನ್ನು ಬಳಸಿ
ಸ್ಯಾನಿಟೈಜರ್ ಬಳಕೆ ಅತ್ಯುತ್ತಮ ವಿಧಾನ

ನಿಮ್ಮ ಕೈಗಳನ್ನು ಸೋಪು ಹಾಗೂ ನೀರಿನಿಂದ ಸುಮಾರು 40 ಸೆಕೆಂಡುಗಳವರೆಗೆ
ಅಥವಾ ಸ್ಯಾನಿಟೈಜರ್ ಬಳಸಿ 20 ಸೆಕೆಂಡುಗಳವರೆಗೆ ತೊಳೆಯಿಕೊಳ್ಳಿ



ಮಾಸ್ಕ್
ಧರಿಸುವ
ಮುಂಚೆ



ಮಾಸ್ಕ್
ತೆಗೆದ
ನಂತರ



ನೋರಲಿನಿಂದ
ಮನೆಗೆ
ಹಿಂದಿರುಗಿದಾಗ



ಕೆಮ್ಮು
ಅಥವಾ
ನೀರಿನ
ನಂತರ



ಯಾವುದಾದರೂ
ವಸ್ತುವನ್ನು
ಮುಟ್ಟಿದ ನಂತರ



ಅಹಾರ
ಸೇವಿಸುವುದಕ್ಕೆ
ಮುಂಚೆ ಹಾಗೂ
ನಂತರ



ಪೌರಾಣಿಕ
ಬಳಸಿದ
ನಂತರ



ಕೈಗಳು
ಕೊಳೆಯಾಗಿದ್ದಾಗ



ಕುಷಾರಿಲ್ಲ ಎಂದನಿಸಿದರೆ ತಡ ಮಾಡದೆ ನಿಮ್ಮ ಸೋಪುಕಲರಿ ಅಳಿಸಿ
ಪುರ, ನಗರ, ಕೆಮ್ಮು ತಡವದ ಕೋವಿಡ್-19 ಬೆಕ್ಕನಗರದಲ್ಲಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ
ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ, ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ

ನಾವು ನಿರಂತರವಾಗಿದ್ದರೆ
ದೇಶವು ಸುರಕ್ಷಿತವು



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Ministry of Health and Family Welfare Government of India

ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ

Help us to help you

ಕೋವಿಡ್-19 ಮುನ್ನೆಚ್ಚರಿಕೆ
ಕ್ರಮಗಳ ಅನುಸರಣೆಯೊಂದಿಗೆ
ಎಲ್ಲರನ್ನೂ ಸುರಕ್ಷಿತವಾಗಿರಿಸಿ
ನೋಂದಣೆ ತಡೆಗಟ್ಟಲು ಈ ಕೆಳಕಂಡ
3 ಕ್ರಮಗಳನ್ನು ತಪ್ಪದೇ ಅನುಸರಿಸಿ

ಹೊರಗೆ ಹೋಗುವಾಗ
ಸಲಿಯಾದ ಕ್ರಮದಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ

ಇತರರಿಂದ
6 ಅಡಿಗಳ
ದೈಹಿಕ ಅಂತರ
ಕಾಪಾಡಿಕೊಳ್ಳಿ
6 ft

ನಿಮ್ಮ ಕೈಗಳನ್ನು ಕೂಲಿಯಾಗಿರಿಸಿದ್ದರೂ
ಹತ ನೋವು ಮತ್ತು ನೋವಿನಿಂದ
ಕೈಗಳನ್ನು ಅಗಲ
40 ಸೆಕೆಂಡುಗಳವರೆಗೆ ತೊಳೆದುಕೊಳ್ಳಿ

ಕುಷ್ಠಾಂಶ ಎಂದಿನಿಂದಲೂ ತಪ್ಪೆ ಮಾಡದೆ ನಿಮ್ಮ ನೋವಿನಲ್ಲಿ ಒಳಗಿ
ಪುರ, ನಗರ, ಕಿಲ್ಲಾ ತರವರ ಕೋವಿಡ್-19 ಲಕ್ಷಣವಿದ್ದರೆ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ
ಎಲ್ಲರಿಗೂ ಅರೋಗ್ಯ, ಎಲ್ಲೆಡೆಯೂ ಅರೋಗ್ಯ

ನಾವು ಸುರಕ್ಷಿತವಾಗಿದ್ದರೆ
ದೇಶವು ಸುರಕ್ಷಿತ



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಕೋವಿಡ್ ಸೋಂಕಿತ ಗರ್ಭಿಣಿಯರು ಗಂಭೀರ ಖಾಯಿಲೆಗಳನ್ನು ಎದುರಿಸುವ ಸಂಭವ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ ಹಾಗೂ ಭ್ರೂಣದ ಮೇಲೂ ಪರಿಣಾಮ ಬೀರಬಹುದು. ಆದ್ದರಿಂದ, ಗರ್ಭಿಣಿಯರು ಕೋವಿಡ್-19 ಲಸಿಕೆಯನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು ಸೂಕ್ತ ಎಂದು ಶಿಫಾರಸ್ಸು ಮಾಡಲಾಗಿದೆ.



ಯಾರಲ್ಲಿ ಕೋವಿಡ್-19 ಸೋಂಕಿಗೆ ಈಡಾಗುವ ಗಂಡಾಂತರ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ?

- ಆರೋಗ್ಯ ಸೇವಾ ಕಾರ್ಯಕರ್ತರು ಅಥವಾ ಮುಂಚೂಣಿ ಕಾರ್ಯಕರ್ತರು
- ಕೋವಿಡ್-19 ಸೋಂಕುಗಳ ಅತಿ ಹೆಚ್ಚಿನ ಅಥವಾ ಹೆಚ್ಚಾಗುತ್ತಿರುವ ಪ್ರಮಾಣ ಇರುವ ಸಮುದಾಯ ಕುಟುಂಬಸ್ಥರಲ್ಲದೆ ಹೊರಗಿನವರೊಂದಿಗೆ ಹೆಚ್ಚು ಒಡನಾಟ ಇರುವವರು
- ಹೆಚ್ಚು ಜನರಿರುವಂತಹ ಕುಟುಂಬದಲ್ಲಿದ್ದರೆ ದೈಹಿಕ ಅಂತರ ಕಾಪಾಡಿಕೊಳ್ಳುವಲ್ಲಿ ಕಷ್ಟ ಇರುವಂತಹವರು

ಕೋವಿಡ್-19 ಲಸಿಕೆ ಗರ್ಭಿಣಿ ಹಾಗೂ
ಮೊಟ್ಟೆಯಲ್ಲಿರುವ ಭ್ರೂಣ ಇಬ್ಬರಿಗೂ ಸುರಕ್ಷಿತ

ಕೋವಿಡ್ ಸೂಕ್ತ ನಡವಳಿಕೆ ಅನುಸರಣೆಯನ್ನು ಮುಂದುವರಿಸಿ



ಸುರಕ್ಷಿತವಾದ ರೀತಿಯಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ



ದೈಹಿಕ ಅಂತರ
ಪಾಲಿಸಿಕೊಳ್ಳಿ



ನಿಮ್ಮ ಕೈಗಳನ್ನು
ಅಗಲಿಗೆ
ಕೊಳೆದುಕೊಳ್ಳುತ್ತಿರಿ



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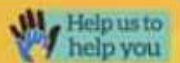
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Ministry of Health & Family Welfare
Government of India



Pandemic & Mental Health

Identifying Reasons of Mental Illness in the pandemic
can be helpful in dealing with it.

They may be



Isolation



Change In
Routine



Financial
Concerns



Barrage of
Negative News



Lack of Physical
Activity

Call on the **National Psycho-Social Helpline No. 08046110007**
to seek help dealing with it



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help you

टीका है सुरक्षा की ढाल,
तो न करें टीका लगवाने से इनकार

COVID-19 टीके के लिए cowin.gov.in

पर जाएं और पंजीकरण करें

ಎಲ್ಲಾ ಕಡೆ, ಇಡೀ ದಿನ, ಪ್ರತಿ ದಿನ

6 ಅಡಿಗಳ ದೈಹಿಕ ಅಂತರ ಕಾಪಾಡಿಕೊಳ್ಳಿ



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Why is COVID-19 vaccine being recommended for pregnant women?



Pregnant women with COVID-19 are at an increased risk of:



Severe illness compared to non-pregnant women



Preterm birth & other adverse outcomes including higher chances of neonatal morbidity



Most pregnant women will be asymptomatic or have mild disease, but their health may deteriorate & might affect the foetal outcome



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ಗರ್ಭಾವಸ್ಥೆ ಸಮಯದಲ್ಲಿ ಕೋವಿಡ್-19 ಲಸಿಕಾಕರಣ



1. ಗರ್ಭಿಣಿಯರೂ ಒಳಗೊಂಡಂತೆ 18 ವರ್ಷ ಮೇಲ್ಪಟ್ಟ ಎಲ್ಲರೂ ಸಹ ಕೋವಿಡ್-19 ಲಸಿಕೆ ಪಡೆಯಲು ಅರ್ಹರಾಗಿದ್ದಾರೆ.

2. ಕೋವಿಡ್ ಸೋಂಕಿತ ಗರ್ಭಿಣಿಯರು ಗಂಭೀರ ರೂಪದ ಹಾಯಿಲೆಗಳನ್ನು ಎದುರಿಸುವ ಸಂಭವ ಹೆಚ್ಚು ಹಾಗೂ ಭ್ರೂಣದ ಮೇಲೂ ಪರಿಣಾಮ ಬೀರಬಹುದು. ಆದ್ದರಿಂದ, ಗರ್ಭಿಣಿಯರು ಕೋವಿಡ್-19 ಲಸಿಕೆ ಪಡೆದುಕೊಳ್ಳುವಂತೆ ಶಿಫಾರಸ್ಸು ಮಾಡಲಾಗಿದೆ.

3. ಕೋವಿಡ್-19 ರೋಗಲಕ್ಷಣಗಳಿಗೆ ತುತ್ತಾಗುವ ಹೆಚ್ಚಿನ ಅಪಾಯವಿರುವ ಗರ್ಭಿಣಿಯರು ಅಂದರೆ ಈ ಕೆಳಕಂಡವರು ಸೇರಿದ್ದಾರೆ:

- 35 ವರ್ಷ ವಯಸ್ಸಿಗಿಂತ ಮೇಲ್ಪಟ್ಟವರು
- ದವ್ವ ಶರೀರವುಳ್ಳವರು
- ಮಧುಮೇಹ ಅಥವಾ ಅತಿ ಹೆಚ್ಚಿನ ರಕ್ತದೊತ್ತಡದಂತಹ ಪೂರ್ವರೋಗಗಳಿರುವವರು
- ಕೈಕಾಲುಗಳಲ್ಲಿ ರಕ್ತ ಹೆಚ್ಚುಗಟ್ಟುವ ಅಪಾಯವಿರುವವರು

4. ಕೋವಿಡ್-19 ಈ ಕೆಳಕಂಡ ಅಪಾಯಗಳನ್ನು ಹೆಚ್ಚಿಸಬಹುದು:

- ಅವಧಿಪೂರ್ವ ಡೆಲಿವರಿ
- ಶಿಶುವಿನ ತೂಕ 2.5 ಕೆಜಿಗಿಂತ ಕಡಿಮೆ ಇರುವ ಸಾಧ್ಯತೆ
- ಅಪರೂಪದ ಸನ್ನಿವೇಶಗಳಲ್ಲಿ ಜನಿಸಿದ ಶಿಶು ಮರಣ ಹೊಂದುವ ಸಾಧ್ಯತೆಯೂ ಇರುತ್ತದೆ

5. ಕೋವಿಡ್-19 ಲಸಿಕೆಯನ್ನು ಗರ್ಭಾವಸ್ಥೆಯ ಯಾವುದೇ ಸಮಯದಲ್ಲಾದರೂ ತೆಗೆದುಕೊಳ್ಳಬಹುದು. ಆದರೆ ಸಾಧ್ಯವಾದಷ್ಟೂ ಬೇಗ ತೆಗೆದುಕೊಳ್ಳುವುದು ಒಳಿತು.

6. ಒಂದು ವೇಳೆ ಪ್ರಸ್ತುತ ಹೆರಿಗೆ ಅವಧಿಯಲ್ಲಿ ಮಹಿಳೆಗೆ ಸೋಂಕು ತಗುಲಿದರೆ ಹೆರಿಗೆ ಆದ ನಂತರ ಲಸಿಕೆ ಪಡೆದುಕೊಳ್ಳಬಹುದು.

7. ಗರ್ಭಾವಸ್ಥೆಯಲ್ಲಿರುವಾಗ ಕೋವಿಡ್-19 ಲಸಿಕೆ ಪಡೆಯುವುದು ಸುರಕ್ಷಿತ. ಪ್ರಥಮ, ಲಸಿಕೆ ತೆಗೆದುಕೊಂಡ ಜಾಗದಲ್ಲಿ ನೋವು ಅಥವಾ 1-3 ದಿನಗಳವರೆಗೆ ಅಸ್ವಸ್ಥತೆಯಂತಹ ಸಣ್ಣ ಅಡ್ಡಪರಿಣಾಮಗಳು ಕಂಡು ಬರಬಹುದು.

8. ಲಸಿಕೆಯಿಂದ ಭ್ರೂಣ ಹಾಗೂ ಮಗುವಿನ ಮೇಲೆ ಉಂಟಾಗ ಬಹುದಾದಂತಹ ದೀರ್ಘಾವಧಿ ಅಡ್ಡಪರಿಣಾಮಗಳು ಹಾಗೂ ಅಸುರಕ್ಷಿತ ಕುರಿತಂತೆ ಇದುವರೆಗೂ ಯಾವುದೇ ವರದಿಗಳಾಗಿರುವುದಿಲ್ಲ.

ಒಂದು ವೇಳೆ ನೀವು ಕೋವಿಡ್-19 ಲಸಿಕೆ ಪಡೆದ ನಂತರ ನಿಮಗೆ ಈ ಕೆಳಕಂಡ ಯಾವುದಾದರೂ ಲಕ್ಷಣಗಳು ಕಂಡು ಬಂದರೆ ದಯಮಾಡಿ ಆಸ್ಪತ್ರೆಗೆ ಭೇಟಿ ನೀಡಿ

ಉಸಿರಾಟದಲ್ಲಿ ತೊಂದರೆ, ಎದೆ ನೋವು, ಸಣ್ಣ ಸಣ್ಣ ಕೆಂಪು ಮಚ್ಚೆಗಳು ಅಥವಾ ಲಸಿಕೆ ಪಡೆದ ಜಾಗದಲ್ಲಿ ಚರ್ಮದ ಮೇಲೆ ತರಚು ಗಾಯಗಳು, ತೀವ್ರ ಅಥವಾ ಕಮ್ಮಿಯಾಗದ ತಲೆನೋವು, ವಾಂತಿಯೊಂದಿಗೆ ಅಥವಾ ಇಲ್ಲದೆ ಹೊಟ್ಟೆ ನೋವು, ಅಥವಾ ಕಣ್ಣು ಮಂಚಾಗುವುದು.



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Help us to
help you

Follow COVID Appropriate Behaviour

#TokyoOlympics





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ಕೋವಿಡ್-19 ಸುರಕ್ಷತಾ ಕ್ರಮಗಳನ್ನು ಹಾಲಿಸಿ,
ಯಾವಾಗಲೂ ಸಲಿಯಾದ ಕ್ರಮದಲ್ಲಿಯೇ ಮಾಸ್ಕ್ ಧರಿಸಿ!

ವೈರಾಣುವನ್ನು ಓಡಿಸಿ, ಹೊರಗೆ ಹೋಗುವಾಗ
ಸಲಿಯಾಗಿ ಮಾಸ್ಕ್ ಧರಿಸಿ!



ಮಾಸ್ಕ್ ಧರಿಸುವ
ಮುಂಚೆ ಹಾಗೂ
ನಂತರ ಕೈಗಳನ್ನು
ತೊಳೆದುಕೊಳ್ಳಿ



ಮಾಸ್ಕ್‌ನ
ದಾರವನ್ನು ಹಿಡಿದುಕೊಳ್ಳಿ,
ಮುಂಭಾಗವನ್ನು
ಮುಟ್ಟಬೇಡಿ



ನಿಮ್ಮ ಮೂಗು,
ಬಾಂಟು ಹಾಗೂ ಗಲ್ಲ
ಸಂಪೂರ್ಣವಾಗಿ
ಮುಚ್ಚುವಂತೆ
ಮಾಸ್ಕ್ ಧರಿಸಿ



ಸಡಿಲವಲ್ಲದಿರುವಂತಹ,
ನಿಮ್ಮ ಮುಖದ ಮೇಲೆ
ಸಲಿಯಾಗಿ ಕೂರುವ
ಮಾಸ್ಕ್ ಧರಿಸಿ



ಪ್ರತಿ 8 ಗಂಟೆಗಳಿಗೊಮ್ಮೆ
ಅಥವಾ ಒದ್ದೆಯಾದರೆ
ಮಾಸ್ಕ್ ಬದಲಾಯಿಸಿ



ನಿಮ್ಮ ಮಾಸ್ಕ್‌ನ್ನು
ಇತರರೊಂದಿಗೆ
ಹಂಪಿಕೊಳ್ಳಬೇಡಿ



ಒಂದು ಬಾರಿ
ಉಪಯೋಗಿಸುವಂತಹ
ಮಾಸ್ಕ್‌ನ್ನು ಮುಚ್ಚಳವಿರುವ
ಕಸದಬುಟ್ಟಿಯೊಳಗೆ
ಜನಾಡಿ



ಬಿಟ್ಟ ಮಾಸ್ಕ್‌ನ್ನು
ಉಪಯೋಗಿಸಿದ ನಂತರ
ಸೋಪು ಮತ್ತು
ನೀರಿನಿಂದ ತೊಳೆಯಿರಿ

Are there any specific contraindications for vaccination in pregnancy?

Pregnant women should avoid vaccination in the following conditions:



Severe allergic reaction to the previous dose of COVID-19 vaccine



Allergic reaction to vaccines or injectable therapies, pharmaceutical products, food-items, etc.



Diagnosed COVID-19 to defer for 12 weeks from infection or 4 to 8 weeks from recovery



COVID-19 infection treated with anti-COVID-19 monoclonal antibodies or convalescent plasma



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**YOU ARE ON VACATION,
COVID-19 ISN'T!**

my
Gov
सर्वोपयोगी



**BE CAREFUL AND FOLLOW COVID-19
PROTOCOLS AT ALL TIMES**



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#IndiaFightsCorona

Get Vaccinated

Follow COVID
Appropriate Behaviour

[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mib_india](#)



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Manali can wait, But Virus won't

Stay Safe, Stay Home

Follow COVID Appropriate Behaviour

Image Courtesy: @yogitabhayana

/COVIDNewsByMIB /MIB_India /MIB_Hindi /inbministry /inbministry /mib_india



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COVID-19 is not over yet!

BE ALERT, DON'T BE COMPLACENT
OBSERVE COVID APPROPRIATE BEHAVIOURS





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**BEFORE USING HANDMADE MASK,
REMEMBER:**



Thoroughly wash the
mask **before** wearing it



Wash your hands
thoroughly before wearing
the mask



Never reuse a mask
without cleaning/
washing it thoroughly



Switch to a new mask after a
sufficient no. of re-uses or
when your mask gets
torn/loose/excessively dirty



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Do NOT believe in rumours about any
Coronavirus variant -
Alpha, Beta, Gamma,
or **Delta.**



#We4Vaccine

#IndiaFightsCorona

Follow **A B C D** of the
fight against infodemic:



Advise friends & relatives to
NOT create panic by sharing/forwarding
unverified messages.



Believe only in **verified** information from
credible & authentic sources such as the
Health Ministry, ICMR, AIIMS, WHO, etc.



Cross-check facts & figures with official
sources such as **@COVIDNewsByMIB,**
@PIBFactCheck, etc. before believing
and sharing/forwarding.



Do **NOT promote fear** about
vaccine efficacy against any Coronavirus
variant.



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Government of India

I feel lonely
at home. I must
go out and
party.

#IndiaFightsCorona

The **choice** is not that
difficult to make.

Is it ?

I can't breathe with
the mask on. Let me
remove it.

I don't want
vaccine. It is
harmful.

[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mib_india](#)



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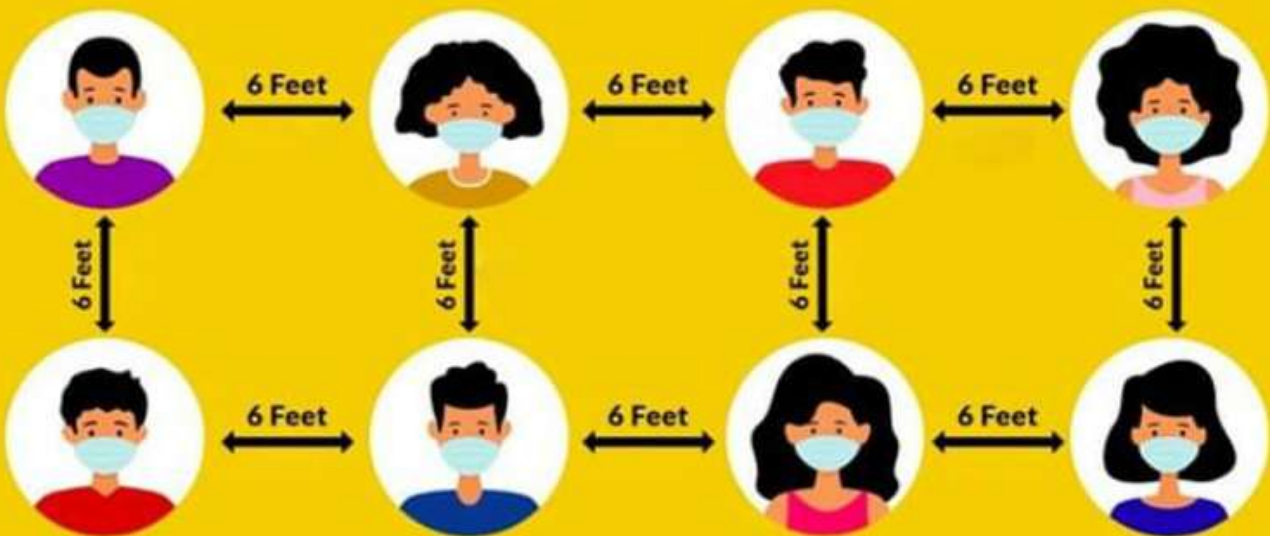
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Crowding public places will lead to COVID spread
Get vaccinated and break the thread



COVID-19 DOES NOT DISCRIMINATE!
WEAR A MASK AND MAINTAIN PHYSICAL DISTANCING





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दोस्तों से मिलते समय उचित दूरी बना कर रखें,
कोरोना के संक्रमण को फैलने से रोकें

अधिक खतरा



कम खतरा





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Help us to
help you



NO MASK? NO ENTRY

**Wear your mask at all times,
even inside the office premises**

**Safai, Dawai, Kadai
Jeetenge Corona se Ladai**

For information related to COVID-19
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7
helpline number 1075 (Toll Free)



mohfw.gov.in



@MoHFWIndia



@MoHFW_INDIA



@mohfwindia



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स्वस्थ एवं परिवार कल्याण मंत्रालय
त सरकार



किराने की दुकान

कपड़ों की दुकान



बाजारों में अनावश्यक ना जाएं,
कोविड अनुरूप व्यवहारों का पालन करें



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Government of India
संस्कृत संकेत

**Follow protocol T3,
keep yourself
COVID-free.**

*Safai Bhi,
Dawai Bhi,
Kadai Bhi,
Jeetenge Corona se
Ladai Bhi.*



Test when
symptomatic



Track the
severity



Treat with
vaccination



Cleanliness, Vaccination and Strictness,
will help you win the fight against COVID-19



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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ನಿಮಗಿದು ನೆನಪಿದೆಯೇ?

ಕೋವಿಡ್-19 ಇನ್ನೂ ರಜೆ ತೆಗೆದುಕೊಂಡಿಲ್ಲ



ನಿಮ್ಮ ರಜೆಯ ಮಜದಲ್ಲ ಕೋವಿಡ್ ಸುರಕ್ಷತಾ ಕ್ರಮಗಳನ್ನು ಮರೆಯದಿರಿ



ಮಾಸ್ಕ್ ಧರಿಸಿ



ದೈಹಿಕ ಅಂತರ
ಪಾಲಿಸಿ



ಕೈಗಳ ಸ್ವಚ್ಛತೆ
ಕಾಪಾಡಿಕೊಳ್ಳಿ



ಸ್ವಯಂಜೇರಿತವಾಗಿ
ಲಸಿಕೆ ಪಡೆಯಿರಿ



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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಜೀವನದ ಆಟದಲ್ಲ ನಿಯಮಗಳು ಬಹು ಮುಖ್ಯ

ಮಾಸ್ಕ್ ಧರಿಸಿ

ದೈಹಿಕ ಅಂತರ ಪಾಲಿಸಿ

ಕೈಗಳ ಸ್ವಚ್ಛತೆ ಕಾಪಾಡಿಕೊಳ್ಳಿ



ಸ್ವಯಂಪ್ರೇರಿತವಾಗಿ
ಲಸಿಕೆ ಪಡೆಯಿರಿ

ಅವಶ್ಯವಿದ್ದರೆ ಮಾತ್ರ
ಮನೆಮಂದ ಹೊರ ಬನ್ನಿ

ಎಚ್ಚರ. ತಪ್ಪುಗಳನ್ನು ಸರಿಪಡಿಸಲಾಗದೇ ಇರಬಹುದು.

ಮುಖ್ಯವಾದ ಕೆಲಸಗಳನ್ನು
ನಿರ್ವಹಿಸಿ. ಯಾವಾಗಲೂ
ಮಾಸ್ಕ್ ಸಲಿಯಾಗಿ ಧರಿಸಿ!

ವೈರಾಣುವನ್ನು ಓಡಿಸಿ,
ಹೊರಗೆ ಹೋಗುವಾಗ
ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ!



ಮಾಸ್ಕ್ ಧರಿಸುವಾಗ
ಹಾಗೂ ತೆಗೆಯುವಾಗ
ಕೈಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳಿ

1



2

ಮಾಸ್ಕ್‌ನ ದಾರವನ್ನು
ಓಡಿಯಿರಿ,
ಮುಂಭಾಗವನ್ನು
ಮುಟ್ಟಬೇಡಿ



3

ನಿಮ್ಮ ಮೂಗು, ಬಾಯಿ
ಹಾಗೂ ಗಲ್ಲ
ಸಂಪೂರ್ಣವಾಗಿ
ಮುಚ್ಚುವಂತೆ ಮಾಸ್ಕ್
ಧರಿಸಿ

4

ನಿಮ್ಮ ಮುಖಕ್ಕೆ ಸರಿಹೊಂದುವ
ಮಾಸ್ಕ್ ಧರಿಸಿ.



5

ಒಂದೇ ಮಾಸ್ಕ್ ಅನ್ನು
ಬಹಳ ಸಮಯದವರೆಗೂ
ಧರಿಸಬೇಡಿ, ಒದ್ದೆಯಾಗಿದ್ದರೆ
ಬದಲಾಯಿಸಿ.



6

ಒಂದು ಬಾರಿ
ಬಳಸುವ ಮಾಸ್ಕ್:
ಮುಚ್ಚಳವಿರುವ
ಕಸದಬುಟ್ಟಿಯೊಳಗೆ
ಬಿಸಾಡಿ



7

ಮರುಬಳಕೆ
ಮಾಡುವ ಮಾಸ್ಕ್:
ತೊಳೆಯಲು ನಿಮ್ಮ
ಮೋಷಕರಿಗೆ ನೀಡಿ



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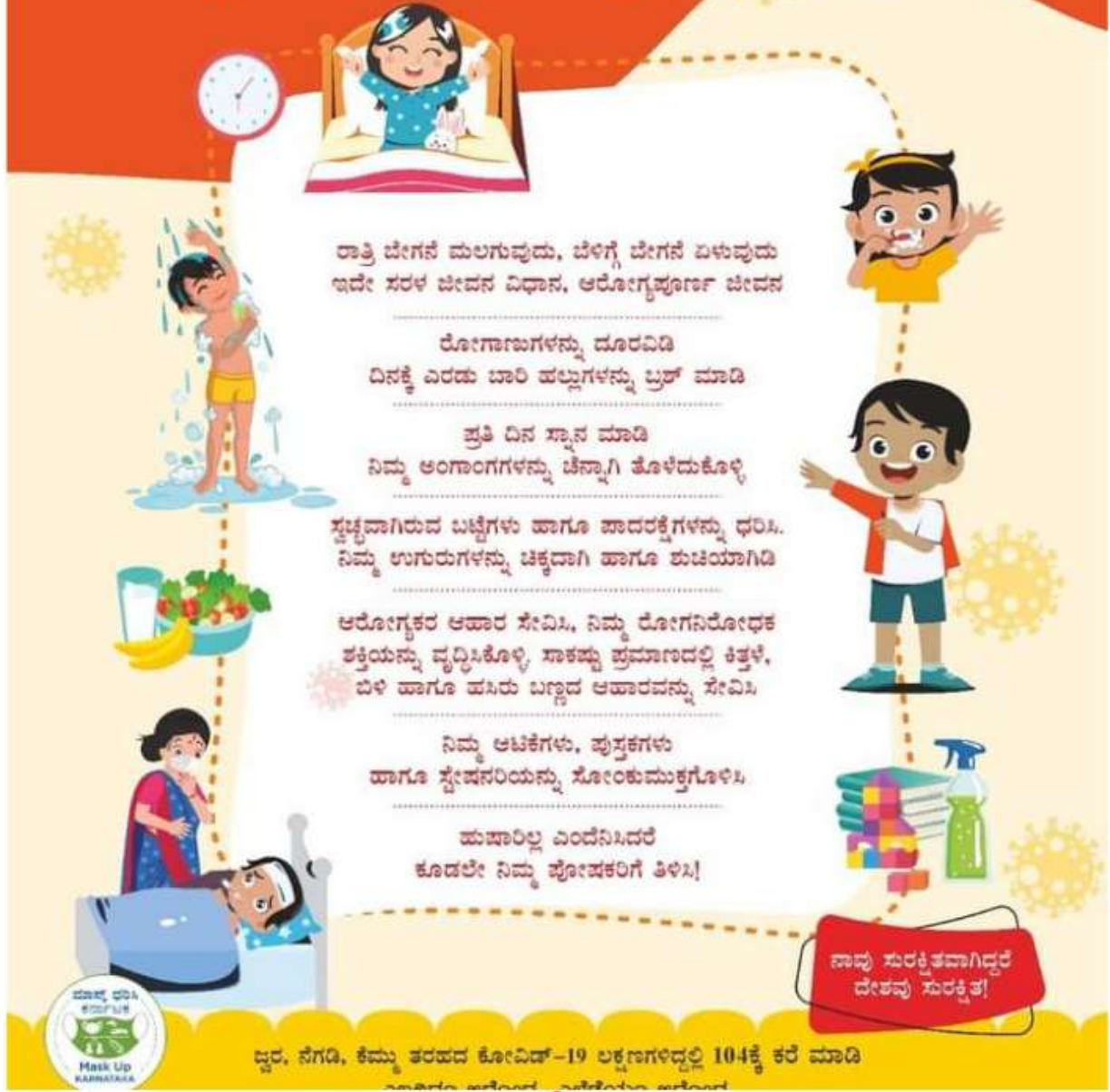


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ಒಟ್ಟಾರೆ ನೈರ್ಮಲ್ಯ



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ತೊಳೆಯಿರಿ, ತೊಳೆಯಿರಿ,
ನಿಮ್ಮ ಕೈಗಳನ್ನು ತೊಳೆಯಿರಿ
ದಿನ ಪೂರ್ತಿ ಆಗಾಗ ಕೈತೊಳೆಯಿರಿ
ನೋವು ಮತ್ತು ನೀರು ರೋಗಾಣುಗಳನ್ನು
ದೂರವಿಡುವಲ್ಲಿ ಜಾದೂ ಮಾಡುತ್ತದೆ!

ಸೋಪು ಹಾಗೂ ನೀರು
ಬಳಸಿ 40 ಸೆಕೆಂಡುಗಳ ಕಾಲ
ಅಥವಾ ಆಲ್ಕೊಹಾಲ್-ಆಧಾರಿತ
ಸ್ಯಾನಿಟೈಸರ್ ಬಳಸಿ
20 ಸೆಕೆಂಡುಗಳ ಕಾಲ
ಕೈಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳಿ



1

ಮಾಸ್ಕ್
ಧರಿಸುವ
ಮುನ್ನ

2

ಮಾಸ್ಕ್ ತೆಗೆದ
ನಂತರ



3

ಹೊರಗಿನಿಂದ
ಮನೆಗೆ ಹಿಂದಿರುಗಿದ
ನಂತರ



5

ಅತಿಕ್ರಮಣ, ಪುಸ್ತಕಗಳು
ಅಥವಾ ಯಾವುದಾದರೂ
ವಸ್ತುಗಳನ್ನು ಮುಟ್ಟಿದ
ನಂತರ



4

ನೀವು ಕಿಮ್ಮು
ಅಥವಾ
ಸಿಗಿದ ನಂತರ



6

ಆಹಾರ
ಸೇವಿಸುವ
ಮುಂಚೆ ಹಾಗೂ
ನಂತರ



7

ಕೌಚಾಲಯ
ಬಳಸಿದ ನಂತರ



8

ಕೈಗಳು
ಕೊಳೆಯಾದರೆ



ಹುಷಾರಿಲ್ಲಿ ಎಂದನಿಸಿದರೆ ತಡ ಮಾಡದೆ ನಿಮ್ಮ ಮೋಷಕರಿಗೆ ತಿಳಿಸಿ

ನಾವು ಸುರಕ್ಷಿತವಾಗಿದ್ದರೆ
ದೇಶವು ಸುರಕ್ಷಿತ!



ಬ್ಲರ್, ನೆಗಡಿ, ಕಿಮ್ಮು ತರಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಿದ್ದಲ್ಲಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ



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HOW CHILDREN CAN WEAR FABRIC MASKS

TO PROTECT YOURSELF AND OTHERS, REMEMBER TO:

- Keep at least 1 metre distance from others
- Clean your hands often
- Avoid touching your face and the front of the mask
- Wear the mask with the correct side up and out



Clean hands before touching the mask



Inspect the mask for damage or if dirty



Identify the inside of the mask which will touch the face and the upper part that will cover the nose



Adjust the mask without leaving gaps on the sides



Cover mouth, nose and chin



Avoid touching the front of the mask



Clean hands before removing the mask



Remove the mask by the straps



Store the mask in a clean bag or container



Clean hands after removing the mask



Wash the mask at least once a day, preferably with hot water



Do not share masks with others

September 2020



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ಕೋವಿಡ್ 19 ಸಮಯದಲ್ಲಿ ಆಹಾರ ವಿತರಣಾ ನಿರ್ವಹಿಸುವಾಗ
ಎಲ್ಲಾ ರೀತಿಯ ಸುರಕ್ಷತಾ ಕ್ರಮಗಳನ್ನು ಪಾಲಿಸಿ



ಆಹಾರ ಪ್ಯಾಕೇಜ್ ನೀಡುವಾಗ ಗ್ಲೌಸ್ ಅನ್ನು ಧರಿಸಿ

ಆಹಾರದ ಪ್ಯಾಕೇಜ್ ಗಳನ್ನು ಸ್ಯಾನಿಟೈಜ್ ಮಾಡಿ



ಪ್ಯಾಕೇಜ್ ತೆರದ ನಂತರ ಆಹಾರವನ್ನು ಸ್ಪರ್ಶಗೊಳಿಸಿದ
ಪಾತ್ರೆಯಲ್ಲಿ ತುಂಬಿಸಿ

ಆಹಾರ ಪ್ಯಾಕೇಜ್ ಇರಿಸಿದ್ದ ಸ್ಥಳವನ್ನು ಸ್ಯಾನಿಟೈಜ್ ಮಾಡಿ



ಪ್ಯಾಕೇಜ್ ಅನ್ನು ನಿರ್ವಹಿಸಿದ ನಂತರ ಕನಿಷ್ಠ 20 ಸೆಕೆಂಡುಗಳ
ಕಾಲ ಕೈಗಳನ್ನು ತೊಳೆಯಿರಿ

ಕೋವಿಡ್-19 ಸಂಬಂಧಿತ ಮಾಹಿತಿಗಾಗಿ ಆಪ್ತಮಿತ್ರ ಸಹಾಯವಾಣಿ 14410 ಗೆ ಕರೆ ಮಾಡಿ

Which pregnant women are at higher risk of developing complications after COVID-19?



Pre-existing comorbidities, advanced maternal age & high BMI are risk factors for severe COVID-19



Pregnant women with the following conditions have greater risk:

- Pre-existing medical conditions e.g. Diabetes
- Congenital or acquired heart disease
- Chronic respiratory conditions like COPD, Asthma, Cystic Fibrosis
- Dialysis or advanced chronic kidney disease
- Receiving immunosuppressive therapies
- Homozygous sickle cell disease; Organ transplant recipients



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FAQs on COVID-19 Vaccines for Pregnant Women



MINISTRY OF
HEALTH AND
FAMILY WELFARE
GOVERNMENT OF INDIA



When should the vaccine be given to pregnant women?



The COVID-19 vaccination schedule can be started anytime during pregnancy

If a pregnant woman has already had COVID, when should she be vaccinated?



In case a woman has been infected during the current pregnancy, then she should be vaccinated soon after the delivery



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Are there any side-effects of the vaccines on pregnant women or her foetus?



Vaccination protects pregnant women against COVID-19 like it protects any other individuals & are unlikely to pose a risk to the pregnant person or foetus



Like any medicine, a vaccine may have side effects including mild fever, pain at the injection site, or feel unwell for 1-3 days



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Ministry of Health & Family Welfare
Government of India



People with diabetes are more likely to have more severe symptoms and complications when infected with COVID-19

Diabetes can be prevented

30 minutes of moderate – intensity physical activity daily and a healthy diet can drastically reduce the risk of developing Type 2 diabetes.



mohfw.gov.in



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Tips for people with Hypertension



Take
medication as



Measure your
blood pressure



Stay
hydrated



Do regular
exercise



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ಮಾನಸಿಕ
ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳನ್ನು
ತಡೆಗಟ್ಟಲು
ಈ ವಿಧಾನಗಳನ್ನು
ಅನುಸರಿಸಬಹುದು.

   @DHFVKA



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ

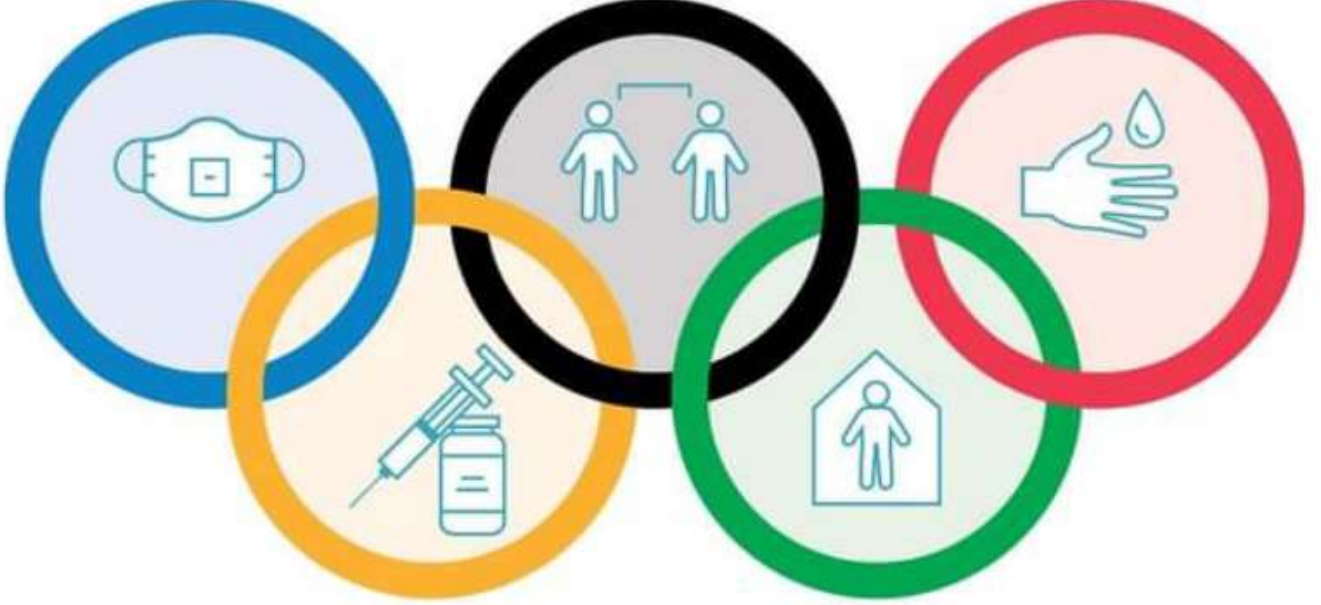


ಜೀವನದ ಆಟದಲ್ಲ ನಿಯಮಗಳು ಬಹು ಮುಖ್ಯ

ಮಾಸ್ಕ್ ಧರಿಸಿ

ದೈಹಿಕ ಅಂತರ ಪಾಲಿಸಿ

ಕೈಗಳ ಸ್ವಚ್ಛತೆ ಕಾಪಾಡಿಕೊಳ್ಳಿ



ಸ್ವಯಂಪ್ರೇರಿತವಾಗಿ
ಲಸಿಕೆ ಪಡೆಯಿರಿ

ಅವಶ್ಯವಿದ್ದರೆ ಮಾತ್ರ
ಮನೆಂಬಂದ ಹೊರ ಬನ್ನಿ

ಎಚ್ಚರ. ತಪ್ಪುಗಳನ್ನು ಸರಿಪಡಿಸಲಾಗದೇ ಇರಬಹುದು.

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104 ಕ್ಕೆ ಕರೆ ಮಾಡಿ

ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



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Ministry of Health & Family Welfare
Government of India



COVID-19 will not stop on its own
Break the chain of transmission by
following COVID Appropriate Behaviours





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ಕೋವಿಡ್ ಸೋಂಕಿನಿಂದ ಜೀವನ-ಜೀವನೋಪಾಯ ನಷ್ಟವಾಗಬಹುದು
ಅದರ ಕೋವಿಡ್-19 ಲಸಿಕೆಯ ಅಡ್ಡ ಪರಿಣಾಮಗಳು
ಕೇವಲ 1-2 ದಿನಗಳವರೆಗೆ ಮಾತ್ರ ಇರುತ್ತದೆ

ಕೋವಿಡ್-19
ಲಸಿಕೆ ಪಡೆದರೆ:

ಉತ್ಕರ್ಷಣೆ



ಕೋವಿಡ್-19 ಲಸಿಕೆಯ ಸಾಮಾನ್ಯ
ಅಡ್ಡಪರಿಣಾಮ ಕೇವಲ
1-2 ದಿನದವರೆಗೆ ಮಾತ್ರ ಇರುತ್ತದೆ!



1-2 ದಿನ



ಕೋವಿಡ್-19
ಲಸಿಕೆ ಪಡೆಯದಿದ್ದರೆ:



ಹೆಚ್ಚಿನ ದಿನ ಆಸ್ಪತ್ರೆಗೆ



ಕೋವಿಡ್ ಸೋಂಕು
ತಗುಲಿದರೆ ನಿಮ್ಮ
ಪ್ರಾಣಕ್ಕೂ
ಅಪಾಯವಾಗಬಹುದು!

ಸೋಂಕಿನಿಂದ ಭಾರಿ ನಷ್ಟವಾಗಬಹುದು,
ಲಸಿಕೆಯಿಂದಲ್ಲ

ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆದರೆ
ಆರೋಗ್ಯ, ಜೀವ, ವ್ಯವಹಾರ ಎಲ್ಲವೂ ಸುರಕ್ಷಿತ
ಜೀವನ • ಜೀವನೋಪಾಯ • ಜಾಗರೂಕತೆ

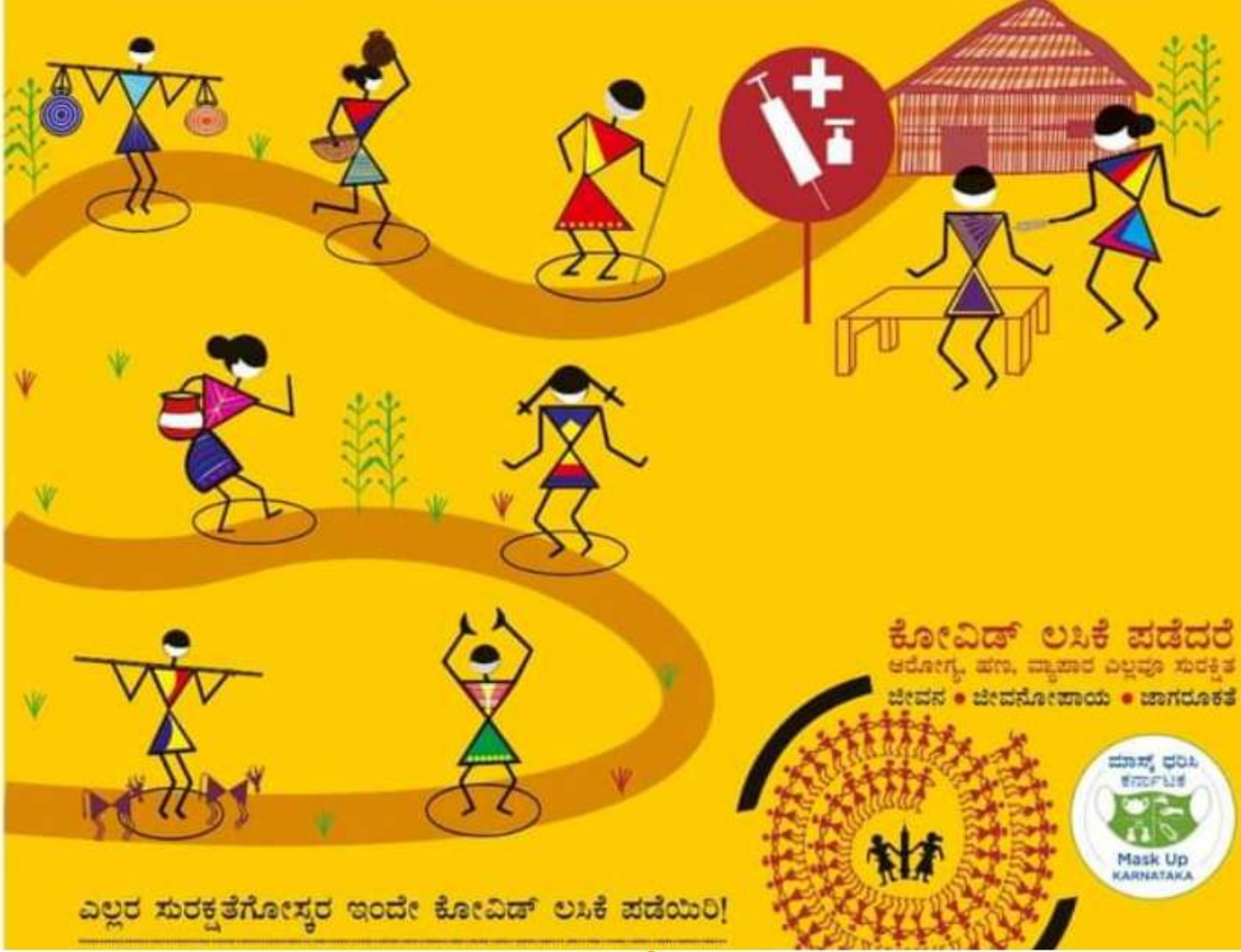


ಇಂದೇ ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆಯಿರಿಲ್ಲ!

ಕೋವಿಡ್-19 ಲಸಿಕೆ
ಸುರಕ್ಷಿತ ಮತ್ತು
ಪರಿಣಾಮಕಾರಿ

ಲಸಿಕೆಯು ಕೋವಿಡ್ ಸೋಂಕಿನ
ರೋಗ ಪರಿಣಾಮವನ್ನು ಕಡಿಮೆಗೊಳಿಸಿ,
ಆಸ್ಪತ್ರೆಗೆ ದಾಖಲಾಗುವ ಸಂಭವವನ್ನು
ಕಡಿಮೆಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ಸಾವಿನಿಂದ ರಕ್ಷಿಸುತ್ತದೆ

18 ವರ್ಷ ಮೇಲ್ಪಟ್ಟ
ಎಲ್ಲರಿಗೂ ಕೋವಿಡ್
ಲಸಿಕೆ ನೀಡಲಾಗುತ್ತಿದೆ



ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆದರೆ
ಆರೋಗ್ಯ, ಹಣ, ವ್ಯಾಪಾರ ಎಲ್ಲವೂ ಸುರಕ್ಷಿತ
ಬೇವಿನ • ಬೇವಿನೋಪಾಯ • ಬಾಗರೂಕೆ



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ಮಕ್ಕಳೇ, ನಿಮ್ಮ ಹಿರಿಯರ ಸಲಹೆಯನ್ನು ಪಾಲಿಸಿ.
ಬುದ್ಧಿವಂತರಾಗಿ ಕೊರೊನಾ
ವಿರುದ್ಧ ಹೋರಾಡಿ!



ಸುರಕ್ಷತೆಯ
1, 2, 3
ನಿಯಮಗಳು!



1

ಹೊರಗೆ ಹೋಗುವಾಗ
ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ



2

ಇತರರಿಂದ 6 ಅಡಿಗಳ
ದೈಹಿಕ ಅಂತರ
ಕಾಪಾಡಿಕೊಳ್ಳಿ

6 ಅಡಿ



3

ನಿಮ್ಮ ಕೈಗಳು ಕೊಳೆಯಾಗದಿದ್ದರೂ
ಸಹ ಸೋಪು ಹಾಗೂ ನೀರಿನಿಂದ
ಅಗಾಗ 40 ಸೆಕೆಂಡುಗಳ ಕಾಲ
ತೊಳೆದುಕೊಳ್ಳಿ



40 ಸೆಕೆಂಡುಗಳು



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ನಿಮಗೆ ನಿಶ್ಯಕ್ತಿ ಮತ್ತು ಸುಸ್ತು
ಕಂಡು ಬಂದರೆ ಕೂಡಲೇ
ನಿಮ್ಮ ಪೋಷಕರಿಗೆ ತಿಳಿಸಿ!

ಸ್ವತಃ ಆರೋಗ್ಯವನ್ನು
ಗಮನಿಸಿ ಮತ್ತು
ಈ ಲಕ್ಷಣಗಳು ಕಂಡು
ಬಂದರೆ ನಿಮ್ಮ
ಪೋಷಕರಿಗೆ ತಿಳಿಸಿ:



ಪೋಷಕರು, ಮಕ್ಕಳ ಆರೋಗ್ಯದ ಕಡೆ ನಿಗಾವಹಿಸಬೇಕು.
ಮೇಲಿನ ಯಾವುದಾದರೂ ಲಕ್ಷಣಗಳು ಕಂಡು ಬಂದರೆ
ಕೂಡಲೇ ವೈದ್ಯರನ್ನು ಸಂಪರ್ಕಿಸಿ!

ನಾವು ಸುರಕ್ಷಿತವಾಗಿದ್ದರೆ
ದೇಶವು ಸುರಕ್ಷಿತ!



ನಿಮ್ಮ ಮಕ್ಕಳಿಗೆ ಕೆಮ್ಮು, ಸ್ನೇಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಾದಲ್ಲಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ



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Improve Lung Oxygenation by Lying in Prone Position

If the oximeter reading shows **SpO2 levels below 94%**, patients in home care are advised to lie prone on their stomachs. This will improve breathing and increase oxygen saturation.

1



Begin by lying in prone position on a flat bed for 30 minutes to 2 hours

2



Switch to lying on your right side for 30 mins to 2 hours

3



Switch to 30 minutes to 2 hours of sitting up (30-60 degrees)

4



Switch to lying on your left side for 30 minutes to 2 hours

5



Switch to semi-prone position for 30 minutes to 2 hours

6



Return to proning position for 30 minutes to 2 hours. Repeat cycle...

Keep monitoring your oxygen levels after switching between positions. If oxygen levels drop **below SpO2 92%**, consult a doctor and seek hospital care immediately.

Avoid proning in conditions like Pregnancy, Deep Vein Thrombosis, Cardiac conditions, Spinal or Fracture issues.

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A RAY OF HOPE

CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS

HOW TO WEAR A MASK

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



It should COVER YOUR MOUTH, NOSE and CHIN, with the coloured side facing outwards.



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge.



Remove a used mask HOLDING ONLY THE EAR LOOPS.



To be effective CHANGE YOUR MASKS REGULARLY OR IF SOILED OR WET.



WASH YOUR HANDS WITH SOAP and WATER after disposing the soiled mask properly into a bin.



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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ನಾವು ಪ್ರಸ್ತುತ ಕಷ್ಟದಲ್ಲಿದ್ದೇವೆ.
ಆದರೆ ನಿನಗೆ ಕೋವಿಡ್-19
ಲಸಿಕೆ ಕೊಡಿಸುವುದು
ಒಳಗೊಂಡಂತೆ ನಿನ್ನ ಸಂಪೂರ್ಣ
ಆರೋಗ್ಯ ಮತ್ತು ಸುರಕ್ಷತೆಯನ್ನು
ನಾನು ಖಾತ್ರಿಪಡಿಸುತ್ತೇನೆ.





ಜ್ವರ, ನೆಗಡಿ, ಕೆಮ್ಮು ತರಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಿದ್ದಲ್ಲಿ
ಆಪ್ತಮಿತ್ರ ಸಹಾಯವಾಣಿ 14410 ಗೆ ಕರೆ ಮಾಡಿ
ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 24x7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ
ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ, ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



ಮಾಸ್ಕ್ ಧರಿಸಿ
ಕರ್ನಾಟಕ
Mask Up
KARNATAKA



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ಕೋವಿಡ್ ನೋಂಕಿನಿಂದ ಸಂಪೂರ್ಣ ಸುರಕ್ಷತೆ ಪಡೆಯಲು
ಕೋವಿಡ್-19 ಲಸಿಕೆಯ ವಿರಡಾ ಡೋಸ್‌ಗಳನ್ನು
ತೆಗೆದುಕೊಳ್ಳುವುದು ಅವಶ್ಯಕ

1ನೇ
ಡೋಸ್

ನೋಂಕಿನಿಂದ ಬೇಕರಿಕೊಂಡ ಸಂಕರವೂ
ಲಸಿಕೆ ಪಡೆಯುವುದು ಅತ್ಯವಶ್ಯಕ.
ಇದು ನಿಮ್ಮನ್ನು ಸುಸ್ಥ: ನೋಂಕಿತರಾಗುವ
ಸಂಭವವನ್ನು ಕಡಿಮೆಗೊಳಿಸುತ್ತದೆ

2ನೇ
ಡೋಸ್

ಸಂಪೂರ್ಣ ಸುರಕ್ಷತೆ ಪಡೆಯಲು ಮೊದಲನೇ
ಡೋಸ್ ನಂತರ ಎರಡನೇ ಡೋಸ್
ಪಡೆಯುವುದು ಬಹುಮುಖ್ಯ

ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆದರೆ
ಅರೋಗ್ಯ, ಪಾ. ವ್ಯಾಪಾರ ಎಲ್ಲವೂ ಸುರಕ್ಷಿತ
ಜೀವನ • ಜೀವನೋಪಾಯ • ಜಾಗರೂಕತೆ



ಎಲ್ಲರ ಸುರಕ್ಷತೆಗೋಸ್ಕರ ಇಂದೇ ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆಯಿರಿ!



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ಕೋವಿಡ್-19 ಲಸಿಕೆಯಿಂದ ಸಂಪೂರ್ಣ ಸುರಕ್ಷತೆ ಪಡೆಯಿರಿ!



ಕೋವಿಡ್-19 ಲಸಿಕೆಯು ನಿಮ್ಮನ್ನು ಸಂಭವಿಸಬಹುದಾದ
ತೀವ್ರ ಅನಾರೋಗ್ಯ ಹಾಗೂ ಸಾವಿನಿಂದ ರಕ್ಷಣೆ ನೀಡುತ್ತದೆ.
ಇತರೆ ಲಸಿಕೆಗಳಂತೆಯೇ ಕೋವಿಡ್-19 ಲಸಿಕೆಯನ್ನು
ಪಡೆದ ನಂತರ ಸೌಮ್ಯ ಅಡ್ಡಪರಿಣಾಮಗಳು ಉಂಟಾಗಬಹುದು

ಜ್ವರ ಮೈ-ಕೈ ನೋವು ಲಸಿಕೆ ಪಡೆದ ಸ್ಥಳದಲ್ಲಿ ಊತ/ನೋವು

ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆದರೆ
ಆರೋಗ್ಯ, ಹಣ, ವ್ಯಾಪಾರ ಎಲ್ಲವೂ ಸುರಕ್ಷಿತ
ಜೀವನ • ಪೀವನೋಪಾಯ • ಚಾಗರೂಕತೆ





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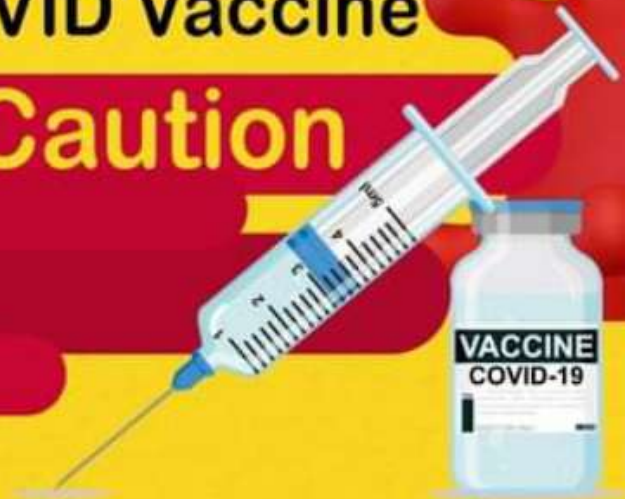
Ministry of Health & Family Welfare
Government of India



Help us to
help you



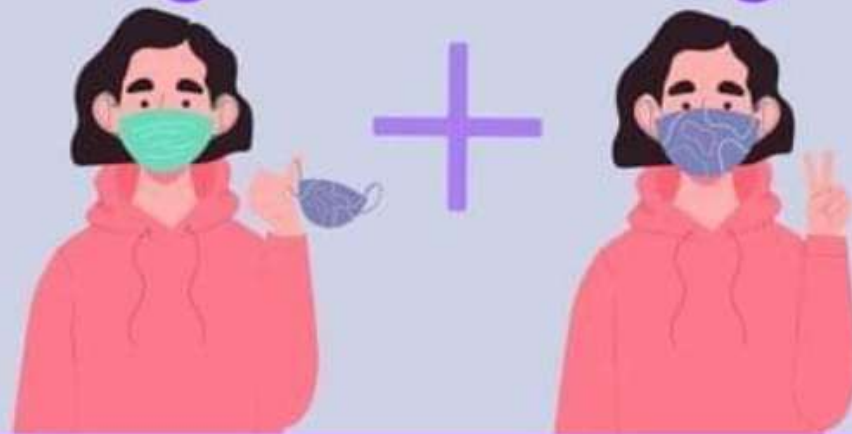
Yes to COVID Vaccine
Yes to Caution



Wear mask with complete devotion
Avoid COVID with this simple action



Pairing 2 masks together



For Double Masking:

- Wear a **surgical mask**, then wear another **tight fitting cloth mask** over it.
- If you do not have a surgical mask, wear **two cotton masks** together.
- Ideally surgical mask should be used **only once**, but when pairing, you can use it **up to 5 times** by leaving it in a **dry place for 7 days** after one use (ideally give it some **sun exposure**) and then reuse as double layer.

**Double masking recommended*

Surgical masks should never be washed.

*PSA Advisory to prevent transmission of SARS-CoV-2 virus



/COVIDNewsByMIB



/MIB_India



/MIB_Hindi



/inbministry



/inbministry



/mib_india



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ನನ್ನ ಮಗು ಮಾನಸಿಕವಾಗಿ ತೊಂದರೆ ಅನುಭವಿಸುತ್ತಿದೆ
ಎಂದು ಪತ್ತೆ ಹಚ್ಚುವುದು ಹೇಗೆ?

ಮಕ್ಕಳಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಗೋಚರಿಸುವ ಕೆಲವು ಸಮಸ್ಯೆಗಳು ಈ ಕೆಳಗಿನಂತಿರುತ್ತವೆ:

- 1 ದೇಹದ ತೂಕದಲ್ಲಿ ವ್ಯತ್ಯಾಸ
- 2 ಸರಿಯಾಗಿ ನಿದ್ರೆ ಮಾಡದಿರುವುದು
- 3 ಎಂದಿನಂತಿರದೆ ಸಪ್ಪಗಿರುವುದು ಅಥವಾ ಇದ್ದಕ್ಕಿದ್ದಂತೆ ಕೋಪಗೊಳ್ಳುವುದು
- 4 ಈ ಹಿಂದೆ ಆನಂದಿಸುತ್ತಿದ್ದಂತಹ ಚಟುವಟಿಕೆಗಳಿಂದ ದೂರ ಉಳಿಯುವುದು
- 5 ಸೋಮಾರಿತನ
- 6 ಆತ್ಮವಿಶ್ವಾಸದ ಕೊರತೆ
- 7 ಹಠಾಶ ಮನೋಭಾವ
- 8 ಆತ್ಮಹತ್ಯೆ ಮಾಡಿಕೊಳ್ಳುವ ಆಲೋಚನೆಗಳು / ಪ್ರಯತ್ನಗಳು



ಹೆಚ್ಚಿನ ಸಹಾಯಕ್ಕಾಗಿ ಮಕ್ಕಳ ಸಹಾಯವಾಣಿ 1098 ಕ್ಕೆ
ಅಥವಾ ಐಕಾಲ್ ಸಹಾಯವಾಣಿ 9152987821 ಕ್ಕೆ ಕರೆ ಮಾಡಿ.

ಸಹಾಯಿಲೆಗಳೆಂದರೇನು?

ಸಹಾಯಿಲೆಗಳು ಎಂದರೆ ಒಬ್ಬ ವ್ಯಕ್ತಿಯಲ್ಲಿ ಎರಡು ಅಥವಾ ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿರುವುದು. ಸಹಾಯಿಲೆಗಳಲ್ಲಿ ಇವುಗಳು ಸೇರಿವೆ:



ಹೃದಯದ ಖಾಯಿಲೆ



ಕಿಡ್ನಿ ಖಾಯಿಲೆ



ಕ್ಯಾನ್ಸರ್



ಮಧುಮೇಹ ಟೈಪ್ 1 & 2



ಅಧಿಕ ರಕ್ತದೊತ್ತಡ



ಹೈಪರ್/ಹೈಪೊಥೈರಾಯ್ಡಿಸಂ



ಆಸ್ಟಮಾ



ಸಿಸ್ಟಿಕ್ ಫೈಬ್ರೋಸಿಸ್



ಡೆಮೆನ್ಸಿಯಾ

ಸಹಾಯಿಲೆಗಳಿರುವಂತಹ ಜನರೂ ಸಹ ಲಸಿಕೆ ಪಡೆದುಕೊಳ್ಳಬೇಕು



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ಹಿರಿಯ ನಾಗರಿಕರೇ!
ಎಚ್ಚರವಿರಲಿ, ಭಯ ಬೇಡ.



- ಅನಿವಾರ್ಯವಲ್ಲದ ಹೊರತು ಮನೆಯಿಂದ ಹೊರಗೆ ಎಲ್ಲೂ ಹೋಗಬೇಡಿ
- ಮನೆಯಲ್ಲಿ ಸರಳವಾದ ವ್ಯಾಯಾಮ ಹಾಗೂ ನಡಿಗೆಯನ್ನು ಅಭ್ಯಸಿಸಿಕೊಳ್ಳಿ
- ಪೌಷ್ಟಿಕ ಆಹಾರ ಸೇವಿಸಿ, ಆಹಾರ ಸೇವಿಸುವ ಮೊದಲು, ನಂತರ, ಶೌಚಾಲಯ ಬಳಕೆಯ ನಂತರ ತಪ್ಪದೇ ಸೋಪಿನಿಂದ ಕೈಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳಿ
- ನಿಮ್ಮ ಮುಖ, ಮೂಗು, ಬಾಯಿ ಹಾಗೂ ಕಣ್ಣುಗಳನ್ನು ಮುಟ್ಟಿಕೊಳ್ಳಬೇಡಿ
- ಮಧುಮೇಹ, ರಕ್ತದೊತ್ತಡದಂತಹ ಖಾಯಿಲೆಗಳಿದ್ದರೆ ತಪ್ಪದೇ ಔಷಧಗಳನ್ನು ಮುಂದುವರಿಸಿ
- ಯಾವುದೇ ಅನಾರೋಗ್ಯ ಸೂಚನೆಗಳು ಗೋಚರಿಸಿದರೆ ತಡಮಾಡದೇ ಕೂಡಲೇ ವೈದ್ಯರನ್ನು ಭೇಟಿ ಮಾಡಿ
- ಊಹಾಪೋಹಗಳಿಗೆ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳಬೇಡಿ; ಪರಿಸ್ಥಿತಿಯನ್ನು ಧೈರ್ಯವಾಗಿ ಎದುರಿಸಿ

ಕೊರೋನಾ ವಿರುದ್ಧದ ಹೋರಾಟದಲ್ಲಿ ನಮ್ಮ ಮಂತ್ರವೆಂದರೆ,



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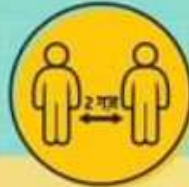
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भारत सरकार

Help us to
help you

**कोविड अनुरूप व्यवहारों का पालन है ज़रूरी,
इनसे ना बनाएं कोई भी दूरी**





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help you



बुलाते हैं मगर जाना नहीं,
कोविड अनुरूप व्यवहारों को भुलाना नहीं



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‘ವೈರಸ್’ಗಿಂತ
‘ಸೂಜಿ’ ಹಲಿತ
ಉತ್ತಮ ನಾಳೆಗಾಳಿ
ಖಂಡು ಲಸಿಕೆ



ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ



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ನಾಳೆ ಸುರಕ್ಷಿತವಾಗಿರಲು
ಇಂದು ಲಸಿಕೆ ಪಡೆಯಿರಿ



ಕೊರೋನಾ ವಿಕರಣದ ಹೋರಾಟದಲ್ಲಿ ನಮ್ಮ ಮಂತ್ರವೆಂದರೆ,



ಲಸಿಕೆ ಪಡೆಯಿರಿ, ಮುಂಜ್ಜಿಕೆ
ಕ್ರಮವಾಗಿ, ಸುರಕ್ಷಿತವಾಗಿ



ಸುರಕ್ಷಿತ
ಮಾಸ್ಕ್ ಧರಿಸಿ



ದೈನಂದಿನ
ಅಗಲಾಸುರಿ



ವಿವರಗಳಿಗಾಗಿ ಕೆಳಕಂಡ ಕೊಡೆ /
ಸಂಖ್ಯೆಗಳನ್ನು ಕರೆಸಿ





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and Broadcasting
Government of India

#IndiaFightsCorona

COVER Your COUGH

STOP THE SPREAD



Use a tissue to cover
your nose & mouth
while coughing or
sneezing. Dispose
the tissue in a dustbin.

If you don't have a
tissue, cover your
nose & mouth with
the inner part of
your elbow.



Wash your hands properly with soap
after coughing or sneezing





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Help us to
help you



फेस-कवर/मास्क
हर समय पहनें



अपने हाथ साबुन और पानी से
नियमित तौर पर अच्छी तरह धोएं



दूसरों से 2 मीटर की दूरी
बना कर रहें

आइये, COVID-19 से जुड़े '5 क' के बारे में जानें

क्या करें - कोविड अनुरूप व्यवहार का पालन करें

कब करें - हर समय

कहाँ करें - हर जगह

कौन करे - हर व्यक्ति

क्यों करें - COVID-19 के संक्रमण से सुरक्षित रहने के लिए

सफाई, दवाई, कड़ाई
जीतेंगे कोरोना से लड़ाई

COVID-19 संबंधित जानकारी के लिए

राज्य हेल्पलाइन नंबरों या स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार के 24x7
हेल्पलाइन नंबर 1075 (टोल फ्री) पर कॉल करें



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Government of India



Help us to
help you



Always wear
your face-cover/mask



Wash your hands
frequently and thoroughly
with soap and water



Maintain distance of
6 feet from others

Let's learn about the 5 W's of COVID-19

- What** – Follow COVID Appropriate Behaviours
- When** – Every time
- Where** – Everywhere
- Who** – Everyone
- Why** – To stay protected from COVID-19

**Safai, Dawai, Kadai
Jeetenge Corona se Ladai**

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7
helpline number 1075 (Toll Free)



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**Follow protocol T3,
keep yourself
COVID-free.**



Test when
symptomatic



Track the
severity



Treat with
vaccination



**Cleanliness, Vaccination and Strictness,
will help you win the fight against COVID-19.**



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#ಕೊರೊನಾ ವಿರುದ್ಧ ಭಾರತದ ಹೋರಾಟ

ಕೊರೊನಾ ಸೂಕ್ತ ನಡವಳಿಕೆ ಪಾಲಿಸಿ ಜಾಗೃತರಾಗಿರಿ



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NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALURU, KARNATAKA



Asha Kiran

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Ministry of Information
and Broadcasting
Government of India

#IndiaFightsCorona



Very High Risk



High Risk



Low Risk

Wear Masks:

- A double layer cotton homemade mask is better than none.
- **N95 mask** offers maximum protection.

A mask should:

- Fit snugly on your face leaving **no air pockets** around your nose or chin.
- Cloth masks should be **washed** and **sun-dried each day**.

**Wear masks when away from home and also at home when with outsiders*

*PSA Advisory to prevent transmission of SARS-CoV-2 virus



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಕೋವಿಡ್-19

ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರನ್ನು ಬೆಂಬಲಿಸಲು ಐದು ಮಾರ್ಗಗಳು:



ರೋಗನಿರ್ಣಯವನ್ನು ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರಿಗೆ ಬಿಡೋಣ

ನಿಮಗೆ ಕೋವಿಡ್ ಇದೆಯೋ, ಇಲ್ಲವೋ ಎಂದು ದೃಢಪಡಿಸುವುದು ಕೇವಲ ವೈದ್ಯರು ಮಾತ್ರ. ನಿಮಗೆ ನೀವೇ ಏನೂ ಇಲ್ಲ ಎಂದು ನಿರ್ಧರಿಸಿ ಕೊನೆಗೆ ಆತಂಕಕ್ಕೆ ಒಳಗಾಗಬೇಡಿ.



ಸಹಾಯ ಪಡೆಯಲು ಹಿಂಜರಿಯದಿರಿ

ಒಂದು ವೇಳೆ ಆರೋಗ್ಯದಲ್ಲಿ ಏರುಪೇರು ಕಂಡು ಬಂದರೆ, ಕೂಡಲೆ ವೈದ್ಯರನ್ನು ಸಂಪರ್ಕಿಸಿ. ಆರಂಭದಲ್ಲಿಯೇ ಚಿಕಿತ್ಸೆ ಪಡೆದರೆ ಜೀವ ಉಳಿಸಬಹುದು.



ಅನಗತ್ಯವಾಗಿ ಔಷಧಗಳನ್ನು ಖರೀದಿಸುವುದು ಹಾಗೂ ಸಂಗ್ರಹಿಸುವುದನ್ನು ಮಾಡಬೇಡಿ

ವಿಶ್ವಸಾರ್ವತ್ರಿಕ ವೈದ್ಯಕೀಯ ಸಲಹೆಯನ್ನು ಮಾತ್ರ ಅವಲಂಬಿಸಿ ಹಾಗೂ ಮಾಸ್ಕ್ ಧಾರಣೆ ಮತ್ತು ದೈಹಿಕ ಅಂತರ ಕಾಪಾಡಿಕೊಳ್ಳುವಂತಹ ರುಜುವಾತಾಗಿರುವ ತಡೆಗಟ್ಟುವ ಕ್ರಮಗಳ ಪಾಲನೆಯನ್ನು ಮುಂದುವರಿಸಿ.



ಸರಿಯಾದ ಮಾಹಿತಿಯನ್ನು ಮಾತ್ರ ಹಂಚಿಕೊಳ್ಳಿ

ನೀವು ಸಾಮಾಜಿಕ ಜಾಲತಾಣಗಳಲ್ಲಿ ಯಾವುದಾದರೂ ಮಾಹಿತಿಯನ್ನು ಹಂಚಿಕೊಳ್ಳುವ ಮೊದಲು ಅದರ ಸತ್ಯಾಸತ್ಯತೆಗಳನ್ನು ತಿಳಿಯಲು ಪ್ರಯತ್ನಿಸಿ ಮತ್ತು ಆರೋಗ್ಯ ಸಚಿವಾಲಯ, ಡಬ್ಲ್ಯೂ.ಹೆಚ್.ಒ ಹಾಗೂ ಯುನಿಸೆಫ್ ನಂತರ ವಿಶ್ವಸಾರ್ವತ್ರಿಕ ಮೂಲಗಳಿಂದ ಬಂದಂತಹ ಮಾಹಿತಿಯನ್ನು ಮಾತ್ರ ಹಂಚಿಕೊಳ್ಳಿ.



ಮನೆಯಲ್ಲೇ ಇರಿ

ಅಗತ್ಯ ಸೇವೆ ಒದಗಿಸುವವರು ಅಥವಾ ಅಗತ್ಯ ವಸ್ತುಗಳು ಅಥವಾ ಔಷಧಗಳನ್ನು ಖರೀದಿಸಬೇಕಾದಂತಹ ಅತ್ಯಗತ್ಯ ಕೆಲಸ ಇದ್ದರೆ ಮಾತ್ರ ಮನೆಯಿಂದ ಹೊರಗೆ ಬನ್ನಿ.

ಈ ಕಷ್ಟದ ಸಮಯದಲ್ಲಿ ಒಬ್ಬರಿಗೊಬ್ಬರು ನೆರವಾಗಲು
ಎಲ್ಲರೂ ಒಂದಾಗೋಣ



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Ministry of Information
and Broadcasting
Government of India

#IndiaFightsCorona

FEELING UNWELL?



- Stay At Home
- Isolate Yourself
- Be In Touch With Your Doctor

STOP THE SPREAD



/COVIDNewsByMIB



/MIB_India



/MIB_Hindi



/inbministry



/inbministry



/mib_india



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ಕೋವಿಡ್ ಲಸಿಕೆ ಪಡೆದಿದ್ದರೂ ಸಹ ಮುನ್ನೆಚ್ಚರಿಕಾ
ಕ್ರಮಗಳನ್ನು ಪಾಲಿಸಿದರೆ ಎಲ್ಲರಿಗೂ ರಕ್ಷಣೆ ಲಭಿಸುತ್ತದೆ



ಬ್ಲಡ್, ನೆಗಡಿ, ಕಿಮ್ಮಿ ತರಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಿದ್ದಲ್ಲಿ ಅಥವಾ
ಹೆಚ್ಚಿನ ಮಾಹಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ

ಎಣ್ಣಿದ್ರೂ ಜಡ್ಡೊಗ್ಗ ಎಣ್ಣಿದ್ರೂ ಜಡ್ಡೊಗ್ಗ





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The New Normal

Clean and disinfect
all commonly
touched surfaces
around you

“Cleanliness is next to
Godliness
-Mahatma Gandhi”

Together we will fight COVID-19

@DHFWKA



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಸ್ವಸ್ಥಪಾಪನ ಸಪ್ತಾಹ

ಅಗಸ್ಟ್ 1 ರಿಂದ 7, 2021



ಹಾಲುಣಿಸುವ ತಾಯಂದಿರಿಗೆ ಕೋವಿಡ್ ಮುನ್ನೆಚ್ಚರಿಕೆ ಸೂಚನೆಗಳು

ಹಾಲುಣಿಸುವ ತಾಯಿಗೆ ಜ್ವರ, ಕಿಮ್ಮಿನಂತಹ ಲಕ್ಷಣಗಳು
ಕಂಡು ಬಂದರೆ ಹಾಗೂ ಉಸಿರಾಟದಲ್ಲಿ ತೊಂದರೆಗಳಿದ್ದರೆ
ಈ ಕೆಳಕಂಡ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳಬೇಕು:

ಮಕ್ಕಳ ಸಮೀಪ
ಇರುವಾಗ ಮೂಗು
ಮತ್ತು ಬಾಯಿ
ಮುಚ್ಚುವಂತಹ
ಮಾಸ್ಕ್ ಧರಿಸುವುದು



ವೈದ್ಯಕೀಯ ನೆರವು
ಪಡೆಯುವುದು, ಆರೋಗ್ಯ
ಕಾರ್ಯಕರ್ತರ ಸಲಹೆ
ಪಡೆದು ತಪ್ಪದೇ
ಪಾಲಿಸುವುದು



ಮಗುವಿಗೆ
ಹಾಲುಣಿಸುವ ಮುಂಚೆ
ಮತ್ತು ನಂತರ ಕನಿಷ್ಠ
40 ಸೆಕೆಂಡುಗಳು ಸಾಬೂನು
ಮತ್ತು ನೀರಿನಿಂದ ಕೈಗಳನ್ನು
ತೊಳೆದುಕೊಳ್ಳುವುದು



ಸೋಂಕಿರುವ
ಮಹಿಳೆ ಸ್ಪರ್ಶಿಸುವಂತಹ
ಸ್ಥಳ, ವಸ್ತುಗಳನ್ನು
ಸ್ಯಾನಿಟೈಜರ್‌ಗಳಿಂದ
ಶುಭ್ರಗೊಳಿಸುವುದು



ಕೆಮ್ಮುವಾಗ ಮತ್ತು
ಸೀನುವಾಗ ಕರವಸ್ತ್ರದಿಂದ
ಮೂಗು ಮತ್ತು ಬಾಯಿಯನ್ನು
ಮುಚ್ಚಿಕೊಳ್ಳುವುದು ಅಥವಾ
ಕತ್ತನ್ನು ಪಕ್ಕಕ್ಕೆ ಹೊರಳಿಸಿ
ತೋಳಿನ ಮೇಲೆ
ಸೀನುವುದು



ಮಗುವಿಗೆ
ಹಾಲುಣಿಸುವ ಮುಂಚೆ
ಎರಡು ಭಾಗವನ್ನು ನೀರು
ಅಥವಾ ಶುಚ್ಚವಾದ ಬಟ್ಟೆಯಿಂದ
ಒರೆಸಿ, ನಂತರ ಸ್ವಸ್ಥಪಾಪನ
ಮಾಡಿಸುವುದು

ಸ್ವಸ್ಥಪಾಪನ ರಕ್ಷಣೆ: ಎಲ್ಲರ ಪಾಲನ ಜವಾಬ್ದಾರಿ



ಜ್ವರ, ನೆಗಡಿ, ಕಿಮ್ಮು ತರಹದ ಕೋವಿಡ್-19 ಲಕ್ಷಣಗಳಿದ್ದಲ್ಲಿ ಅಥವಾ
ಹೆಚ್ಚಿನ ಮಾಹಿಗಾಗಿ 24x7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104ಕ್ಕೆ ಕರೆ ಮಾಡಿ

ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ, ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



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DEPARTMENT OF
PERSONNEL & TRAINING

COVID-19 IS NOT OVER YET !

Don't start visiting others

Stay Home, Stay safe





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कार्मिक एवं प्रशिक्षण विभाग
DEPARTMENT OF
PERSONNEL & TRAINING

How to Keep Your House COVID-19 Free



Keep your house clean and well ventilated



Disinfect floor, doorknobs, tables, tv remote, etc



Wash your hands regularly with soap and water for at least 20 seconds



Wear a mask even in your home if you have a cough, cold, fever, or running nose



Consult a doctor if you have any COVID like symptoms



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How COVID-19

is passed on by droplets

TALKING

COUGHING

SNEEZING



How to stop the spread

↔ Keep at least two meters from other people



Wear a mask when you leave the house



Try not to touch surfaces when outside your home -
and wash your hands with soap straight after if you do!



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#HELPUSTOHELPUYOU

VIRUS HOT SPOTS



CELLPHONE



MONEY



KEYS



DOOR HANDLE



ELEVATOR

HOW TO WEAR A MEDICAL MASK SAFELY

Jan 2021

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Clean your hands before removing the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

[who.int/epi-win](https://www.who.int/epi-win)



World Health Organization



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Wear a mask even in your home if you have a cough, cold, fever, or running nose



Consult a doctor if you have any COVID like symptoms

COVID VACCINATION

Myths Vs Facts



✗ MYTH

There have been some media reports suggesting an increase in the cases of severe AEFI which have also resulted in 'succumbing of patients' post vaccination

✓ FACT

- These reports are based on incomplete and limited understanding of the matter. It may be noted that the term "succumbed" implies causality
- Any death following vaccination cannot be automatically assumed to be due to vaccination unless investigated by the AEFI Committees and attributed to the Vaccination



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Government of India

Help us to
help you



**Bust myths and reject false information,
Protection against COVID will come with vaccination**



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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार

Help us to
help you

**महंगी पड़ेगी लापरवाही,
कोविड अनुरूप व्यवहारों का पालन है ज़रूरी**





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भारत सरकार

Help us to
help you

कोरोना को भूल ना जाना, हर समय कोविड अनुरूप व्यवहारों को अपनाना



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Department of Health and Family Welfare



INDEPENDENCE

ON WASHING HANDS
ON WEARING MASKS
ON PHYSICAL DISTANCE
ON VACCINATION

Get Independence from COVID 19.



For more details call
24X7 Health Helpline

104

Health For All.
Health Everywhere



Department of Health and Family Welfare



75
Azadi Ka
Amrit Mahotsav

azadi ka
physical distance
wear **M**ask
be **R**esponsible
sanitise hands
shot **T** of vaccine
mahotsav

For more details please call 24X7 Health Helpline 104

Health For All, Health Everywhere



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Get gifts for loved ones, not Covid

Don't let that mall visit be a harbinger of Covid. Wear masks and maintain social distancing!



ಮುಖ್ಯವಾದ ಕೆಲಸಗಳನ್ನು
ನಿರ್ವಹಿಸಿ. ಯಾವಾಗಲೂ
ಮಾಸ್ಕ್ ಸಲಿಯಾಗಿ ಧರಿಸಿ!

ವೈರಾಣುವನ್ನು ಓಡಿಸಿ,
ಹೊರಗೆ ಹೋಗುವಾಗ
ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ!



ಮಾಸ್ಕ್ ಧರಿಸುವಾಗ
ಹಾಗೂ ತೆಗೆಯುವಾಗ
ಕೈಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳಿ

1

2

ಮಾಸ್ಕ್‌ನ ದಾರವನ್ನು
ಓಡಿಯಿರಿ,
ಮುಂಭಾಗವನ್ನು
ಮುಟ್ಟಬೇಡಿ



4

ನಿಮ್ಮ ಮುಖಕ್ಕೆ ಸರಿಹೊಂದುವ
ಮಾಸ್ಕ್ ಧರಿಸಿ.



3

ನಿಮ್ಮ ಮೂಗು, ಬಾಯಿ
ಹಾಗೂ ಗಲ್ಲ
ಸಂಪೂರ್ಣವಾಗಿ
ಮುಚ್ಚುವಂತೆ ಮಾಸ್ಕ್
ಧರಿಸಿ.



5

ಒಂದೇ ಮಾಸ್ಕ್ ಅನ್ನು
ಬಹಳ ಸಮಯದವರೆಗೂ
ಧರಿಸಬೇಡಿ, ಒದ್ದೆಯಾಗಿದ್ದರೆ
ಬದಲಾಯಿಸಿ.



6

ಒಂದು ಬಾರಿ
ಬಳಸುವ ಮಾಸ್ಕ್:
ಮುಚ್ಚಳವಿರುವ
ಕಸವುಟ್ಟಿಯೊಳಗೆ
ಬಿಸಾಡಿ



7

ಮರುಬಳಕೆ
ಮಾಡುವ ಮಾಸ್ಕ್:
ತೊಳೆಯಲು ನಿಮ್ಮ
ಮೋಷಕರಿಗೆ ನೀಡಿ



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Asha Kiran

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CANARA NSS CAMPAIGN TO SPREAD COVID 19 VACCINE AWARENESS



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India marches
ahead with another
achievement in
its fight against
COVID-19



56
CRORE
COVID VACCINE DOSES
ADMINISTERED

Recovery Rate currently at
97.51%

Highest since March 2020

#Unite2FightCorona



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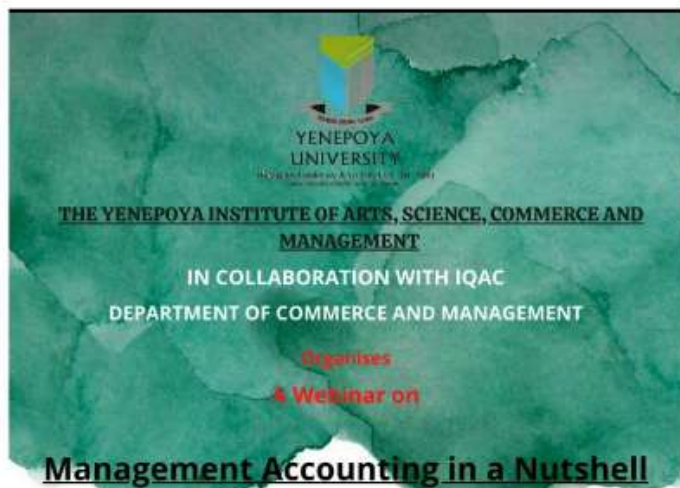
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Children and COVID Vaccination

- Trials in children have been initiated to study the antibody response of some of the available vaccines.
- It is also true that children are less likely to develop the symptomatic disease, and they rarely get the severe disease.





Presented by:



MS. SEEMA PRABHU

Asst. Professor of Commerce
 Canara College
 Mangalore

ON 19 AUGUST 2021
 2:00 PM

Principal
 Dr.Parvadhavardhini G

Co-ordinator
 Dr.Shareena P





Ministry of Health and Family Welfare
Government of India



How do we treat children with asymptomatic COVID-19 disease?



Children with asymptomatic and mild COVID can be managed at home.



One person should provide care to the child and should also stay in isolation.



For asymptomatic pediatric patients, we don't recommend medicines, but we do recommend that they should be isolated and monitored.

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Ministry of Health and Family Welfare
Government of India



How do we treat children with mild COVID-19 disease?



In mild cases, symptomatic treatment for fever or body ache should be given.



Children with underlying illness and comorbid conditions may require hospitalization.



Children may be treated at home under regular medical supervision. Parents may take telemedicine support.

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ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ



ಕೋವಿಡ್-19 ನಿಯಂತ್ರಣಕ್ಕೆ
ಮಾಸ್ಕ್ ಹಾಗೂ ಶೈಕ್ಷಣಿಕ ಸ್ವಚ್ಛತೆ ಅಗತ್ಯ

ಮರೆಯಬೇಡಿ
6 ಅಡಿ ದೈಹಿಕ ಅಂತರ ಮುಖ್ಯ

ಸ್ವಯಂ ಪ್ರೇರಿತರಾಗಿ
ಲಸಿಕೆ ಪಡೆಯಿರಿ

6 ಅಡಿ ಅಥವಾ 2 ಮೀಟರ್



ಓಣಂ ಹಬ್ಬದ

ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು



ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 24X7 ಉಚಿತ ಆರೋಗ್ಯ ಸಹಾಯವಾಣಿ 104 ಕ್ಕೆ ಕರೆ ಮಾಡಿ

ಎಲ್ಲರಿಗೂ ಆರೋಗ್ಯ ಎಲ್ಲೆಡೆಯೂ ಆರೋಗ್ಯ



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जीवन से अनमोल
कुछ भी नहीं है
कोरोना की वैक्सीन
लगवाना सही है



सावधानियों का पालन करते रहें



मास्क पहनें



नियमित तौर पर हाथ धोएं



दूसरों से उचित दूरी
बना कर रखें

INDIA DEVELOPS WORLD'S FIRST DNA VACCINE



ZyCoV-D vaccine gets Emergency Use Authorization

The vaccine can be administered to **everyone aged 12 and above**

12+



This is **India's 6th vaccine** in total; first for children



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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार



Help us to
help you

मिलकर रक्षाबंधन का
त्यौहार मनाएं,
कोविड अनुरूप व्यवहारों
को ना भुलाएं



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FAQs ON **DELTA** AND **DELTA PLUS** VARIANTS

Q. What is the **Delta variant of Novel Coronavirus?**

- **Delta variant** (B.1.617) has about **15-17 mutations**. It was **first reported in October 2020**.
- Delta variant (B.1.617) has **three subtypes**:
 - B.1.617.1
 - B.1.617.2
 - B.1.617.3
- **B.1.617.1** and **B.1.617.3** have been classified as **Variant of Interest**.
- **B.1.617.2 (Delta Plus)** has been classified as a **Variant of Concern**.





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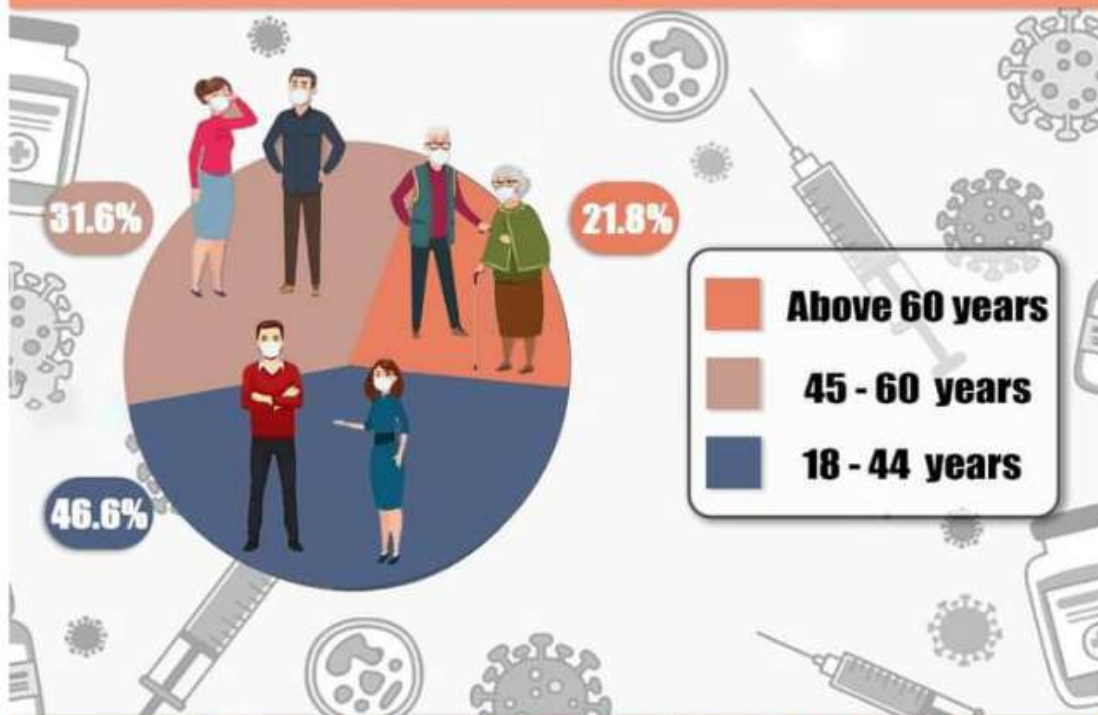
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Ministry of Information
and Broadcasting
Government of India

#IndiaFightsCorona



COVID-19 Vaccine Doses: Age-wise Distribution



(As on August 22nd, 2021, till 9:00 am)

Source: cowin.gov.in



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India fights against
COVID-19 with world's
#LargestVaccineDrive



Do your part



Follow COVID Appropriate Behaviour

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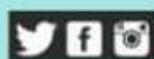
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**WASH YOUR CLOTH MASK AFTER
EVERY USE!**



@DHFVKA

ಮಕ್ಕಳೇ, ನಿಮ್ಮ ಹಿರಿಯರ ಸಲಹೆಯನ್ನು ಪಾಲಿಸಿ.
ಬುದ್ಧಿವಂತರಾಗಿ ಕೊರೊನಾ
ವಿರುದ್ಧ ಹೋರಾಡಿ!



ಸುರಕ್ಷತೆಯ
1, 2, 3
ನಿಯಮಗಳು!



1

ಹೊರಗೆ ಹೋಗುವಾಗ
ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ
ಮಾಸ್ಕ್ ಧರಿಸಿ

2

ಇತರರಿಂದ 6 ಅಡಿಗಳ
ದೈಹಿಕ ಅಂತರ
ಕಾಪಾಡಿಕೊಳ್ಳಿ

6 ಅಡಿ

3

ನಿಮ್ಮ ಕೈಗಳು ಕೊಳೆಯಾಗದಿದ್ದರೂ
ಸಹ ಸೋಪು ಹಾಗೂ ನೀರಿನಿಂದ
ಅಗಾಗ 40 ಸೆಕೆಂಡುಗಳ ಕಾಲ
ತೊಳೆದುಕೊಳ್ಳಿ



40 ಸೆಕೆಂಡುಗಳು



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स्वास्थ्य को प्राथमिकता
दें और रहें खुशहाल



वैक्सीन लगवाएं और अपनाएं
कोविड अनुरूप व्यवहार



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अपना और अपने
परिवार का ख्याल करें,



कोविड अनुरूप व्यवहारों को
अपनाकर सबका कल्याण करें



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ದಯವಿಟ್ಟು
ಮಾಸ್ಕ್ ಧರಿಸಿ

