

COVID-19 Resources for India: Be a Part of the Solution

A Communication Implementation Guide

2nd Edition



India's COVID-19 Crisis in 2021

India is in the middle of its worst health crisis in recent history, with the unprecedented second wave of COVID-19 infecting and killing millions of people. A decrease in the number of daily cases earlier this year led to a sense of complacency and decreased compliance with healthy behaviors proven to prevent COVID-19 transmission, such as wearing masks, hand washing, and physical distancing.

In addition, the increased usage of social media has also led to uncontrolled spreading of misinformation and disinformation on COVID-19 prevention, treatment, prognosis, management, and vaccines. This spread of misinformation and disinformation through social media and other channels is arguably one of the major contributors to the current crisis and is likely leading to panic, uncertainty, and mismanagement of COVID-19.

Our overarching goal at the [Harvard T.H. Chan School of Public Health - India Research Center](#) and [Project SANCHAR](#) is to do our part in the mitigation of the crisis by providing reliable and accurate information on COVID-19 prevention and promote prosocial behaviors drawing on the latest possible evidence. To this end, we are sharing this COVID-19 Communication Implementation Guide with partners and affiliates with easy-to-understand facts, myth-busters, and guidelines on COVID-19 prevention, and maintaining physical, social and emotional wellbeing.

Our hope is that this Guide will serve as a useful resource for all and allows users to access, download and disseminate evidence-based, accurate information.

About the Communication Implementation Guide

What is the Guide for?

- Disseminating evidence-based information on COVID-19 to all communities and stakeholders across social media platforms.
- Supporting partners, affiliates, and the general public in their efforts to increase awareness about COVID-19 and promote compliance with public health measures.
- Encouraging the responsible use of social media for spreading key public health messages.

Who can use the Guide?

- Public health organizations
- Civil society organizations
- Journalists
- Governmental organizations
- Physicians and other medical professionals

Given the urgency of the crisis, the time to act is right now.

How can the Guide be used?

- You can use this guide to share the information and resources with:
 - General public
 - COVID-19 patients and caregivers
 - Pregnant women and nursing mothers
- Share the infographics and video clips on social media platforms, such as WhatsApp, Twitter, Facebook, and other messaging apps. Direct social media sharing features and download links are enabled on our graphics, along with suggested captions.
- The Guide itself can be shared as an interactive pdf on social media and other networks.

We will be updating this Guide regularly, based on your feedback and the latest evidence-based guidelines. The Guide will also be available soon in major Indian languages.

How to use the interactive elements of the Guide

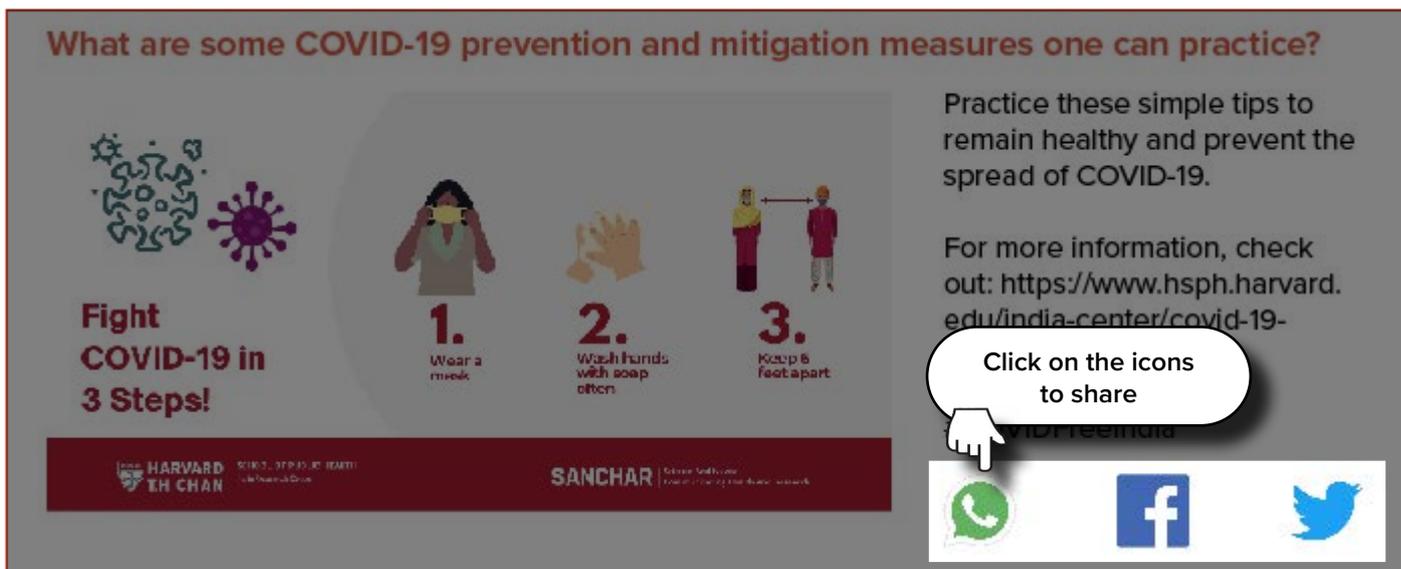
How to get started?



How to download an infographic?



How to share the information on WhatsApp, Facebook, and Twitter?



How to watch a video?



Tip: Open this guide using Adobe Acrobat for a seamless experience.

Disclaimers

- This resource is not to be considered a substitute for medical advice. This only serves as a guide, not as a prescription. Please check with medical professionals before making decisions regarding your diagnosis and health.
 - Due to evolving/emerging evidence, guidelines are subject to change. Please check official guidelines from the Government of India's Ministry of Health and Family Welfare, in addition to the expert opinions highlighted in our resources.
 - This is not a live document and is up to date as of June 24, 2021. Certain content will be dated as guidelines are updated. Please use your discretion when sharing materials, and visit our websites for the latest versions in English and Hindi:
- 1. Harvard T.H. Chan School of Public Health - India Research Center**
<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>
<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/covid-19-hindi-new/>
 - 2. Project SANCHAR**
<https://projectsanchar.org>
<https://hindi.projectsanchar.org/>

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Section 1:

COVID-19 Prevention and Control

This section includes shareable infographics on COVID-19 prevention measures, advice on masking from [Dr. Joseph G. Allen](#), Associate Professor of Exposure Assessment, Harvard T.H. Chan School of Public Health, expert advice from virologists, and relevant resources available on Harvard T.H. Chan School of Public Health's websites.



Resources for social media

What are some COVID-19 prevention and mitigation measures one can practice?

Fight COVID-19 in 3 Steps!

- 1. Wear a mask**
- 2. Wash hands with soap often**
- 3. Keep 6 feet apart**

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Practice these simple tips to remain healthy and prevent the spread of COVID-19.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



Avoid the 3 C's to stay safe

Avoid the 3 C's of COVID-19 risk

There are places where COVID-19 spreads more easily:

- 1. Crowded places**
with many people nearby
- 2. Close-contact areas**
especially where people are talking near each other
- 3. Confined & enclosed spaces**
with many people nearby

The risk is higher when all 3 C's happen. Even as restrictions are lifted, think about where you are going and #StaySafe by avoiding the 3 C's.

COVID-19 spreads easily in certain environments. Avoid the 3 C's to reduce the risk of exposure.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/> or <https://projectsanchar.org/>

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What should you do to protect yourself from COVID-19? Source: WHO

- Avoid crowded places. Limit time in enclosed spaces
- Keep at least 6 feet away from others
- When possible, open windows and doors for ventilation
- Keep hands clean and cover coughs and sneezes
- Wear a mask. Especially if you can't stay away from others

If you are sick, stay home unless you need urgent medical care.

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Adapted from: https://www.who.int/images/default-source/wpro/countries/malaysia/infographics/three-3cs/final-avoid-the-3-cs-poster.jpg?sfvrsn=638335c1_2

Mask types by filtration

Masks trap the small air particles that might contain the COVID-19 virus. Protect yourself and others by wearing your mask(s) and encouraging your friends and family to do the same! #KnowYourMask

#COVIDFreeIndia
#HealthyBuildings



How to wear a mask

Understand how masks should fit for best protection. Protect yourself and others by wearing your mask(s) and encouraging your friends and family to do the same!

#COVIDFreeIndia
#HealthyBuildings
<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>



Importance of wearing masks

Masks work best to protect you and others when everyone wears them. Protect yourself and others by wearing your mask(s) and encouraging your friends and family to do the same!

#MasksWork #COVIDFreeIndia
#HealthyBuildings



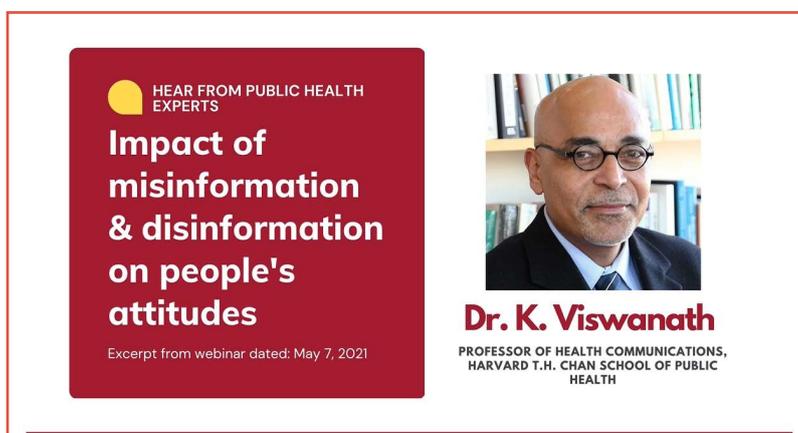
Hear from Experts

Virology of COVID-19



This video features Dr. Shahid Jameel, Director, Trivedi School of Biosciences, Ashoka University, and renowned virologist. He discusses the biology of COVID-19 and the COVID-19 vaccines available as of April 2021. This expert interview was conducted in April 2021 in Hindi by Mr. Mukesh Kejariwal, Head, National Integrated Bureau, *Rajasthan Patrika*.

Impact of misinformation and disinformation on people’s attitudes



Dr. K. Viswanath, Lee Kum Kee Professor of Health Communication at Harvard T.H. Chan School of Public Health, talks about the impact of misinformation and disinformation on people’s attitudes and behaviors. This video is an excerpt from a webinar held on May 7, 2021.

For more information and similar video releases, please refer to Project SANCHAR’s [Dashboard](#) and [YouTube](#) pages.

Section 2:

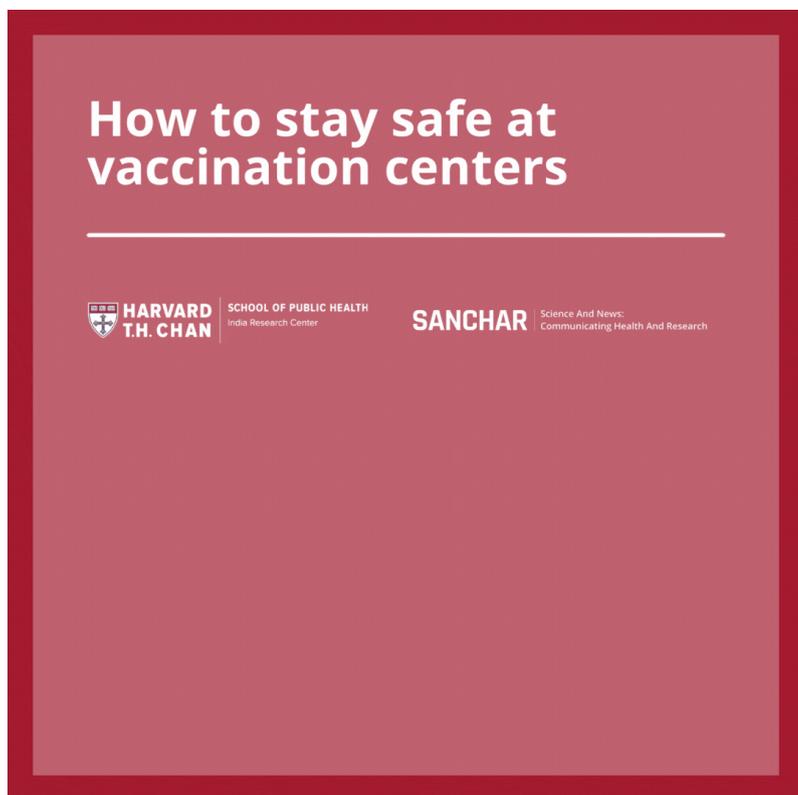
Vaccines and Vaccinations

This section includes shareable infographics on the types of COVID-19 vaccines, their development and side effects, and guidance on how to stay safe at vaccination centers. This section also corrects misinformation around COVID-19 vaccines and provides global lessons on COVID-19 vaccination. It also includes resources available on [Harvard T.H. Chan School of Public Health - India Research Center's](#) and [Project SANCHAR's](#) [websites](#).



Resources for social media

Staying safe at vaccination centers.



Getting your COVID-19 vaccine is important and the best way to keep you healthy. When getting vaccinated make sure you stay safe by checking the tips in the infographic.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

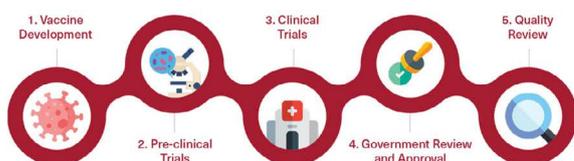
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Click to play

The vaccine process: Safe and Effective

The vaccine process: Safe and Effective



Vaccines save lives!
Get a COVID-19 vaccine as soon as you can.



Vaccines go through a thorough development process to ensure safety. Check out what steps are taken to test vaccines.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/> or <https://projectsanchar.org/>

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How do we know if a vaccine is safe & effective?

How do we know if a vaccine is safe & effective?

<p>1. </p> <p>A vaccine is carefully tested in research labs to see how well it works & that it is safe</p>	<p>2. </p> <p>If a vaccine is found to be safe & effective in a lab, researchers apply to test it in 3 phases of clinical trials with thousands of healthy volunteers</p>	<p>3. </p> <p>A vaccine is approved after clinical trials show that it is safe & effective</p>
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Possible vaccines go through many steps of thorough testing. The process is approved by national regulatory authorities.

Get a COVID-19 vaccine as soon as you can—it's safe & effective!

 **SANCHAR** Science And News: Communicating Health And Research

All WHO-approved COVID-19 vaccines are safe and help protect you from COVID-19. The infographic describes the testing process these vaccines go through to be safe for use.

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

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What are the different types of COVID-19 vaccines that are available?

Types of COVID-19 vaccines

<p>1. </p> <p>mRNA vaccine</p> <p>Uses "messenger RNA" (mRNA) to teach the cells to make proteins that fight COVID-19</p>	<p>2. </p> <p>Inactivated or weakened virus vaccine</p> <p>Uses a dead or weakened version of the virus to fight COVID-19</p> <p>COVAXIN</p>	<p>3. </p> <p>Viral vector vaccine</p> <p>Uses an altered virus to carry DNA. This DNA teaches the cells to make proteins that fight COVID-19</p> <p>COVISHIELD SPUTNIK V</p>
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Get a COVID-19 vaccine as soon as you can- it's safe and effective!

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All vaccines are safe and help protect you from COVID-19. The infographic explains the differences between the vaccines. For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/> or <https://projectsanchar.org/>

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Are COVID-19 Vaccines effective?

Are COVID-19 vaccines effective?

Yes! **COVID-19 vaccines work well in prevention of COVID-19** or in reducing the seriousness of the COVID-19 infection.



A small number of vaccinated people may still get COVID-19, but they likely won't get as sick. Because there is still a small risk, people should still wear a mask, wash their hands, and stay away from crowds.

Current information suggests that COVID-19 vaccines protect against most COVID-19 variants.

Get a COVID-19 vaccine as soon as you can- it's safe and effective!

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All WHO-approved #COVID19Vaccines are effective against COVID-19 and help prevent infection, severe illness & death. The best way to remain safe is to get vaccinated, #WearMasks, wash hands & avoid crowds.

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

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Side effects of the COVID-19 vaccine

Are there side effects to the COVID-19 vaccine?

You might have:

- **Pain and swelling** at the site of the shot
- **Flu-like symptoms** (fever, chills, tiredness and headache)

These should go away in a few days.

If you ever had a **severe allergic reaction** to a vaccine, **talk to your doctor** before you get the shot.



A vaccine is approved only when its safety is proven. Just like for other vaccines, after a COVID-19 vaccine people may have common mild side effects.

Get a COVID-19 vaccine as soon as you can- it's safe and effective!



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It is common for individuals to experience side effects after receiving the COVID-19 vaccine. These include:

1. Pain and swelling at the site of the shot
2. Flu-like symptoms

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

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Why do we need two doses of the COVID-19 vaccine?

Why do we need two doses of the COVID-19 vaccine?



The **first dose** helps the body recognize the virus and gets the immune system ready to protect itself from COVID-19.

The **second dose** makes that immune response stronger and prepares the body to fight infection.

Get a COVID-19 vaccine as soon as you can- it's safe and effective!



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It is important to get both doses of the #COVID19Vaccine.

Dose 1 prepares the immune system to protect itself from #COVID. Dose 2 makes the immune response stronger & prepares the body to fight infection.

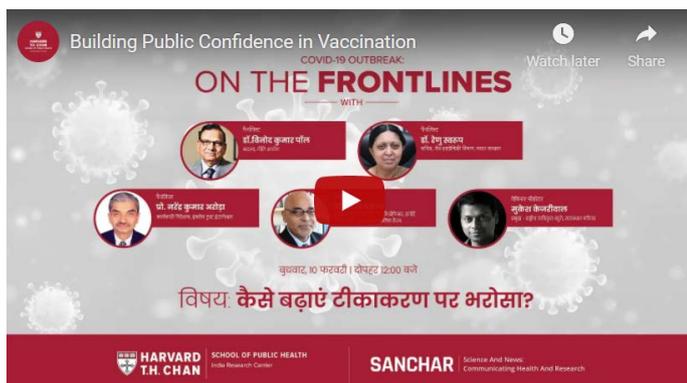
<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/#COVIDFreeIndia>

Hear from Experts

Misinformation around COVID-19 Vaccines

This video features Dr. K. Viswanath, Lee Kum Kee Professor of Health Communication, Harvard T.H. Chan School of Public Health, speaking about what stakeholders, such as scientists, journalists, health care workers, and the private sector, can do to combat misinformation around COVID-19 vaccines. The video is subtitled in Hindi. This is an expert interview from February 2021, conducted by Mr. Mukesh Kejariwal, Head, National Integrated Bureau, *Rajasthan Patrika*.

Building Public Confidence in Vaccination (कैसे बढ़ाएं टीकाकरण पर भरोसा?)



This webinar features a panel with Dr. Renu Swarup, Secretary, Department of Biotechnology, Govt. of India; Dr. Vinod Kumar Paul, Member - NITI Aayog; Dr. N.K. Arora, Executive Director, INCLIN Trust International; and Dr. K. Viswanath, Lee Kum Kee Professor of Health Communication, Harvard T.H. Chan School of Public Health. The panelists discuss India’s vaccination drive and strategies to enhance public trust in vaccination. This was a bilingual webinar, with panelists conversing in both English and Hindi. The webinar was moderated by Mr. Mukesh Kejariwal, Head, National Integrated Bureau, *Rajasthan Patrika* and was conducted in February 2021.

Development of COVID-19 Vaccines and the Myths related to COVID-19 Vaccines



This video features Dr. N.K. Arora, Executive Director, INCLIN Trust International, and Chair, COVID-19 Subcommittee of National Technical Advisory Group for Immunization (NTAGI), Government of India, discussing the development and regulatory process of COVID-19 vaccines in India, herd immunity, side effects of COVID-19 vaccines, and learnings from India's experience with vaccination programs. This expert interview was conducted in Hindi by Mr. Mukesh Kejariwal, Head, National Integrated Bureau, *Rajasthan Patrika* in February 2021.

COVID-19 Vaccine Rollout: Lessons from Around the World



This webinar features panelists Dr. Barry Bloom, the Joan L. and Julius H. Jacobson Research Professor of Public Health, and Former Dean, Harvard T.H. Chan School of Public Health; Dr. Swati Piramal, Vice Chairperson, Piramal Group; and Mr. Luigi D'Aquino, Chief of Health, UNICEF India. Dr. K. Viswanath, Lee Kum Kee Professor of Health Communication, Harvard T.H. Chan School of Public Health, moderated the discussion on challenges and opportunities arising from the global COVID-19 vaccine drive. This webinar was conducted in English in March 2021.

For more information and similar webinars, please refer to [Project SANCHAR’s Dashboard](#), or [Harvard T.H. Chan India Research Center’s Dashboard](#)

Section 3:

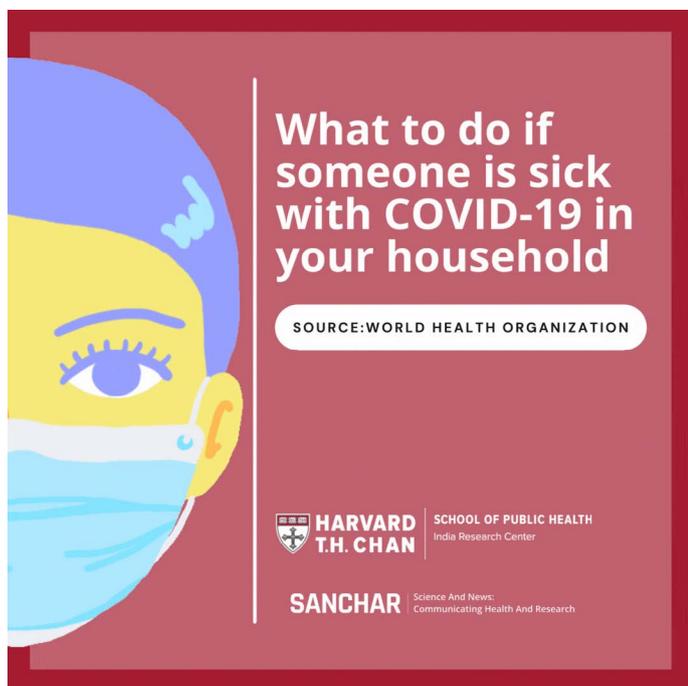
Home-based Management

This section includes shareable infographics on managing COVID-19 at home, from patient and caregiver perspectives, as well as expert advice from a webinar titled [“Evidence-based Management & Science Communication for COVID-19”](#).



Resources for social media

Tips for Managing COVID-19 at home.

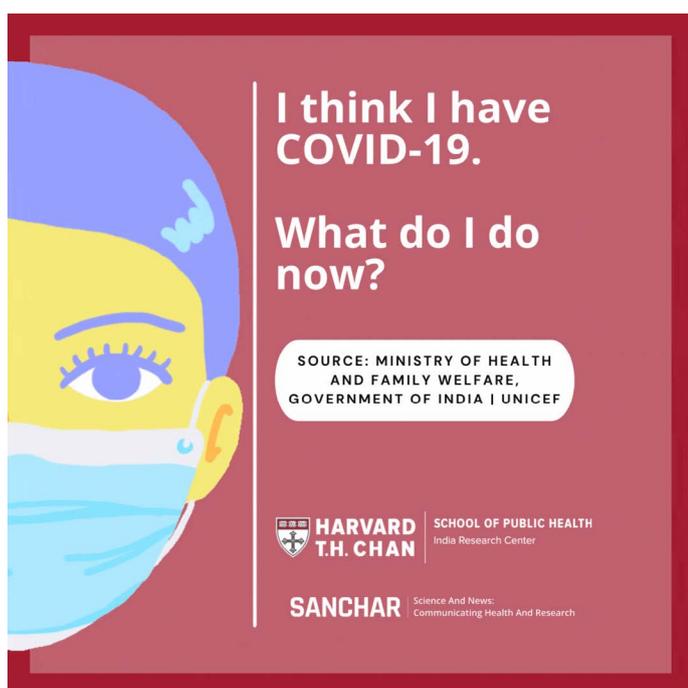


Click to play

Use these tips to keep yourself and your family safe if someone in your household is sick with COVID-19.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/> or <https://projectsanchar.org/>

#COVIDFreeIndia



Click to play

If you think you have COVID-19, follow these simple safety tips to stop the spread and keep others safe.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/> or <https://projectsanchar.org/>

#COVIDFreeIndia



Hear from Experts

Evidence-based Management & Science Communication for COVID-19

The graphic is a promotional poster for a webinar. At the top, it features the logos for the Harvard Club of India and the Harvard T.H. Chan School of Public Health - India Research Center. Below the logos, the text reads: "HARVARD CLUB OF INDIA AND HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH - INDIA RESEARCH CENTER INVITE YOU TO A WEBINAR ON". The main title of the webinar is "EVIDENCE-BASED MANAGEMENT & SCIENCE COMMUNICATION FOR COVID-19". In the center, there is a large red play button icon. Below the play button, two names are listed: "DR. CS PRAMESH, DIRECTOR, TATA MEMORIAL HOSPITAL" and "DR. K. VISWANATH, PROFESSOR OF HEALTH COMMUNICATION, HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH". At the bottom, the date and time are given as "FRIDAY, 7TH MAY 6:30 PM IST/9:00 AM EST" and the series is identified as "INDIA MATTERS WEBINAR SERIES".

This webinar, hosted by the Harvard Club of India, was part of a series called “India Matters,” featuring Dr. C.S. Pramesh, Director of Tata Memorial Hospital, and Dr. K. Viswanath, Professor of Health Communication at Harvard T.H. Chan School of Public Health. The webinar was opened by Mr. Sanjay Kumar, President of the Harvard Club of India. During the interactive discussion, moderated by Dr. Ananya Awasthi, Secretary, Harvard Club of India, the experts addressed the deluge of misinformation and disinformation on social media relating to the ongoing pandemic and discussed strategies to translate the latest evidence base on the clinical management of COVID-19. Dr. Sonali Vaid, Director, Include Labs, facilitated the Live Q & A, and the webinar was concluded by Dr. Abha Mehndiratta, Vice President, Harvard Club of India. This webinar took place on May 7, 2021.

For more information and similar webinars, please refer to [Project SANCHAR’s Dashboard](#), or [Harvard T.H. Chan India Research Center’s Dashboard](#)

Section 4:

Mental Health and Wellbeing

This section includes shareable infographics on maintaining health and wellbeing during the COVID-19 pandemic, mental health tips for caregivers, and providing mental health support to children through mindful parenting. This section also presents expert advice on strategies for young people coping with their mental health during the pandemic, and discussions on the impact of COVID-19 on children's wellbeing.



Resources for social media

Tips for mental, physical, and social wellbeing

The #COVID19 pandemic & the 2nd wave in India have taken an emotional, mental, and physical toll on us all. See the list of tips to help you promote your mental, physical, and social wellbeing.

Tips for mental #wellbeing include:

- Practicing mindfulness
- Breathing exercises
- Meditation
- Limiting news consumption
- Mindful use of social media

Read about more tips here: <https://www.hsph.harvard.edu/india-center/mental-well-being/#COVIDFreeIndia>

Along with mental wellbeing, physical health and wellbeing are equally important to maintain overall #health. Tips for physical #wellbeing include:

- Setting a routine
- Exercising
- Healthy eating & sleeping habits

Read more here: <https://www.hsph.harvard.edu/india-center/physical-well-being/#COVIDFreeIndia>

TIPS TO MANAGE YOUR CORONA STRESS AND PROMOTE MENTAL HEALTH AND WELL-BEING

- Practice Mindfulness**
To practice mindfulness, bring all your attention to the "now" and "present." Be aware of each passing thought or feeling without judgement. Evidence shows that practicing mindfulness can significantly increase our capacity to cope with traumatic events, improve control over our emotional states and reduce anxiety and stress related symptoms.
- Learn Breathing Exercises**
Whenever in stress, take a long and deep breath! "An important pathway for mindful breathing is "decentering;" learning where we learn to view negative thoughts in our mind without judging thus de-linking self with depressive emotions.
- Try Meditation**
Meditation is simple, free, and only takes a few minutes! It can promote relaxation, decrease negative emotions, build skills to manage stress, and increase tolerance.
- Limit News Consumption to Trusted Sources**
It is important to obtain accurate and timely public health information regarding COVID-19 from such trusted sources as the CDC, WHO and the Ministry of Health. Balance the time spent on news with other activities such as reading, listening to music, talking to others or some other activity.
- Mindful Use of Social Media**
Think twice before posting or sharing on social media. Ask yourself if the content is truthful, helpful, inspiring, necessary or kind?
- Be Generous and Kind to Others**
While it is important to stock up on food and other essentials, please think of others too who may need these items. Generosity can help us develop a sense of community and ensure that everyone has equal access to resources.
- Practice Empathy and Don't Stigmatize**
Viruses don't discriminate and neither should we! Stigma can have negative consequences on the mental health of the affected individuals and also discourage stigmatized individuals from reporting or testing for the disease.

TIPS TO PROMOTE YOUR PHYSICAL HEALTH AND WELL-BEING DURING THE TIMES OF COVID 19

- Set a Routine**
Even though there are disruptions in our work life and most of us are working from home, it is important to set and stick to routines. Routines decrease stress and improve mental health.
- Maintain Regular Meal Patterns**
Eating a healthy diet is important. Drink water instead of sugary beverages, reduce sodium or salt in your diet, cook food with less oil or butter or ghee, choose leaner cuts of meat with less fat, eat more seafood and eat lots of fruits and vegetables.
- Get Enough Sleep**
Be sure to stick to your regular sleep pattern and get enough sleep. Getting a full night of sleep (7-9 hours for adults) can improve learning, memory, mood, and heart health, as well as keep your immune system strong.
- Exercise/Yoga**
It is important to stay active, even if you are currently staying home. Exercise and Yoga can significantly improve both your physical and mental health!
- Maximize Productivity while Working from Home**
 - Set up a workstation in your house.
 - Move around.
 - Schedule time outside of work.
- Try a New Hobby**
Take your mind off your immediate problems and try something new! Cook a new, healthy recipe or try a new art project.



TIPS TO PROMOTE SOCIAL WELL-BEING DURING THE COVID 19 LOCKDOWN

- Be a Force of Positive Change**
Practice recommended measures and sanitary behaviors to control the spread of COVID-19. Report if you have symptoms, and/or isolate yourself or quarantine if you have a travel history.
- Volunteer**
In times of COVID-19 pandemic, volunteering to help others in greater need provides you a sense of purpose. You could make an online donation for COVID-19 relief or offer to work as a health volunteer.
- Stay Connected with Family and Friends**
When your face-to-face interactions are limited, you may use phone calls, text messages, video chat and social media to access social support networks. Remember to check in on grandparents, older friends, or people who live alone.
- Talking to children about the impact of COVID-19**
Provide children with accurate, age-appropriate information about COVID-19 — what it is, how it is spread, what to do in order to avoid infection with it and what to do if infected. But do not give unnecessary frightening information.
- Be kind to others and practice gratitude**
Acting with kindness helps you and others! Research has shown that acts of kindness towards others increases positive emotions and decreases negative emotions more than acts of kindness towards yourself.
- Reduce screen time**
Reduce the time you spend watching TV or other media. Walk around, talk to someone or read a book. Research has shown that spending time with screens such as watching TV can lead to obesity. Moreover, if you watch less TV, you will less likely be bombarded with news or programs that lead to anxiety and fear.
- Be a positive influence on social media**
Share websites and news articles from reputable sources, and do not share articles from questionable sources. If a friend shares something that you believe might be false, ask them for the source of the information.

Tips for social wellbeing include:

- Reduce screen time
- Stay virtually connected with friends & family
- Volunteer and help others, if you can
- Be kind

Read more tips that promote social wellbeing here: <https://www.hsph.harvard.edu/india-center/social-well-being/#COVIDFreeIndia>



Mental health tips for people at home with COVID-19

Mental health tips for people at home with COVID-19

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SANCHAR Science And News: Communicating Health And Research

Tips for managing mental health during COVID-19 isolation:

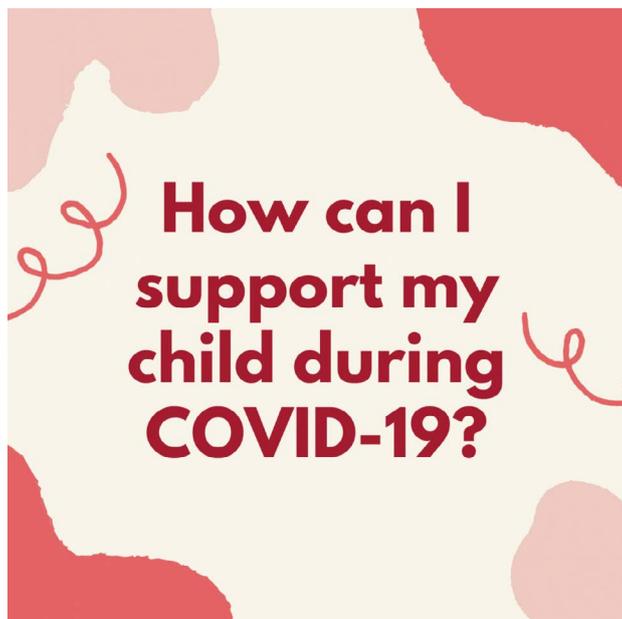
- Explain importance of home isolation
- Limit exposure to media
- Maintain a healthy lifestyle
- Seek support from friends and family

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



How can I support my child during COVID-19?



Tips to support children during #COVID:

- Spending time with your child
- Being responsive to their emotional needs
- Setting up a daily routine
- Maintaining a healthy diet
- Leading by example!

<https://projectsanchar.org/#COVIDFreeIndia>



Click to play

How do I talk to my child about COVID-19?

How do I talk to my child about COVID-19?

It is normal for your child to have questions and curiosity about COVID-19.



Listen closely to your child as they share their feelings and fears.



Comfort your child and share ways to stay safe: wearing a mask, staying 1-2 meters away from others, and washing hands.



Make sure that you have the latest information on COVID-19. Please visit our website for FAQs on COVID-19.

Talk to your children about #COVID:

- Attentively listen to your child
- Fact check & refer to accurate information
- Provide realistic assurance to your about #COVID

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>
<https://projectsanchar.org/#COVIDFreeIndia>



What should I do about my child's COVID-19 media exposure?

What should I do about my child's COVID-19 media exposure?



Limit how much they watch and read media and negative news, since this may increase their fears and worries.



Limit screen time. Spend time together doing activities like playing games, cooking, or gardening.

Follow these tips to manage your child's COVID-19 media exposure:

- Limit exposure to media & negative news
- Minimize screen time
- Spend time together
- Participate in indoor activities

<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/#COVIDFreeIndia>



Hear from Experts

Mental Health and COVID-19: Coping Strategies for Young People

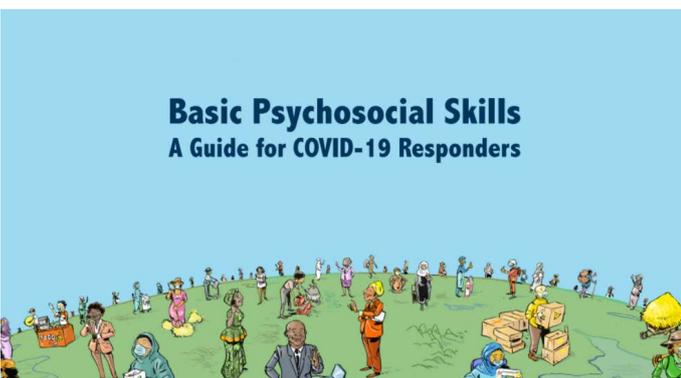


This webinar, co-hosted with the U.S. Consulate General, Mumbai, India, features Dr. Shekhar Saxena, Professor of the Practice of Global Mental Health, Harvard T.H. Chan School of Public Health; Dr. Elizabeth Levey, Instructor in Psychiatry, Harvard Medical School; Ms. Padmini Somani, Founder Director, Salaam Bombay Foundation; and Dr. Nimesh G. Desai, Director, Institute of Human Behaviour and Allied Sciences. The panelists discussed challenges and coping mechanisms, in the context of mental health during the COVID-19 pandemic, with a focus on younger populations. The webinar was conducted in English and was moderated by Ms. Divya Rajagopal, Senior Assistant Editor, *The Economic Times*. The webinar was held in July 2020.

For more information and similar webinars, please refer to [Project SANCHAR's Dashboard](#), or [Harvard T.H. Chan India Research Center's Dashboard](#)

Resources developed by Faculty at Harvard T.H. Chan School of Public Health

Basic Psychosocial Skills: A Guide for COVID-19 Responders



A resource by the Inter-Agency Standing Committee (Inter-Agency Standing Committee, 2020. *Basic Psychosocial Skills: A guide for COVID-19 responders*. Geneva: World Health Organization.).

Managing Bereavement around the Coronavirus (COVID-19)

Managing Bereavement around the Coronavirus (COVID-19)

As the full impact of the Coronavirus unfolds, some people in our community may be faced with the death of loved ones. Physical distancing and travel restrictions could mean that it will be difficult to gather as we traditionally would for funeral rites. For example, in other countries we have seen in some cases people have not been able to say goodbye to their loved ones if they were in isolation. There can be a wide range of thoughts, feelings and reactions to the loss of those we love. Some helpful information and resources are below:

Bereavement

Bereavement is the experience of losing a loved one.¹ The bereaved are commonly defined as close friends or family members, but loved ones can be any important person (or animal) in one's life. The loss of close relationships often affect people more strongly, and in different ways, than they expect. The importance of loved ones in our lives is one of the reasons that their death can have such a significant impact.

For further information on "Managing Bereavement around the Coronavirus (COVID-19)," access this [Handout](#) developed by Profs Christy Denckla, PhD; Karestan C. Koenen, PhD, Harvard T.H. Chan School of Public Health; & M. Katherine Shear, MD, Columbia University School of Social Work.

How can parents talk to children about COVID-19 and its impact? Managing family communications and supporting children in a time of uncertainty.

How can parents talk to children about COVID-19 and its impact? Managing family communications and supporting children in a time of uncertainty.*

Archana Basu, Ph.D.,
Department of Psychiatry, Massachusetts General Hospital
Department of Epidemiology, Harvard T.H. Chan School of Public Health

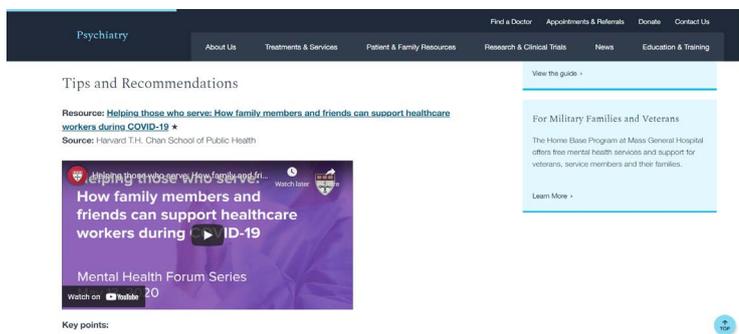
Age / Developmental Stage Based Descriptions

Infants and toddlers (<3 years) are unlikely to understand the implications of COVID-19. But they can understand when a caregiver is worried, sad, or upset. Children this age may not have words to describe their feelings but they may be more fussy than usual or show changes in their sleep or feeding patterns. Maintaining routines, and consistency in caregivers and environments is important because it provides a sense of security and safety. They may need more physical comforting and soothing than usual from their caregivers.

Preschoolers (3 - 5 years) may understand basic ideas about germs and being sick. Maintaining routines and minimizing exposure to adult sources of information (television, online information) is important. Encouraging normal play and reading with children this age can be helpful because preschoolers often use play to understand and organize their feelings. Offering brief explanations while focusing on prevention and practicing hygiene behaviors (e.g., counting or singing while hand

For further information on "How can parents talk to children about COVID-19 and its impact? Managing family communications and supporting children in a time of uncertainty," refer to this [Handout](#) developed by Dr. Archana Basu, Ph.D., Department of Psychiatry, Massachusetts General Hospital; Department of Epidemiology, Harvard T.H. Chan School of Public Health.

MGH Psychiatry Online Guide to Mental Health Resources



For further information on tips & recommendations to protect the mental health of Health Care Providers, refer to [MGH Psychiatry Online Guide to Mental Health Resources](#), developed by the Department of Psychiatry, Massachusetts General Hospital.

Section 5:

Ventilation and Healthy Buildings

This section includes shareable infographics on the importance of ventilation and healthy buildings, with advice from [Dr. Joseph G. Allen](#), Associate Professor of Exposure Assessment, Harvard T.H. Chan School of Public Health.



Resources for social media

India S.M.A.R.T



Be SMART and protect yourself and others around you.

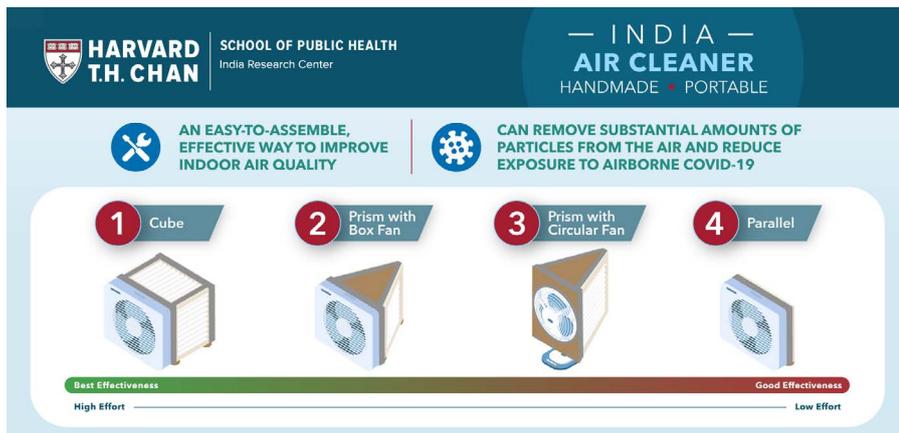
- Stay Distanced.
- Mask up.
- Air cleaner.
- Refresh indoor air.
- Time outdoors.

IndiaSMART is India Protected.

#HealthyBuildings
 #COVIDFreeIndia
<https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>



Types of handmade and portable air cleaners you can make



Filters can remove substantial amounts of particles from the air and reduce exposure to airborne COVID-19. You can make one for your room and protect yourself and your household members.

#COVIDFreeIndia
 #HealthyBuildings



How to make a circular fan air cleaner



Reduce your indoor exposure to COVID-19. Learn how to make a portable do-it-yourself prism air cleaner with a circular fan to remove contaminants such as viruses from the air.

#COVIDFreeIndia
 #HealthyBuildings



Section 6:

Guide for Women and Children

This section includes shareable infographics on breastfeeding guidelines for mothers with COVID-19 and expert advice on the impact of the COVID-19 outbreak on children's wellbeing.



Resources for social media

Can COVID-19 positive mothers breastfeed their children?

Breastfeed safely with COVID-19

Practise the 3W's



- A mother with COVID-19 can still:
- Breastfeed safely
 - Hold her newborn skin to skin
 - Share a room with her baby

- 1. Wear a mask**
- 2. Wash hands with soap before and after touching the baby**
- 3. Wipe and clean surfaces regularly**

Breastfeeding your child is important. Check out the infographic below on how to safely breastfeed your child even when you have COVID-19.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



Importance of continued breastfeeding for COVID-19 positive mothers

Protect your baby with breastfeeding

Mothers produce antibodies in their milk that will protect the baby and help the baby's own immune response. This is true whether a mother got COVID-19 before or after delivery.



If you are a mother with COVID-19:

- Wear a mask while breastfeeding
- Wash your hands with soap and water before breastfeeding

Continued breastfeeding for COVID-19 positive mothers is important and recommended. Check out how breastfeeding can keep your baby safe from COVID-19.

For more information, check: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



A tip to help mothers breastfeed if their baby is too sick

Get immediate medical help if your baby is too sick to breastfeed



If a baby is too sick to breastfeed, the mother should express breastmilk and feed the baby with a cup and spoon

Here is a tip in the event the baby is too sick to be breastfed. If this is the case, seek medical advice.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



Does COVID-19 vaccine cause infertility?

Does the COVID-19 vaccine cause infertility?



There is **no** scientific evidence to suggest that COVID-19 vaccines could cause infertility (being unable to have children) in women or in men.

COVID-19 is not known to cause infertility either

Get a COVID-19 vaccine as soon as you can- it's safe and effective!



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Science And News:
Communicating Health And Research

COVID-19 vaccines have been thoroughly tested and are safe and effective. Infertility is not a known side effect of the vaccines.

For more information, check out: <https://www.hsph.harvard.edu/india-center/covid-19-dashboard/>

#COVIDFreeIndia



Hear from experts

Impact of the COVID19 outbreak on the Health and Well being of Children



This webinar, co-hosted with the National Commission for the Protection of Child Rights (NCPCR), features Dr. Karestan C. Koenen, Professor of Psychiatric Epidemiology, Department of Epidemiology, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health; Dr. Archana Basu, Clinical Psychologist, Massachusetts General Hospital, and Research Scientist, Harvard T. H. Chan School of Public Health; and Dr. Shekhar Seshadri, Department of Child and Adolescent Psychiatry and Associate Dean of Behavioural Sciences, National Institute of Mental Health and Neuro Sciences (NIMHANS). The panelists discussed COVID-19 and its adverse impact on child health, as well as strategies to address the challenges children have faced during the pandemic. This webinar was conducted in English and moderated by Dr. Ananya Awasthi in May 2020.

How to communication about COVID-19 to children and young adults



HEAR FROM PUBLIC HEALTH EXPERTS

How to communicate about COVID to children and young adults?

Excerpt from webinar dated: May 18, 2020



Dr. Archana Basu

CLINICAL PSYCHOLOGIST &
RESEARCH SCIENTIST - EPIDEMIOLOGY
HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH

Dr. Archana Basu, Clinical Psychologist, Massachusetts General Hospital, and Research Scientist, Harvard T. H. Chan School of Public Health shares tips on how to communicate about COVID-19 to children and young adults. This video is an excerpt from a webinar held on May 18, 2020.

For more information and similar webinars, please refer to [Project SANCHAR's Dashboard](#), or [Harvard T.H. Chan India Research Center's Dashboard](#)

Section 7:

Frequently Asked Questions and Myth-busters

This section presents frequently asked questions (FAQs) and myth-busters pertaining to COVID-19 prevention and control, COVID-19 vaccines, and information for mothers and children.



Frequently Asked Questions (FAQs)

▶ **Getting a vaccine - Eligibility, vaccine timing, and doses**

Who is eligible for the COVID-19 vaccine?

If I have already had COVID-19 and recovered, do I still need to get the COVID-19 vaccine?

If I currently have COVID-19, should I get the vaccine now?

What if I get COVID-19 in between 2 vaccine doses?

Why do I need to get two doses of the vaccine?

What is the right timing between COVID-19 vaccine doses?

Do I need to get the same vaccine for the first and second dose of my COVID-19 vaccine?

▶ **Getting a vaccine - During and after your appointment**

How can I stay safe from COVID-19 at vaccination centers?

Do I need to wear a mask and avoid close contact with others if I have received two doses of the vaccine?

Are there side effects to receiving the vaccine?

Do fully vaccinated people in India need to continue wearing masks in social settings?

▶ **Vaccine Safety**

Can I get COVID-19 from the vaccine?

How do we know the vaccine is safe?

Is it safe for me to get the vaccine if I am pregnant or breastfeeding?

What are the contraindications or reasons someone should not get the COVID-19 vaccine?

Can COVID-19 vaccine cause infertility in men or women?

Does Covishield (Oxford/AstraZeneca) vaccine cause blood clots?

▶ **Vaccine Basics - Vaccine development and how they work**

What are the ingredients in vaccines?

Why was the COVID-19 vaccine developed so much faster than other vaccines?

How are vaccines tested?

How does the COVID-19 vaccine work?

▶ **How to Protect Myself and My Family**

What steps can my family take to reduce our risk of getting COVID-19?

Should I use a facemask or face cover to prevent COVID-19?

What does it mean to practice 'social distancing'?

How should I clean and disinfect my home in order to protect myself and my family from COVID-19?

How important is good ventilation to prevent COVID-19 infection?

If I have visitors, how can I reduce the risk of spreading COVID-19?

▶ **Symptoms, Testing and Treatment**

What are the symptoms of COVID-19?

Are the symptoms of COVID-19 different in children than adults?

Who needs to be tested for COVID-19?

Which COVID-19 tests are approved in India?

What should I do if I think I am sick?

What should I do if someone in my household has COVID-19?

When should people with COVID-19 stop home isolation?

▶ **Higher Risk**

Who is at risk for serious complications from COVID-19?

Are people with disabilities at higher risk for COVID-19 infection or severe illness?

What resources are available to me if I am struggling with issues related to sexual or domestic violence during this time?

▶ **How COVID-19 Spreads**

How does COVID-19 spread?

Can COVID-19 be caught from a person who has no symptoms?

Can someone who has been quarantined for COVID-19 spread the illness to others?

▶ **Mental Health and Wellbeing**

How do I maintain mental health and wellbeing during COVID-19?

How do I manage mental health during COVID-19 isolation?

How do I maintain the mental health and wellbeing of children during the COVID-19 crisis?

- o How can I talk to my child about COVID-19?

- o How can I support my child during COVID-19?
- o How Should I Manage my Child's COVID-19 Media Exposure?
- o When should I seek help?

For more information and similar frequently asked questions, please refer to our English and Hindi COVID-19 dashboards at:

Harvard T.H. Chan School of Public Health – India Research Center

[Dashboard in English](#)

[Dashboard in Hindi](#)

Project SANCHAR

[Dashboard in English](#)

[Dashboard in Hindi](#)

Myth-busters

▶ COVID-19 Prevention and Control

This section presents myth-busters to address common concerns around COVID-19 in India and to reduce the spread of misinformation and disinformation.

It is **NOT** true that antibiotics can prevent or treat COVID-19.

It is **NOT** true that eating garlic (and other foods commonly used as home remedies for the flu and common cold) can help prevent infection with COVID-19.

COVID-19 **CAN** be transmitted in areas with hot and humid climates.

Drinking warm water and getting enough sunlight are **NOT** primary ways to protect against COVID-19.

It is **NOT** true that radiation from 5G lowers our immune system, making us more susceptible to the COVID-19 virus.

COVID-19 affects people of **ALL** ages.

▶ **COVID-19 Vaccines**

COVID-19 vaccines are a critical tool that will help slow the spread of the coronavirus, prevent infection, and ultimately build herd immunity to the disease. Vaccine manufacturers, governments, regulators, and health care workers across the world are speeding up the development and deployment of new vaccines and medicines, after ensuring their safety and effectiveness to reduce sickness and death from COVID-19.

Here are some facts debunking misinformation about COVID-19 vaccines in India:

It is **NOT** true that the COVID-19 vaccine contains any pig fat/pork gelatin.

It is **NOT** true that people could pick up animal traits from the COVID-19 vaccines.

It is **NOT** true that doctors give COVID-19 vaccine injections through male genitalia.

It is **NOT** true that the COVID-19 vaccine will cause infertility in women or men.

For more myth-busters, please refer to our English and Hindi resources at:

Harvard T.H. Chan School of Public Health – India Research Center

[Resources in English](#)

[Resources in Hindi](#)

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[Resources in English](#)

[Resources in Hindi](#)

Section 8:

Acknowledgements and References



Acknowledgements

We would like to thank the Viswanath Lab, the [Dana-Farber Cancer Institute](#), and the Health Communication Core at the [Dana-Farber/Harvard Cancer Center](#) for their support and guidance during the development of these resources.

We are drawing this information from the websites of a variety of trustworthy organizations (e.g. [World Health Organization \(WHO\)](#), the [United States Centers for Disease Control and Prevention \(CDC\)](#), the [Ministry of Health and Family Welfare, \(MoHFW\)](#) Government of India, [All India Institute of Medical Sciences \(AIIMS\)](#), and the [Indian Council of Medical Research \(ICMR\)](#) among others). Some of this language is used word for word, and other language is paraphrased. We would like to acknowledge the hard work of these organizations in compiling this information.

We are also grateful to the following faculty and their teams from the Harvard T.H. Chan School of Public Health and Massachusetts General Hospital*:

- Dr. Joseph G. Allen, Associate Professor of Exposure Assessment Science and Director, Harvard Healthy Buildings Program, and the Harvard Healthy Buildings Program team
- Dr. Karestan Koenen, Professor of Psychiatric Epidemiology, Department of Epidemiology, Harvard T.H. Chan School of Public Health
- Dr. Archana Basu, Clinical Psychologist, Massachusetts General Hospital, and Research Scientist, Harvard T.H. Chan School of Public Health
- Dr. Shekhar Saxena, Professor of the Practice of Global Mental Health, Department of Global Health and Population, Harvard T.H. Chan School of Public Health
- Dr. Barry Bloom, Joan L. and Julius H. Jacobson Research Professor of Public Health, and Former Dean, Harvard T.H. Chan School of Public Health
- Dr. Elizabeth Levey, Instructor in Psychiatry, Harvard Medical School

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*The faculty do not bear responsibility for any possible errors in the Guide.

Section 9: Contributors

Harvard T.H. Chan School of Public Health - India Research Center

Project SANCHAR



Led by

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About the Harvard T.H. Chan School of Public Health - India Research Center

The Harvard T.H. Chan School of Public Health - India Research Center is the first global Center of the Harvard T. H. Chan School of Public Health. Established in 2015, the Center has three strategic goals of research, teaching, and translation of evidence into policies and programs. The Center provides a platform to facilitate faculty exchange and partnership between public health researchers and Harvard Chan faculty. The Center is led by Prof. K. Viswanath, Lee Kum Kee Professor of Health Communication at the Harvard T. H. Chan School of Public Health.

About Project SANCHAR

Project SANCHAR, or Science and News: Communicating Health And Research, is aimed at building the capacity of journalists to draw on the latest science and data for shaping public knowledge, attitudes and policy on health.

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