

Advisory on use of Homemade Protective Cover for Face & Mouth

1. We are aware that social distancing and personal hygiene are keys to prevent COVID 19 infections. Certain countries have claimed benefits of homemade face cover for the general public. Such homemade face cover is a good method for maintaining personal hygiene. Such usage certainly will help in maintaining overall hygienic health conditions.
2. Therefore, it is suggested that such people who are not suffering from medical conditions or having breathing difficulties may use the handmade reusable face cover, particularly when they step out of their house. This will help in protecting the community at large.
3. This face cover is not recommended for either health workers or those working with or in contact with COVID 19 patients or are patients themselves as these categories of people are required to wear specified protective gear.
4. It is advised that two sets of such face covers be made so that one can be washed while the other is used. Hand washing would still remain essential criteria and hand should be washed before wearing the face cover. Such face covers should also not be thrown anywhere but kept safely, washed properly with soap and hot water and dried properly before they are used.
5. These face covers could be made out of clean cloth available at home, which needs to be thoroughly cleaned and washed before a face cover is stitched/made. The face cover should be prepared in such a manner that it can cover the mouth and nose completely and can be tied over the face easily.

6. There must not be a sharing of face covers and a face cover must be used by only one individual. So, in a family of several members, each member should have a separate face cover.

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Issued **by** the Office of the Principal
Scientific Advisor to the Government
of India_ April 3, 2020

Annexure

Illustration by MoHFW



Face Covers for Curbing the Spread of SARS-CoV-2 Coronavirus

Manual on Homemade Protective Cover
for Face and Mouth.

Proposed guide is meant to provide a simple outline of best practices to make, use and reuse face covers to enable NGOs and individuals to make face protection themselves.

The key criteria for proposed designs are Ease of Access to Materials, Ease of Making at Home, Ease of Use and Reuse.

The homemade face cover should be prepared in such a manner that it can cover the mouth and nose completely and can be tied over the face easily.



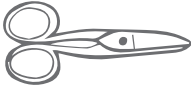
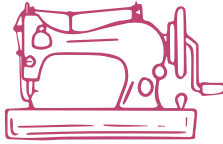
This face cover is not recommended for either health workers or those working with or in contact with COVID 19 patients or are patients themselves as these categories of people are required to wear specified protective gear.

Wearing of face covers is especially recommended for people living in densely populated areas across India.

You can easily make a face cover at home to protect yourself.

Option 1. Make a Face Cover using a Sewing Machine*

Things you will need:

- | | | |
|---|--|--|
| <p>1. </p> <p>100% cotton material</p> | <p>Any used cotton cloth can be used to make this face cover. The colour of the fabric does NOT matter but you must ensure that you wash the fabric well in boiling water for 5 minutes and dry it well before making the face cover. Adding salt to this water is recommended.</p> | |
| <p>2. </p> <p>Four pieces of cloth strips</p> | <p>3. </p> <p>Scissors</p> | <p>4. </p> <p>Sewing Machine</p> |

Begin with

1.a Cutting Fabric – Cut cloth for the face cover at the following sizes as required:

- Adult: 9 inch x 7 inch
- Child: 7 inch x 5 inch

For Adult Size
Face Cover



1.b Cutting Strips– Cut 4 strips for tying and piping from cloth: **Two pieces at 1.5”x 5” and Two pieces at 1.5”x 40”**



Illustration by MoHFW

*You can also make this face cover without a sewing machine



Inch(“)=2.5cms

Process demonstrated below is for Adult Size Face Cover



Take the cut fabric, attach the 1.5x5" strip to be used as piping to the fabric on one end as shown.



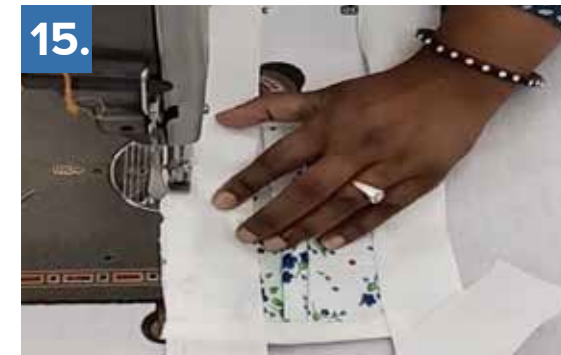
Create three downward facing pleats of approximately 1.5" each folding cloth as shown.



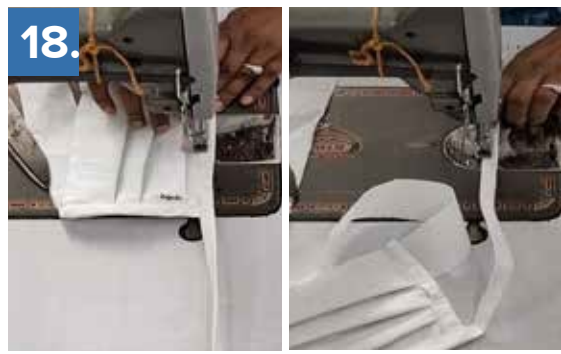
Turn the pleated cloth to the other side and repeat steps for pleating on this side as shown above. Once the pleats have been made, the height of the pleated cloth will be reduced from 9" to 5".



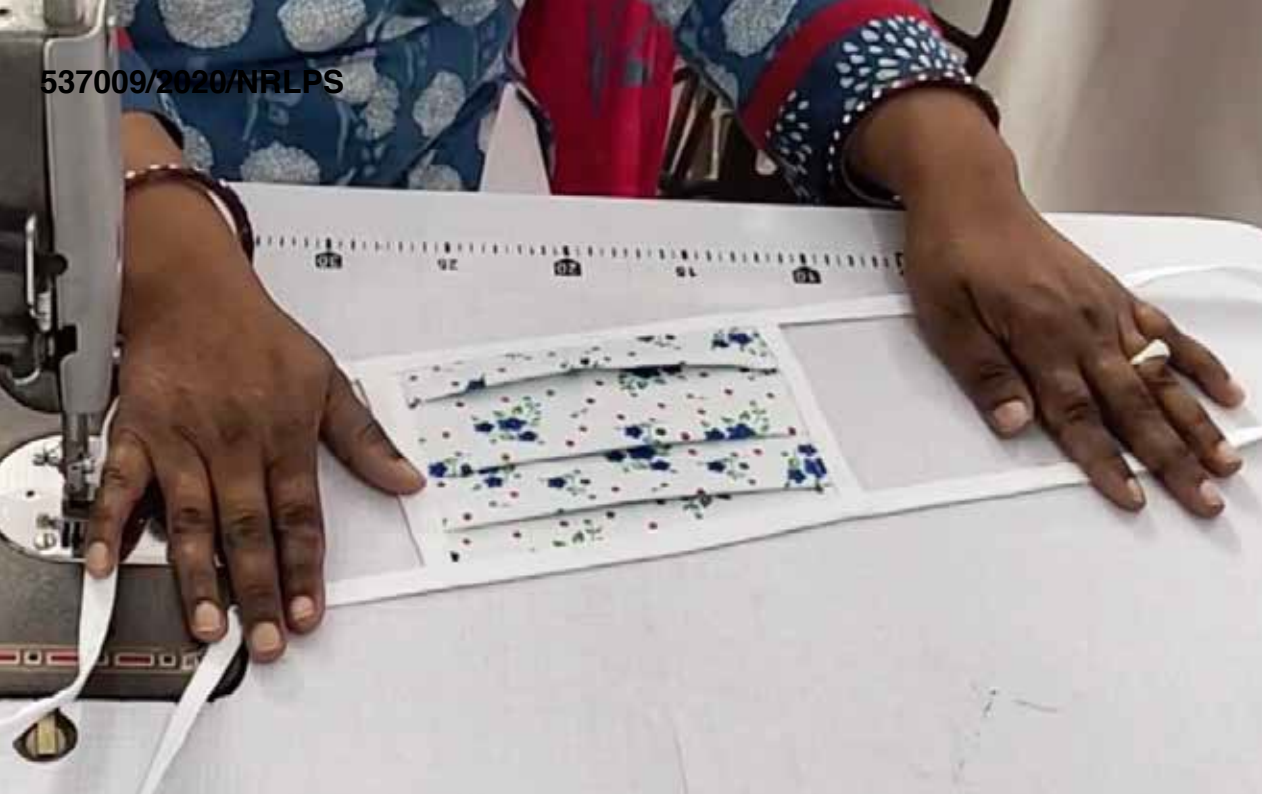
10. Secure the pleats with piping on both sides as shown above. *Take extra care to keep all pleats facing downward as shown.*




13. Now begin attaching the long 40" strips used for tying the face cover to the top and bottom as shown.




14. Once again fold both these strips three times and stitch as shown above.



 **Your face cover is now ready**

 **Ensure that the face cover fits around your mouth and nose** and there is no gap between it and your face. When wearing the face cover, the side facing you should show the pleats as facing downwards.

 **You must never reverse the face cover for reuse. Always thoroughly wash it after every use** following process shown further.

This face cover is currently being used by community health workers of organizations in South Rajasthan including, Amrit Clinic, Arth Hospital, and Shreyas Hospital. Images and process courtesy: Jatan Sansthan, Udaipur

Make sure the face cover fits your face well and there are no gaps on the sides...



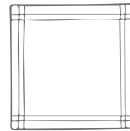
Remember to still maintain up to 2 meter distance from others at all times, wash your hands thoroughly when back home and do not touch your face or eyes!

Demonstrated by Dr. Gargi Goel, Pediatrician, Rajasthan

Option 2: Making a Face Cover at Home Without a Sewing Machine

Things you will need:

1.



100% Cotton material or a Men's cotton handkerchief

2.



Two rubber bands

Step 1



Fold the handkerchief from one side to little above the middle of the cloth

Step 2



Now fold over the other edge to go above the first fold

Step 3



Fold this again evenly from the middle as shown

Step 4

Take a rubber band and tie it on left side of the cloth as shown

Step 5

Now tie the other side with another rubber band
Ensure that the area in the middle of the two rubber bands is big enough to cover your mouth and nose

Step 6

Take one edge of the cloth on the side of the rubber band and fold over it. Do this for both sides

Step 7

Now take one fold and insert in to the other fold



1. Your face cover is now ready



2. Please ensure that the face cover fits around your mouth and nose comfortably but that there is no gap left between the face cover and the mouth.



3. To wear this face cover just wrap each rubber band around your ears



4. You must follow all precautions and instructions outlined above when using the face cover

IMPORTANT PRECAUTIONS:**Before using the handmade face cover remember:**

1. Thoroughly wash and clean the face cover (as shown in next page) before wearing it.
2. Wash your hands thoroughly before wearing the face cover.
3. As soon as the face cover becomes damp or humid, switch to another face cover and clean the used face cover.
4. Never reuse a face cover after single use without cleaning it.
5. Never share the face cover with anyone. Every member in a family should have separate face cover.

**When removing the face cover:**

- **Do not touch the front or any other surface of the face cover**, remove it only with strings behind
- **For string face cover, always untie the string** below and then the string above
- **After removal, immediately clean your hands** with 65% alcohol-based hand sanitizer or with soap and water for 40 seconds
- **Drop it directly into a soap solution or boiling water** to which salt has been added

How to Clean and Sanitize your Homemade Face Cover Everyday

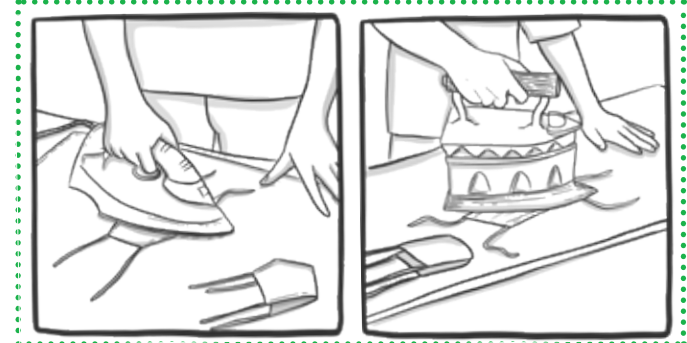
1. Thoroughly wash the face cover in soap and warm water and leave it to dry in hot sun for at least 5 hours.

If you do not have access to the sun, follow Option 2:

2. Place the face cover in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is recommended. **In the absence of a pressure cooker, you may boil the cloth face cover in hot water for 15 minutes.**

If you do not have access to a pressure cooker/boiling water, follow Option 3:

3. Wash and clean with soap and apply heat on the face cover for up to five minutes. (You may use an iron).



How to Store your Clean Face Cover

It is recommended that you make two face covers so you can wear one, while the other is washed and dried



1. *Take any plastic bag at home*



2. *Clean it thoroughly with soap and water*



3. *Let it dry well on both sides*



4. *Keep your extra clean face cover in this clean bag*



5. *Keep it sealed well*



6. *Now you can rotate your face covers for daily use*

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Homemade reusable face covers only reduce the chances of inhaling droplets still in the air from an infected person, they do not give full protection. Homemade reusable face covers must be washed and cleaned each day, as instructed. Reuse without washing should **NEVER** be done. **Never share your face cover with anyone. Social distancing must still be maintained.**

**Remember to wash your hands frequently
with soap for 20 seconds.**

Images from public sources



Wearing of face covers is particularly useful in crowded areas.

Design by Vertiver



- ▶ **Do not Spit or shout** in public places to avoid the spread of droplets.
- ▶ **Do not touch your eyes, nose and mouth** with unclean hands.
- ▶ Ensure that the surfaces and objects are regularly cleaned.

2. What to do if you are having symptoms or have travelled to other countries or states in past two weeks?

- Symptoms of COVID 19 and seasonal respiratory illness (common cold/flu) are similar. All people with these symptoms may not have COVID 19.
- Following persons should be quarantined for 14 days at home as a precaution:
 - ▶ People who have travelled to COVID 19 affected countries/areas in past 14 days
 - ▶ Those who have come in close contact with a suspected/confirmed COVID 19 patient
 - ▶ Those who develop symptoms
- These persons should inform you. If symptoms become severe then the person should visit a health facility after speaking with you.



For any COVID 19 related queries, call your State Helpline/Ministry of Health & Family Welfare's 24X7 helpline at **1075** or **011-23978046**.

Your role in early detection and referral



- ▶ As a community worker you may be asked to prepare a line list of all people who have travelled to other countries or other states inside India in last 14 days:
 - ◆ Share their names with your Medical Officer at PHC but not with others
 - ◆ Teach them Home Quarantine for next 14 days
 - ◆ Tell them to monitor themselves for symptoms of COVID-19
 - ◆ Tell them to inform you if symptoms develop and call the COVID 19 Helpline



- ▶ **Instructions for the person being Home Quarantined**
 - ◆ Stay in a separate room at home, if possible with an attached/separate toilet. Try to maintain a distance of at least 1 meter from others
 - ◆ Wear a mask at all times. If masks are not available, take a clean cotton cloth, fold it into a double layer and tie it on your face to cover your nose and mouth
 - ◆ Use separate dishes, towels, bedding etc. which should be cleaned separately
 - ◆ The surfaces such as floor, table tops, chairs, door handles etc. should be cleaned at least once a day
 - ◆ Make sure that only one assigned family member is the caretaker



- ▶ **Instructions for the caretaker of the Home Quarantined person:**
 - ◆ Keep a distance of one metre when entering the room
 - ◆ Wear a mask or cover your face with double layered cotton cloth
 - ◆ Wash your hands after coming out of the room
- ▶ **How to use masks (or cloth covering the nose and mouth)**
 - ◆ Wash your hands before putting on the mask
 - ◆ Make sure that it covers both mouth and nose and is not loose.
 - ◆ Do not touch the mask from the front, touch only from the sides.
 - ◆ Make sure to wash your hands after changing the mask
 - ◆ Change the mask every 6-8 hours or when it becomes moist
 - ◆ If using disposable masks, have a dustbin with cover and a plastic bag lining to throw the masks in.
 - ◆ If using cloth masks, wash them at least daily

How to take care of yourself and carry on with your duties as a frontline worker?

- ▶ **Take all preventive measures** that you are talking about in the community such as keeping safe distance, washing hands frequently including before and after home visits. Carry your own soap if necessary
- ▶ If you are visiting or **accompanying a suspected case** to any health facility, make sure to cover both your mouth and nose with folded cloth or mask.
- ▶ If you are conducting community meetings or supporting outreach sessions the **groups should not be larger than 10-12 people.**
- ▶ Maintaining safe distances for those living in crowded areas or the homeless is going to be difficult. Even then you should inform them about preventive measures and support them as required.
- ▶ **Self-monitor** for signs of illness and report to the Medical Officer, immediately if any symptoms develop.
- ▶ **Ensure that you continue to undertake tasks** related to care of pregnant women, newborns and sick children, Post Natal Care, Breastfeeding and Nutritional Counselling, TB and NCD patient follow up while taking preventive measures.
- ▶ Remember older people are at higher risk, so take **special care to visit homes of elderly people.**
- ▶ **Continue to pay special attention to the marginalized,** as is your routine practice.
- ▶ Also as the people's trusted health worker, try to **reassure them** that while those with symptoms and high risk need close attention, for others, prevention measures will decrease the risk of getting the disease.

Myths vs. reality for COVID-19

As COVID-19 is a new condition, there are many common myths.

Myths	Facts
1. The corona virus can be transmitted through mosquitoes.	The corona virus CANNOT be transmitted through mosquito bites.
2. Everyone should wear a mask.	People who should wear a mask are: <ul style="list-style-type: none">▶ Those having symptom of fever, cough etc.▶ Healthcare workers in facilities caring for ill people▶ The assigned care taker of a home quarantined person▶ Even those wearing masks should wash their hands frequently
3. Only people with symptoms of COVID-19 can spread the disease.	Even people with the COVID-19 infection but no symptoms can spread the disease.
4. Eating garlic and drinking alcohol can prevent COVID 19	Eating garlic and drinking alcohol DOES NOT prevent COVID 19



Ministry of Health & Family Welfare
Government of India





सत्यमेव जयते

MINISTRY OF AYUSH

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (Immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "*Dinacharya*" - daily regimes and "*Ritucharya*" - Seasonal regimes to maintain healthy life. It is a totally plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications –

RECOMMENDED MEASURES

I | General Measures



1. Drink warm water throughout the day.



2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)



3. Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) is recommended in cooking.

II | Ayurvedic Immunity Promoting Measures



1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.



2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.



3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

III | Simple Ayurvedic Procedures



1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.



2. Oil pulling therapy - Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

IV | During dry cough / sore throat



1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.



2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.



3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

* The above measures can be followed to the extent possible as per an individual's convenience.

These measures are recommended by following eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections.

- | | |
|---|--|
| 1. Padma Shri Vaidya P R Krishnakumar, Coimbatore | 9. Vaidya M S Baghel, Jaipur |
| 2. Padma Bhushan Vaidya Devendra Triguna, Delhi | 10. Vaidya R B Dwivedi, Hardoi UP |
| 3. Vaidya P M Varier, Kottakkal | 11. Vaidya K K Dwivedi, Varanasi |
| 4. Vaidya Jayant Devpujari, Nagpur | 12. Vaidya Rakesh Sharma, Chandigarh |
| 5. Vaidya Vinay Velankar, Thane | 13. Vaidya Abhichal Chattopadhyay, Kolkata |
| 6. Vaidya B S Prasad, Belgaum | 14. Vaidya Tanuja Nesari, Delhi |
| 7. Padma Shri Vaidya Gurdeep Singh, Jamnagar | 15. Vaidya Sanjeev Sharma, Jaipur |
| 8. Acharya Balkrishna ji, Haridwar | 16. Vaidya Anup Thakar, Jamnagar |

Disclaimer: The above advisory does not claim to be treatment for COVID 19.