

COVID-19 AT A GLANCE

Information as on 18, May 2021

SYMPTOMS

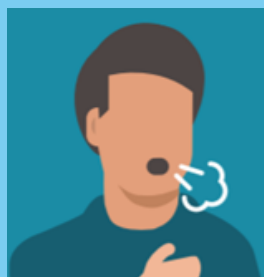
COVID-19 SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE AND INCLUDE:



Dry
Cough



Fever



Shortness of
breath



Fatigue
or Aches



Loss of smell
or Taste

TRANSMISSION

PERSON TO PERSON

1. Between people who are in close contact with one another (within about 6 ft.)
2. Through respiratory droplets produced when an infected person coughs or sneezes.

AIRBORNE

1. The virus can linger in the air for minutes to hours through small droplets & particles.
2. This may be able to infect people who are further than 6 ft. away from the infected person or even after the infected person has left the space

CONTAMINATED SURFACES

1. It can be left on surfaces and objects touched by an infected person.
2. If you touch something contaminated and then touch your face, you might fall ill.

WHO IS AT RISK?

1. COVID-19 can affect everyone. However, people over the age of 60 and people with existing medical conditions are at greater risk and should take additional precautions.
2. People who have come in contact with anyone who has tested positive or come into contact with large groups of people may also be at a high risk of exposure and should isolate themselves for 14 days, as far as possible.
3. Some people may have mild symptoms or even no symptoms at all, but they can still act as carriers and infect other people. Please take all recommended precautions regardless of age and medical condition.

THINGS TO KEEP IN MIND

1. Listen to advice only from trusted sources such as the government or UNHCR and its partners.
2. Please do not self-medicate or try alternative remedies without medical advice.
3. Spread awareness amongst your community, especially children.
4. Currently, vaccines are not available for everyone. If there is any change in these circumstances, UNHCR or its partner organisations will update you.



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HOW TO PROTECT YOURSELF & OTHERS

Precautions:

Good hygiene and simple precautions can minimise the spread



Wash your hands frequently with soap and water, or an alcohol-based hand sanitizer.

Cough or sneeze into a tissue or into your elbow, not your hands.



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

Clean and disinfect frequently touched surfaces and objects.



Practice social distancing – Avoid crowded places and minimise contact with people and groups.

Do not visit others or invite anyone to your home. Stay indoors unless absolutely necessary to step out.



Best Masking Practices



Always wear a mask in public. Your mask should cover your nose and mouth completely. Do not touch the outside of mask. If you do, wash your hands.

Double masking or using two masks can increase your protection against the virus. Always use the masks that offer a snug fit and use different kinds (cloth & surgical) for double masking.



If you are using an N95 mask, no doubling up needed.



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HOW TO MANAGE COVID-19

If you show any symptoms, please isolate immediately, seek medical assistance, and monitor your symptoms without waiting for test results.



SEEKING MEDICAL ASSISTANCE:

1. The Delhi Government Helpline Number **011-22307145; 1075**
2. The Central Ministry of Health and Family Welfare Helpline Number **011-23978046**.
3. Visit your nearest clinic or any nearby doctor.
4. You can also contact BOSCO for Covid related assistance at **9354527130** (West Delhi); **8287753677** (South Delhi). BOSCO can help both refugees and asylum seekers with the testing process & providing access to hospitals and medicines.

Please do not worry about your UNHCR status, you will not be arrested or deported while seeking medical assistance.

MONITORING & TREATMENT

- Do not panic, mild cases of Covid can be treated at home.
- Do not self-medicate, consult a doctor for any medication.
- Monitor oxygen level every 6 hours. If oxygen level is less than 92%, consult with a doctor and seek hospital care.
- Try lying on your stomach ('prone-position') to improve oxygen level in the body.
- Monitor temperature every 6 hours.

- Stay hydrated, and open windows for ventilation.
- Maintain a nutritious diet. If possible, include supplements of Vitamin C, Zinc.
- Wear a mask (double masking, if possible) and keep interaction to a minimal while tending to a Covid +ve family member.
- Seek immediate medical care in case of - difficulty in breathing; high fever/ severe cough, particularly, if lasting for more than 5 days.

UNHCR CASES

- If your UNHCR UCC/Blue Card is expiring, you can contact the toll-free number or UNHCR partners for its renewal. You will receive a replacement card on Whatsapp or email through a UNHCR partner.
- All interviews & UNHCR processes will continue to be carried out remotely until further notice.
- The dates allotted by UNHCR may change in light of the present crisis. In such circumstances, please do not worry, and kindly check in with UNHCR for further instructions.
- For any new registrations, please contact UNHCR or its partner organisations.
- Please do not travel to UNHCR offices. For urgent issues, contact:
UNHCR Toll Free No.: **18001035635** (Mon-Fri: 9am to 5:30pm);
UNHCR SGBV Helpline: **9821235410** (Mon-Fri: 9am to 5:30pm);
UNHCR email: **indne@unhcr.org**.

OTHER USEFUL CONTACTS



BOSCO

- Home Sanitization: **8882900938** (West Delhi); **8287867065** (South Delhi)
- Mental Health support: **9354540467** (West Delhi); **8287735301** (South Delhi)
- Ration support: **8882971826** (West Delhi); **8287860795** (South Delhi)

You can enquire with the nearby BOSCO centre to check whether you are eligible for ration assistance or any other UNHCR support programmes.

Migration & Asylum Project (MAP)

- Phone: 9711128603
- Email: office@aratrust.in

SLIC

- Priyanka: **9654185764**
- Anshum: **8585912524**

Police & Government

- COVID Helpline: **1075**
- Women/Police: **1091**
- Childline India Foundation: **1098**
- NCW Domestic Abuse Whatsapp Helpline: **7217735372**



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