Community, MFI, and Corona
The community and MFIs can win the fight together!

A comic for community awareness on the coronavirus pandemic

Adil: An MFI Branch Staff who works as para health advisor for better health of the community

Corona: A virus that causes COVID-19 disease
Sir, we have heard about coronavirus. Do we need to worry?

I will explain, Didi. Do you know what viruses are?

No. What are viruses?
Viruses are small germs that can cause diseases.

Oh!

Can we see them?

We cannot see them with our naked eye.

Oh!
Adil sir, how does the virus spread?

The virus spreads when we touch contaminated surfaces or objects, and then touch our eyes, nose, or mouth.

How? Please explain.

Let us assume that an infected person coughs on his or her palm or on any surface.
The virus spreads if you touch an infected person’s palm or the contaminated surface.

Is it so?

Yes!
Adil sir, are there other ways through which the virus can infect us?

Yes. If we are standing within 2 meters of a person with COVID-19 we can catch the infection by breathing in droplets coughed out or exhaled by them.

Can they make us sick?

They can!

NOTE: The WHO guidance remains at 1 meter, however many countries now insist on maintaining 2 meters social distancing. We have applied the precautionary principle accordingly.
What are the symptoms of coronavirus?

Fever, dry cough, and breathing problems are the common symptoms.

Didi, you do not need to worry about it. We all can remain safe if we follow simple prevention steps.

Adil sir, we should not panic. But please also tell us about precautions.
But Adil sir, we have heard about so many deaths in China, Italy, USA, and in other countries.

The mortality rate of coronavirus is 2% to 3%. That means if 100 people get the disease, only two or three people are likely to die from it. However, we must always maintain precautions, as it is highly contagious.

Sure, I will tell you about simple prevention methods. They will help you stay safe.

Adil sir, please tell us how we can maintain precautions to stay safe.

So, while we should not panic, we should always maintain precautions....
How can we wash our hands properly?

The first step is to keep yourself clean and maintain hygiene. We should wash our hands properly with soap.

Prevention handwash-10 Steps of washing hands

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Take water and wet both of your hands</td>
</tr>
<tr>
<td>2</td>
<td>Take soap and scrub it on both of your hands</td>
</tr>
<tr>
<td>3</td>
<td>Rub the palms of your hands together</td>
</tr>
<tr>
<td>4</td>
<td>Rub the back of each hand on the palm of the other hand (left and right)</td>
</tr>
<tr>
<td>5</td>
<td>Rub hands palm to palm with fingers interlaced</td>
</tr>
<tr>
<td>6</td>
<td>Rub the backs of the fingers of each hand on the palm of the other hand</td>
</tr>
<tr>
<td>7</td>
<td>Wrap the palm of each hand around the thumb of the other hand and rub</td>
</tr>
<tr>
<td>8</td>
<td>Rub the fingertips of each hand on the palm of the other hand</td>
</tr>
<tr>
<td>9</td>
<td>Rinse well with water, removing all soap residue</td>
</tr>
<tr>
<td>10</td>
<td>Use clean towel or disposable tissue to dry off your hands</td>
</tr>
</tbody>
</table>

I will tell you about the 10 steps of hand washing. Now, follow these steps.
Sir, when should we wash our hands?

**Prevention - hand wash**
- After coughing, sneezing, or cleaning nose
- Before and after eating
- After touching any garbage or dirt
- Before, after, and during cooking
- Before and after using the washroom
- After touching or coming in contact with animals or another person
Didi, you know the virus spreads through touch. We should greet without touching each other.

Could you explain this in detail?

Let’s greet like this

Hello Didi

Namaste

As-salaam-Alaikum

Namaste Aapa
Adil sir, are there any other prevention steps?

Yes Didi! Please cover your face with a mask when you go outside.

Also wear a mask...

If you are a health worker and are attending to patients.

If you are providing care to individuals with respiratory symptoms.

If masks are not available in your area, you can use clean cotton cloth to make masks in your house. Make three layers of it and cover your mouth. Use multiple masks to avoid using same mask again and again. The mask should not be shared with other members in household. It should be washed with soap or detergent daily.

If you have respiratory symptoms—cough and difficulty in breathing.
Also maintain social distance

Avoid crowded places and social gatherings

Didi, please avoid travel unless it is urgent.

Oh, that is why our schools and colleges are closed.

Yes, didi.
Sure, Adil sir! If anyone in our family shows such symptoms, we will see a doctor.

We will also follow all instructions from the government and local health authorities.

If you have cough, fever, or difficulty in breathing, contact a doctor soon!

Great! These are simple steps to protect ourselves from coronavirus.
Okay, Didi. Now tell me, how can we defeat this coronavirus?

- By washing hands properly.
- By maintaining social distance.
- By greeting traditionally.
- By maintaining proper hygiene.
- If you are feeling unwell, follow the doctor's advice.

Great!
References:
World Health Organization, WHO
Ministry of Health and Family Welfare, Government of India


While we have made every attempt to ensure that the information contained in this Comic has been obtained from reliable sources, MSC and/or its partner(s)/funder(s) are not responsible for any errors or omissions, or for the results obtained from the use of this information. All information in this Comic is provided “as is”, with no guarantee of completeness, accuracy, timeliness, or of the results obtained from the use of this information, and without warranty of any kind, express or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. The contents of this Comic is intended to convey general information only and not to provide legal advice or opinions and the said Comic should not be construed as, and should not be relied upon for, legal, regulatory, or tax advice in any particular circumstance or situation.