

CORONAVIRUS (COVID-19)

Source: <https://www.who.int/health-topics/coronavirus>

COVID-19 is an infectious disease caused by a newly discovered coronavirus. The virus that causes COVID-19 is called Sars-CoV-2.

Common Symptoms



Fever



Cough



Shortness
of Breath

Moderate Symptoms



Fever
> 38°C



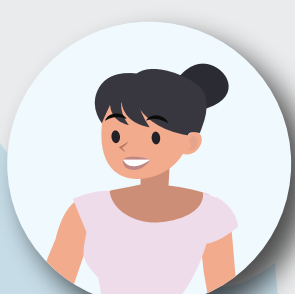
Continuous
Cough



Shortness
of Breath



Sore
Throats



Some people become
infected may not
developed any symptoms
and do not feel unwell

Mild Symptoms



Fever
> 38°C



Cough



Nasal
Congestion



Sore
Throats



Malaise



Fever
> 38°C



Continuous
Cough



Shortness
of Breath



Respiratory
Infection



Lost of
Consciousness



If the symptoms above continue,
follow the health protocol in
your area and consult immediately
with the nearest healthcare provider



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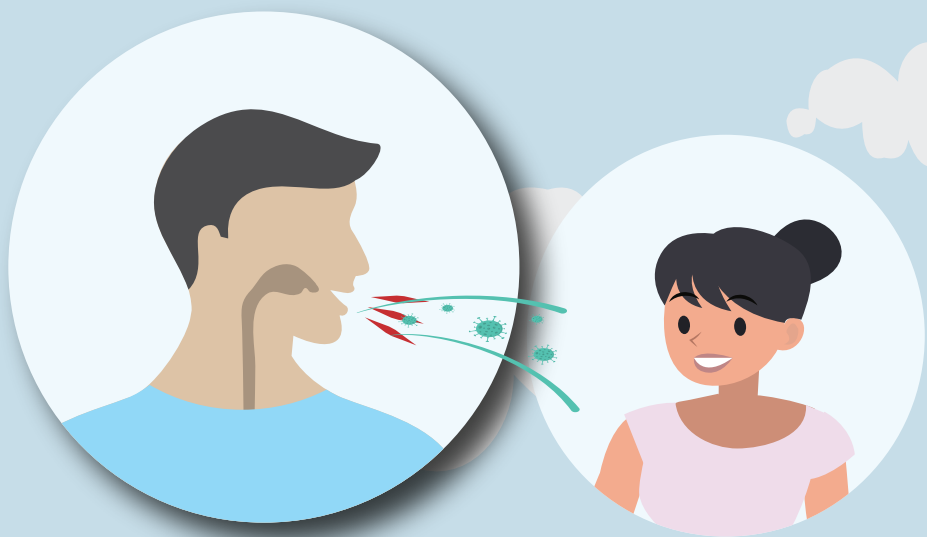
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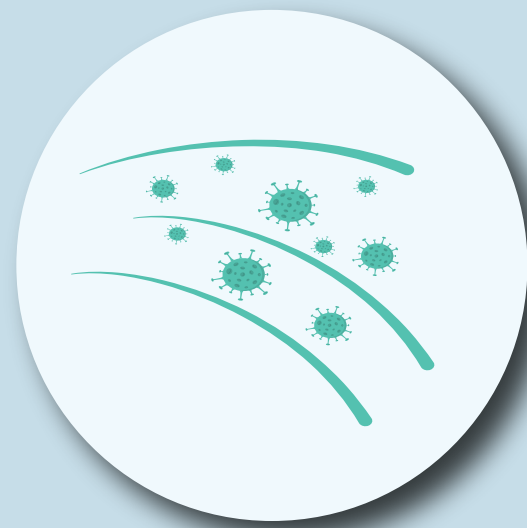
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Evidence suggests that the transmission is mostly via droplets. What it means is that the virus is carried within droplets emitted from an infected person over a short distance such as when the person coughs or sneezes.

Virus Transmission



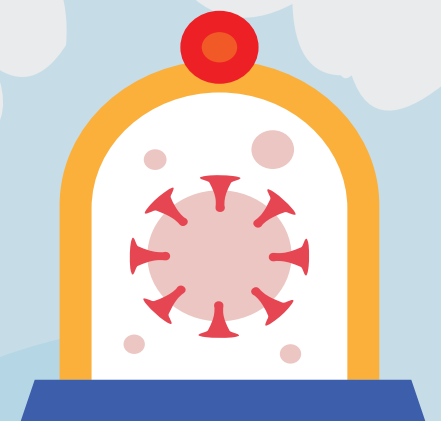
From human to human through close contact and droplets



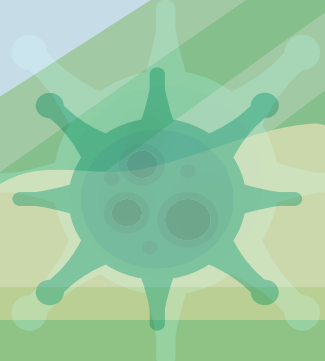
Droplets contaminates surrounding objects



Contaminated hands touch eyes, nose and mouth



Virus Incubation 5-6 days and the longest 14 days



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CORONAVIRUS (COVID-19)

Source: <https://www.who.int/health-topics/coronavirus>
www.canada.ca/en/public-health/
19 Ways for a Healthy Home Fire

What can I do to avoid contracting COVID-19?

1



Apply Basic hygiene practice.
Wash your hands often using soap and water, for at least 20 seconds.
If soap and water are not available, use hand sanitizers

2



Boost immune system by eating healthy foods and drinking a lot of water

3



Avoid touching your eyes, nose and mouth with unwashed hands



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What can I do to avoid contracting COVID-19?

4



Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash bin

5



Clean and disinfect frequently touched objects and surfaces

6



Change how we greet one another - give a friendly wave or the nod



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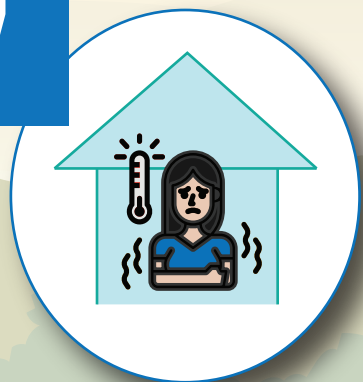


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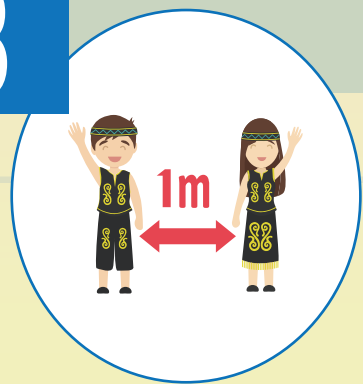
What can I do to avoid contracting COVID-19?

7



Stay home when you are sick

8



Maintain social physical distancing and at least 1 meter away from the other person. Avoid close contact with people who are sick

9



Avoid sharing cigarettes, or any smoking material including Ceremonial Pipes

10



When chewing betel leaves, avoid throwing away the betel leaves or spit carelessly



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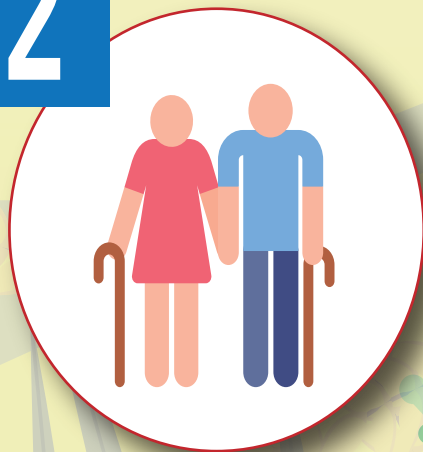
What can I do to avoid contracting COVID-19?

11



Avoid big meetings of more than 5 people. If possible to call off or postpone community activities and gatherings that will bring a lot of people

12



Avoid outside contact with Elders, seniors, and anyone with an underlying health condition

13



Avoid going to the city or urban areas if there is no emergency or very urgent need



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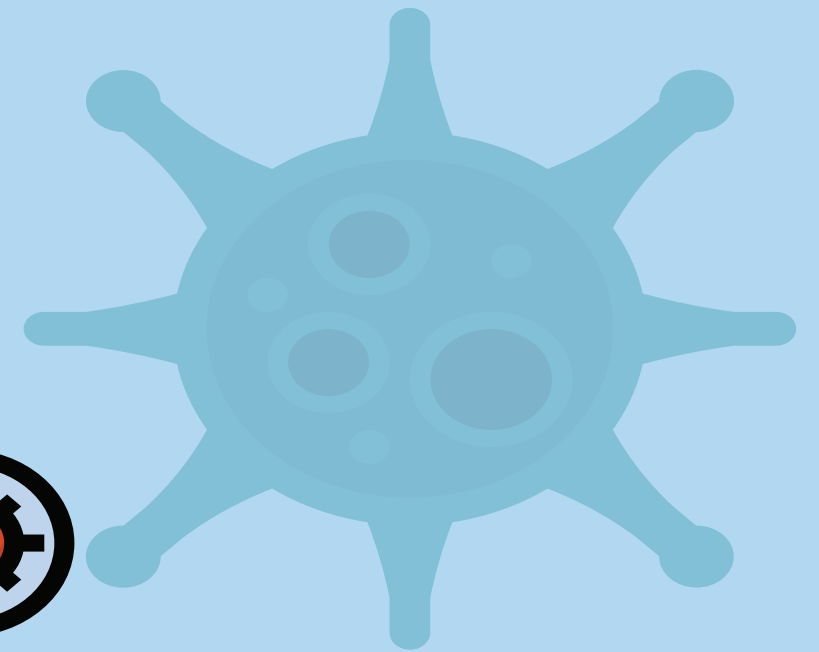
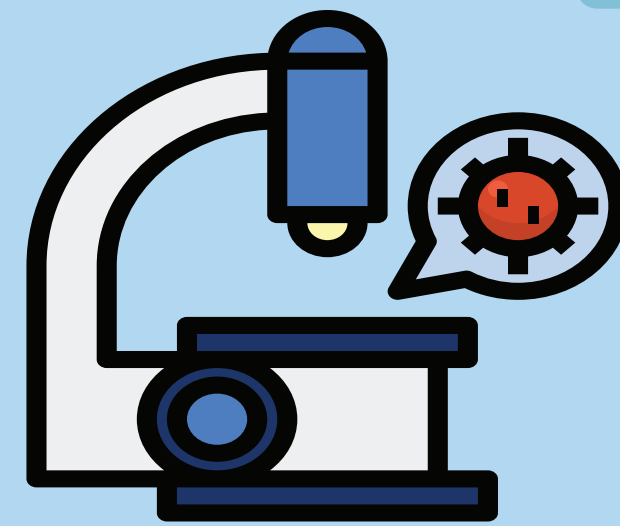
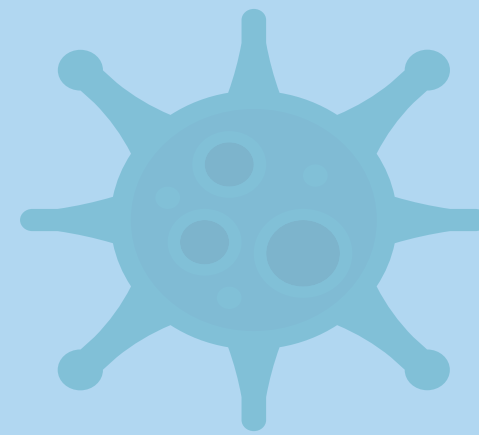
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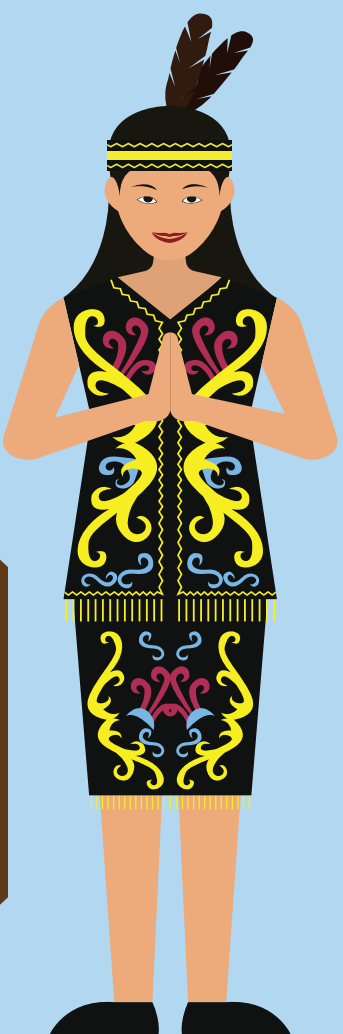
Source: <https://www.who.int/health-topics/coronavirus>

No specific medicine has been widely accepted to cure COVID-19. There are still on-going research and development efforts to get medicine for the COVID-19 treatment worldwide.



Unavailability of medicine or vaccine

Ongoing research to find cure for COVID-19



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CORONAVIRUS (COVID-19)

RISK ON CONTRACTING INFECTIOUS DISEASE

Probability >70%



Very High

Probability 70%



High

Probability 5-70%



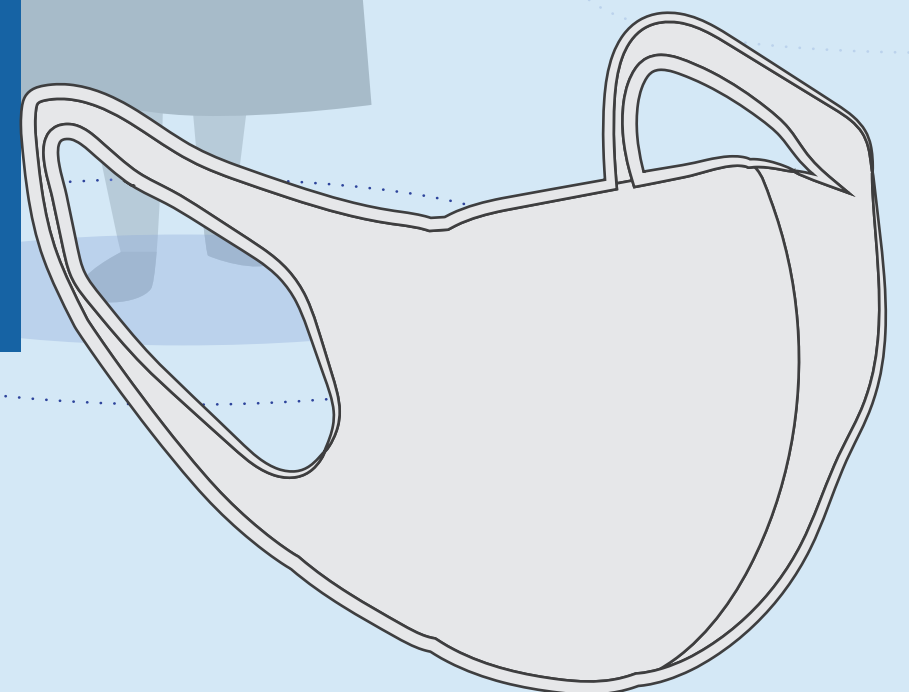
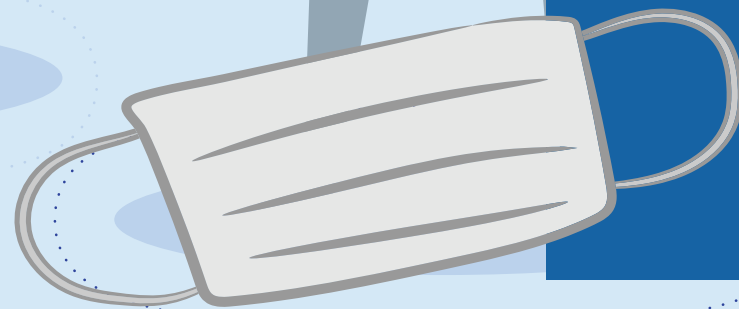
Moderate

Probability 1,5%



Mild

USE MASK
WHEN YOU GO
OUTSIDE YOUR HOUSE



After using the mask dispose if it is disposable.
Wash and clean your mask if you using ordinary mask



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Prevention on COVID-19 is important by practicing basic hygiene and avoiding the risk of transmission.



Wet your hands
with running
water



Apply
Soap



Rub your
palms



Rub the back
of your hand



Rub between
fingers



Rub the back of
the fingers



Rub the thumb
of the hand



Rub
the nails



Rinse hands
with running
water



Dry with a
tissue or towel



Use a tissue or
towel to turn-off
the faucet



Your Hands
Are Clean

12 Steps To Wash Your Hands

*Using hand sanitizer
cannot replace washing hands
thoroughly, which is
considered the most effective
method for killing germs*



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HOW TO MAKE NATURAL HAND SANITIZER (1)?

First Method

Ingredients:



Betel
leafs



Coconut Oil
or Olive Oil



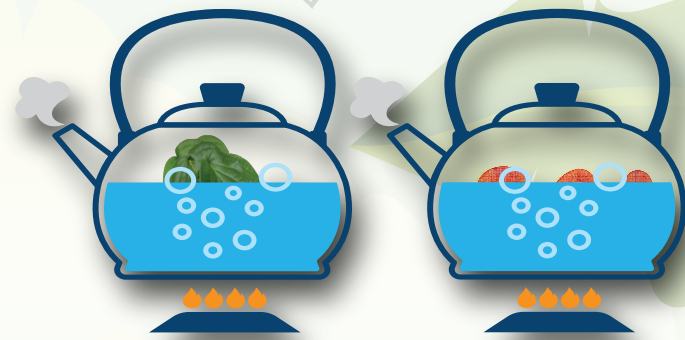
Rambutan
Peel

or

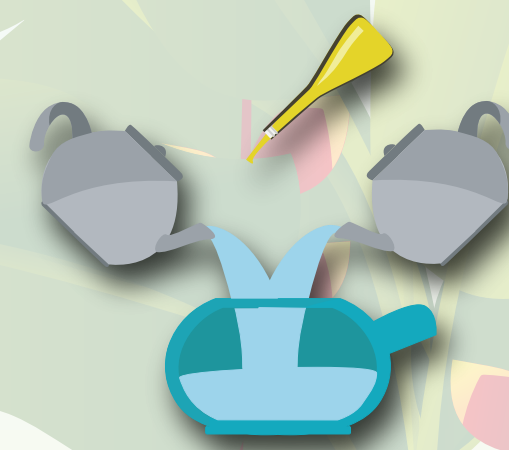


Mangosteen
Peel

Steps:



Boil betel leaves
and rambutan peel
on a different
container



Mix the extract,
with coconut oil
to soften when
applied



DIY
Hand
Sanitizer



Natural



Easy
To Get



Easy To
Make



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Source: <https://www.kompas.tv/article/72776/inovatif-hand-sanitizer-dari-daun-sirih-dan-kulit-rambutan>

CORONAVIRUS (COVID-19)

HOW TO MAKE NATURAL HAND SANITIZER (2)?

Second Method

Ingredients:



Basils



Orange Peel

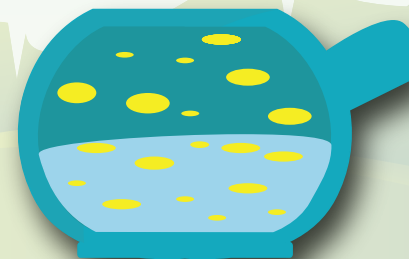


Aloe Vera

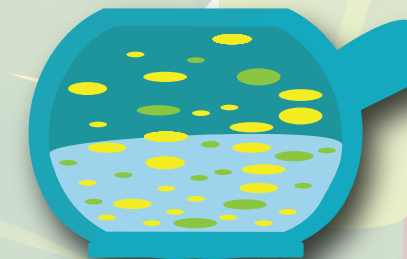
Steps:



Clean and peel
Basil leaves and
Aloe vera.
Then blend it



Mix
Orange peel
with water



Add
Mix water and
orange peel
with Basil and
Aloe vera



DIY
Hand
Sanitizer



Natural



Easy
To Get



Easy To
Make



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STOP STIGMA (COVID-19)

COVID-19 pandemic has provoked social stigma and discriminatory behavior against people from certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

3 Factors of Stigma

- 1 A new disease and still unknowns
- 2 Most people fear of the unknowns
- 3 It is easy to associate that fear with "others"

What Is Social Stigma?

In the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease.

What Is The Impact Of Stigma?



Facts, not fear will stop the spread of (COVID-19)



Share facts and accurate information



Challenge myths of COVID-19



Choose Words Carefully