



**National Institute for Empowerment of Persons with Multiple Disabilities
(Divyangjan)**

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Department of Empowerment of Persons with Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment, Govt. of India
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Department of Social Work
(Service & Programme)

**COURSE ON: CAPACITY BUILDING OF FAMILIES
OF
PERSONS WITH DISABILITIES**

- As the COVID 19 pandemic spreads, lockdown is one of the key strategies in “flattening the curve” of infection rates.
- The lockdown has had an adverse effect on family members of children with disabilities.
- Because of the lockdown, they may have emotional strain, including worry, guilt, anxiety and anger., and also finds difficulty to made decisions, decreased level of confidence, etc., that affects their daily routine.
- Capacity building training programme focuses on to help family members of children with disabilities to overcome those adverse effects and improves their coping strategies, empathy, decision making skill and also improves their level of confidence.

Series -1

**HEALTH AND HYGIENE FOR PERSONS WITH DISABILITIES AND THEIR
FAMILY MEMBERS DURING LOCKDOWN AS A RESULT OF COVID-19**

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HEALTH AND HYGIENE FOR PERSONS WITH DISABILITIES AND THEIR FAMILY MEMBERS DURING LOCKDOWN



Everyone must practise good hygiene to protect themselves against COVID 19 infection and prevent the virus spreading especially for disabilities. People with disabilities are often at greater risk for health problems and corona infection. People with disability are more likely to be poorer, not working and more socially isolated. This makes them more vulnerable to poor health outcomes during the pandemic. *According to WHO, health is “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.”* As per the definition, a person cannot be said to be healthy merely by a disease-free condition. This demands a hygienic condition.



Hygiene can be defined as the practice of certain habits to maintain a good health. It can be at the **personal level (personal hygiene)** and **community level (social hygiene)**.

PERSONAL HYGIENE:

The most effective ways we have to protect ourselves and others from COVID 19 is good personal hygiene. Personal level hygiene includes cleanliness, physical exercise, proper rest, and sleep.

The following personal hygiene tips can help you to prevent yourself and your loved ones from Corona virus infection.

1. Hand hygiene

Hand washing is one of the best ways to protect yourself and your family from getting sick. Proper hand washing not only reduces the spread of Coronavirus (COVID-19), it can prevent the spread of other viral illnesses such as cold and flu. Help your child to wash his/her hands often.

- **Wet:** Put both hands under clean, running water.
- **Lather:** Apply a generous amount of soap to the inside and back of your hands as well as your fingertips. Wash your hands for at least 20 seconds (sing any songs) and don't forget to wash under jewellery and fingernails. Your fingertips are especially important as



people often put their fingers on their face, nose, and eyes. This is how the virus spreads.

- **Scrub:** Rub both hands together and move your fingertips around both hands. You don't need a scrub brush. You don't need to make harsh, scrubbing movements.
- **Rinse:** Return both hands to the running water and gently washes away the soap.
- **Dry:** Completely dry the water from your hands.

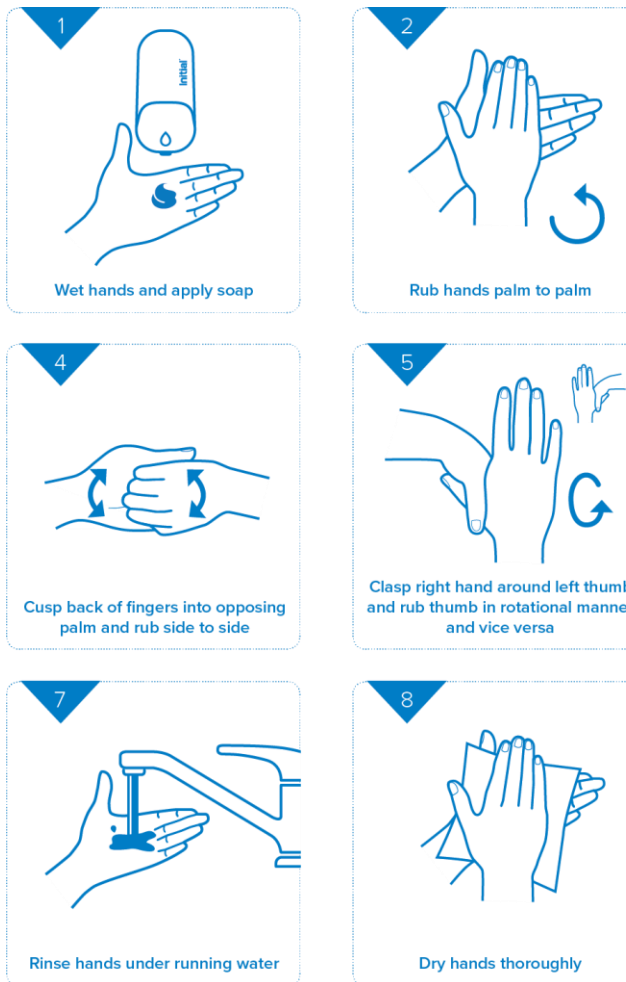


FIGURE 1

2. Toilet hygiene

Teach your child to wash hands after visiting the toilet, preferably with an anti-bacterial soap

3. Shower hygiene

Shower daily with an anti-bacterial soap helps get rid away of the dust and grime, along with any excess sweat accumulated on the skin due to humidity.

4. Nail hygiene

Nails are a particularly friendly place for germs and bacteria, making uncut nails risky, especially when eating.

5. Food hygiene

Food hygiene is the conditions and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Lack of adequate food hygiene can lead to corona infection.

- Rinse fresh fruit and vegetables with water to remove dirt, debris and pesticides, and reduce levels of germs.





Nutrition advice by WHO during the COVID-19 outbreak

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. It is advised to follow the following ways:

Eat fresh and unprocessed foods every day

- Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).
- For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.

Drink enough water every day

- Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

- Drink 8–10 cups of water every day.
- Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.

Eat moderate amounts of fat and oil

- Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese, ghee and lard).
- Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.
- Avoid processed meats because they are high in fat and salt.
- Avoid industrially produced trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.





Eat less salt and sugar

- When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce).
- Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.
- Avoid foods (e.g. snacks) that are high in salt and sugar.
- Limit your intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).

Avoid eating out

Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19.

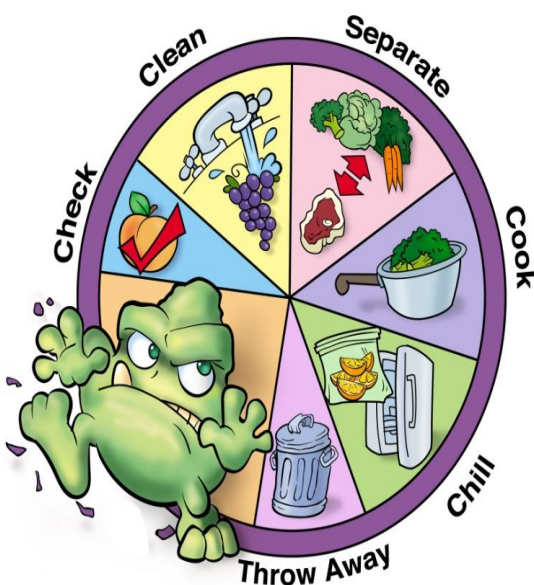


FIGURE 2

6. Keep surfaces clean

Among the things we don't know about COVID-19 is how long the virus can survive outside of a human host. But we do know that the virus is susceptible to disinfectants. Here are some cleaning tips:

- Use the right product. According to the Centre for Disease Control (CDC), diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective against the COVID-19 virus.
- Use the product right. First, clean dirt off of the surface. Then wipe the surface with disinfectant. Leave the surface wet with disinfectant for as many minutes as the product instructions require. This is a vital step that people often miss. It's not enough to just wipe the surface and go.

Clean the right surfaces.

- High-touch areas such as door handles, phones, remote controls, light switches, and bathroom fixtures.
- Horizontal surfaces such as countertops, kitchen tables, desktops and other places where respiratory droplets could land.

7. Sleep

Sleep is a critical biological process, and the truth is that it's always important. When confronting the COVID-19 pandemic,





though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

- **Sleep empowers an effective immune system.** Solid nightly rest strengthens our body's defences, and studies have even found that lack of sleep can make some vaccines less effective.
- **Sleep heightens brain function.** Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making. For adults and children adapting to work and school at home, good sleep can help them stay sharp.
- **Sleep enhances mood.** Lack of sleep can make a person irritable, drag down their energy level, and cause or worsen feelings of depression.
- **Sleep improves mental health.** Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).

High-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the corona virus pandemic.

SOCIAL HYGIENE

Society includes the surrounding we live and other public places. A good environment has a great impact on the physical and mental condition of an individual.

Social distancing:

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Disposal of waste:

The untidy and improper way of disposal of waste in public places leads to unhealthy conditions. These lead to uncontrolled growth of rodents and disease-causing and carrying microbes and make us ill. It is advised to dispose the wastes properly.



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