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“FIGHT AGAINST COVID-19”

**“Mental Health and Psychosocial Concerns & Well
Being during and after COVID-19 outbreak”**

In January 2020 the World Health Organization (WHO) declared the outbreak of a new corona virus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that the reisaighrisk of COVID-19 spreading tooth ercountries around the world. In March 2020, WHO made the assessment that COVID–19 can be characterized as apandemic. The considerations presented in this document have been developed on the behalf of Dr.D.Y.Patil College of Nursing, focusing on the substance use as a series of messages that can be used in communications to manage stress, support mental health and psychosocial well-being in different target groups during the outbreak.

About Coronavirus disease 2019 (COVID-19):

It is an infectious disease caused by severe acute respiratory syndrome, resulting in the ongoing 2019-20 Corona Virus pandemic. Common symptoms include fever, cough, and shortness of breath. Other symptoms may include fatigue, muscle pain, diarrhea, sore throat, loss of smell, and abdominal pain. The time from exposure to onset of symptoms is typically around five days, but may range from two to fourteen days.

The virus is mainly spread between people during close contact, often via small droplets produced during coughing, sneezing, or talking. People may alsobecome infected by touching a contaminated surface and then their face. The virus can survive on surfaces for up to 72 hours. It is most contagious during the first three days after onset of symptoms, although spread may be possible before symptoms appear and in later stages of the disease.

Recommended measures to prevent infection:

- *Frequent hand washing and hand sanitizing-Use soap and water to wash hands.*
- *Use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them to get her until they feel dry.*
- *Avoid touching your eyes, nose, and mouth with unwashed hands.*
- *Maintaining Social distance from others(especially from those with symptoms).*
- *Covering coughs and sneezes with a tissue or innere lbow.*
- *The use of masks are highly recommended when you go out of your houses, crowded places only for essential activities.*
- *Stay home as much as possible.*
- *Also, visit your nearby health service center or hospital, if any frequent symptoms can beseen.*
- *Download Aarogya Setu App and use it frequently to self-test and monitor risk.*

Mental Health and Stress Management during COVID-19 outbreak:

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

1. Take breaks from watching, reading or listening to news stories, *including social media. Hearing about the pandemic repeatedly can be upsetting.*

2. Take care of your body /nutrition.

- *Take deep breaths, stretch and meditate.*
- *Try to eat healthy, well-balanced meals.*
- *Exercise regularly, get plenty of sleep.*
- *Avoid alcohol, tobacco and other drugs.*
- *Take high intake of water, juices, fruits, green vegetables etc.*

3. Make time to unwind.

Try to do some other activities you enjoy, enhance your abilities, initiate yourself with hidden hobbies, Paint, cook, read more and be positive.

4. Connect with others.

Talk with people you trust about your concerns and how you are feeling.

5. Reassure your child or teen that they are safe.

Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

6. Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

7. Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

8. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members at home, video chats, calls and take time to cherish our relationships.

9. Let older adults and people with disabilities know it is common for people to feel distressed during a crisis. Remind them that asking for and accepting help is a sign of strength.

10. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not rumors and misinformation. Gather information at regular intervals from the **WHO** website and local health authority platforms in order to help you distinguish facts from rumors. Facts can help to minimize fears.

Feel free to Contact our Health Counselor for any kind of problems faced related to Mental Health, Psychological Concerns and Well Being during and After Covid- 19.

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