

**St. Xavier's Institute of Education**  
**Report on Science Club Activity of SXIE**  
**Academic Year 2019-20**

The Science Club of St. Xavier's Institute of Education is an organisation of, by and for the students, operated by the faculty and students of science pedagogy. The club provides an outlet for the display of skills and knowledge of the members and complements the classroom learning & teaching. We published the brochure regarding COVID -19 on March 20<sup>th</sup>, 2020- one of the first of its kind to be circulated. Our response to the pandemic came when the cases in India were negligible. We realised the implication of this and demonstrated awareness to come out with a brochure containing crucial information related to the disease. This was as a part of the SXIE science club activity. We members brainstormed on different points to be covered by the brochure where we used various platforms like Google classroom (our own Learning Management System), WhatsApp chat and e-mails. Using this we were able to collect and share accurate information while staying at home.

*Objectives of the activity were-*

- 1) To create awareness about this disease Covid-19 caused by the SARS-CoV-2 virus.
- 2) To provide authentic information at one place for common people regarding the same.
- 3) To enable the readers to understand the causes, spread, and precautions to be taken in an easy manner.

Contents of the brochure include the facts in detail about the virus and disease, its mode of transmission and its symptoms. It contains details about health and hygiene related precautions. It includes valuable crucial information in the form of questions and answers that can be easily comprehended. Common myths or superstitions have been addressed and accurate information has been provided about factors related to healthcare, treatment and details of infection in a very interesting manner. To *dos* and *Do- nots* are mentioned clearly and reliable information pertaining to the same has been acquired from trusted sources. There are images and colourful diagrams that make the contents interesting and easy to read. All information has been obtained from trusted studies/sources like the WHO website, etc. Moreover, credits and acknowledgement has been given to the references/sources, and published for the content as well as the images. The joint effort of all members enabled accurate information to be collected, organised and published within 48 hours!

*Reflection-* In this activity we were presented with the opportunity to learn a lot in short time. It served as an outlet for us to demonstrate our leadership skills, coordination skills and social awareness. Being from the science stream, it was in our favour to collect and organize

authentic information pertaining to this pandemic. We felt the need to create and publish this brochure in the common welfare of our fellow citizens, long before the threat was real in our country. We understood the gravity and depth of the situation as we started studying about it. We had already taken appropriate precautions in our college like disabling of the Biometric Fingerprint Attendance System to avoid frequent contact in common places. As science student teachers, we decided to act quickly instead of panicking. It was our moral duty to help the community and nation in time of need, and this brochure was an excellent means for us to do so from the comfort of our homes while abiding to social distancing laws. We shared views and information on various platforms and were able to finalize the content under the able guidance of our professor- Dr. Bijoy. K. Thomas. This brochure was shared throughout groups on social media, to residency groups, college groups and so on. It was also published on the official website of SXIE.

Brochure prepared, compiled and published by members of SXIE Science Club 2019-2020-  
Faculty and mentor- Dr. Bijoy K. Thomas

Student teachers- Bushra Shaikh, Dhanya Kodathoor, Janhavi Pujari, Joslin Cardoza, Khushbu Sharma, Pramila Irudayaraj, Rashida Mullajiwala, Rewati Kulkarni, Robinson Varghese, Shefali Dsilva, Saheel Dmello.

Website Link : [SXIE Care :Fight against COVID 19](#)

Report by

Dr.Bijoy K Thomas (Faculty Member)

Ms. Rewati Kulkarni (Student Teacher)

**COVID-19 virus can be transmitted in areas with hot and humid climates**

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

**Taking a hot bath does not prevent the new coronavirus disease**

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Taking a hot bath with extremely hot water can be harmful, as it can burn you.

**Are hand dryers effective in killing the new coronavirus?**

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

**How effective are thermal scanners in detecting people infected with the new coronavirus?**

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

**Do vaccines against pneumonia protect you against the new coronavirus?**

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

**Can eating garlic help prevent infection with the new coronavirus?**

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

**Are there any specific medicines to prevent or treat the new coronavirus?**

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

**Cold weather and snow CANNOT kill the new coronavirus.**

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

**The new coronavirus CANNOT be transmitted through mosquito bites.**

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

**Can an ultraviolet disinfection lamp kill the new coronavirus?**

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation

**Can spraying alcohol or chlorine all over your body kill the new coronavirus?**

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

**Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?**

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections

**Does the new coronavirus affect older people, or are younger people also susceptible?**

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

**Are antibiotics effective in preventing and treating the new coronavirus?**

No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.



**SXIE Care**

**Information Brochure  
Corona and COVID 19**



**Facts about Corona & COVID 19**

Name of the Virus: SARS-CoV-2

Name of the Disease: COVID-19

Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) is the name given to the 2019 novel coronavirus. COVID-19 is the name given to the disease associated with the Virus.

**Mode of transmission:**

- Through droplets (sneezing, coughing by the infected person) when within 1 metre or 3 feet from the infected person
- By touching the infected surface contaminated by droplets and subsequently rubbing one's face, mouth, nose or eyes. It is not air borne.

**Symptoms**



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Principles of  
C-O-R-O-N-A  
TO  
STOP  
COVID 19



C:  
Clean Your hand



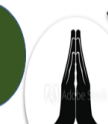
O:  
Off from Gathering



R:  
Raise Your Immunity



O:  
Only Sick to Wear Mask



N:  
No to Hand Shake



A:  
Avoid Rumors



Facts and Myth about Corona and COVID 19

**Social Distancing**

Scan QR Code  
For Helpline Numbers

For updates, Scan QR Code:  
Ministry of Health and Family Welfare, Govt. of India

For more information,  
Scan QR Code: World Health Organization

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