












# ST. XAVIER'S INSTITUTE OF EDUCATION - MUMBAI

www.sxie.info

## POSITIVE HEALTH AND COMBATING COVID 19 - SXIE HEALTH CELL INITIATIVE (2019 - 2020)

### TIMELINE OF COVID 19 SYMPTOMS

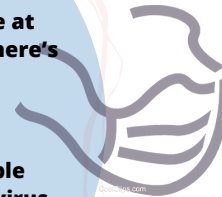
DAY 1	FEVER, FATIGUE, MUSCLE PAINS AND DRY COUGH	
DAY 2	DIFFICULTY IN BREATHING	
DAY 7	THOSE FACING BREATHING PROBLEMS ARE ADMITTED TO THE HOSPITAL	
DAY 8	ACUTE RESPIRATORY DISTRESS	
DAY 10	INTENSIVE CARE UNIT	
DAY 12	FEVER ENDS	
DAY 13	SHORTAGE OF BREATH ENDS	
DAY 18.5	DEATH FOR THOSE WORST AFFECTED	
DAY 22	ILLNESS COMES TO AN END	

### TYPES OF MASKS - BENEFITS

#### Homemade cloth face masks

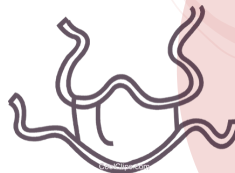
- Cloth face masks can be made at home from common materials, so there's an unlimited supply.

They may lower the risk of people without symptoms transmitting the virus through speaking, coughing, or sneezing



#### Surgical masks

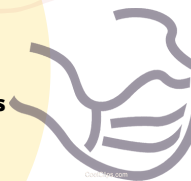
- If worn properly, a surgical mask is meant to help block large-particle droplets, splashes, sprays, or splatter that may contain germs (viruses and bacteria), keeping it from reaching your mouth and nose
- Surgical masks may also help reduce exposure of your saliva and respirator secretions to others.



#### N95 Respirators

- The name comes from the fact that they can filter 95 percent Trusted Source of airborne particles, according to the CDC.

Unlike regular face masks, respirators protect against both large and small particles.



#### Please Note:

Kindly dispose off your mask in a proper manner.  
Homemade masks should be washed at regular intervals

### THE RIGHT WAY TO USE A MASK AND DISPOSE IT

As per the World Health Organisation (WHO)



1

Before putting on a mask, clean hands with alcohol based hand rub or soap and water.

2



Cover mouth and nose with a mask and make sure there is no gaps between your face and mask.



3

Avoid touching the mask while using it, if you do, clean your hands thoroughly.

4



Replace the mask with a new one as soon as it is damp and do not reuse single-use masks.

5



To remove the mask: remove it from behind (do not touch the front of the mask)

6



Discard immediately in a closed bin and wash hands thoroughly with soap and water.

# TIME FOR SOME POSTIVITY !

## BEAT THE STRESS - MANAGING CORONA VIRUS (COVID 19) ANXIETY

### FOR YOU

- Avoid excessive exposure to media
- Connect with friends and relatives via phone/internet/messages
- Practice Self Care
- Focus on Mental Health



### FOR KIDS

- Ensure them that they are safe
- Keep them engrossed in activities and games
- Limit their exposure to the media
- Be there for them and let them discuss their worries



### THINGS / ACTIVITIES

ONLINE EXERCISE VIDEOS    COOKING  
DEVELOP A NEW SKILL    BOARD GAMES  
SPEND TIME WITH FAMILY

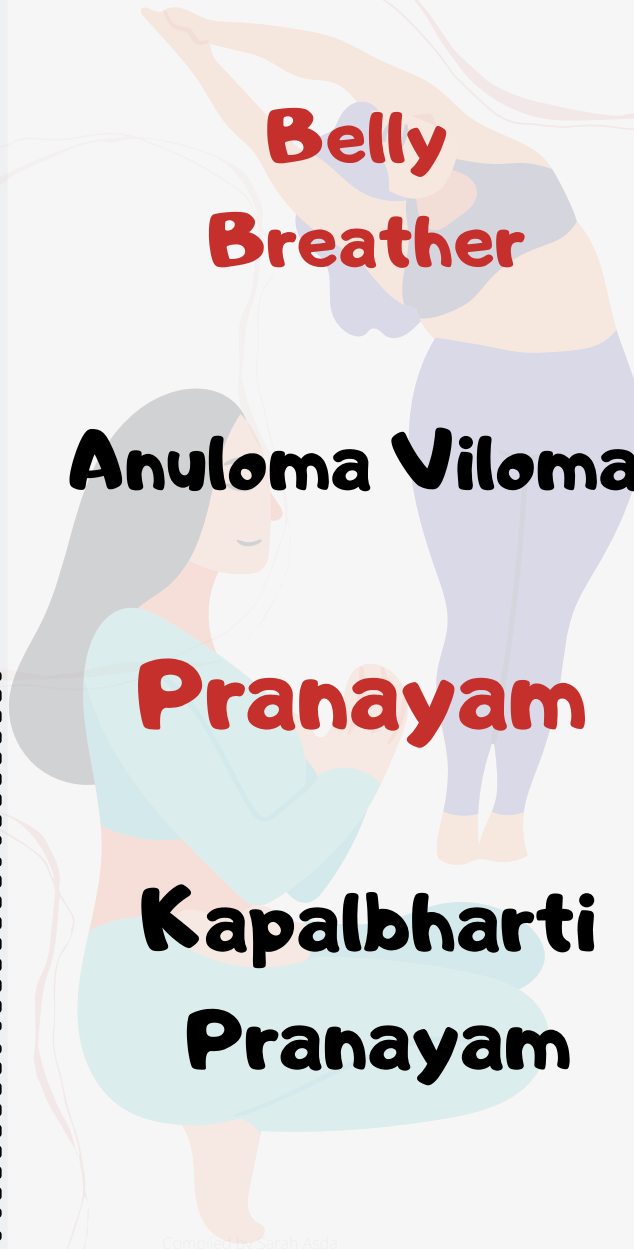
## POWER YOUR LUNGS TO FIGHT CORONAVIRUS!

### Belly Breather

### Anuloma Viloma

### Pranayam

### Kapalbharti Pranayam



Compiled by Sarah Asda

## PROS OF CORONAVIRUS ON LIFESTYLE!



People will grow a habit of personal hygiene.



People will realise that they can survive without Junk food

The consumption of alcohol and cigarettes will reduce.



New hobbies/ skills will develop.

People will understand the value of spending time with family.



Air pollution will reduce =  
**FRESH & CLEAN AIR**



Exercise and yoga will become a part of their routine.

