

# COVID-19 RESPONSE: PRATHAM GUIDELINES

21 MARCH 2020

As the Coronavirus Disease (COVID-19) spreads in India, we have put together some guidelines on what to do should you or those around you get unwell. While we will provide some basic information, our most important piece of advice is not to panic! While COVID-19 can be more severe for some, most people who become infected experience mild illness and recover in a matter of weeks.

Stay healthy. Follow all precautions. And most of all, don't panic!

## What government information/resources to refer to?

- Government of India website on COVID-19: [MyGov](#)
- FAQs on COVID-19: [English](#)
- Guidelines for home quarantine: [English](#)
- Guidelines on when to get tested for COVID-19: [English](#) | [Hindi](#)
- General Do's and Don'ts: [English](#) | [Hindi](#)
- Guidelines on how to use masks: [English](#) | [Hindi](#)

## Who to ask/inform in Pratham?

At different points of time, you might need to reach out to people in Pratham

- (a) to keep them informed of what is happening, or  
(b) to seek guidance or advice on COVID-19.

For questions, guidance, etc, to maintain the chain of communication, first thing to do is to reach out to their state/program heads. If state/program heads need guidance or clarification, they can reach out to their COVID-19 point of contacts (POCs) listed below.

S.NO.	VERTICAL	NAME	CONTACT NO.	EMAIL ID
1	All Education Programs including H-Learning, Second Chance, KGBV, etc	Manjeet Kaur	+91 98100 91880	manjeet.kaur@pratham.org
		Azeez Gupta	+91 98333 42362	azeez.gupta@pratham.org
2	Pratham Institute: All centres and offices	Rajesh Thokale	+91 97029 99792	rajeshthokale@pratham.org
		Medha Uniyal	+91 97691 68391	medha.uniyal@pratham.org
3	ASER Centre	Nandita Banerji	+91 97170 68456	nandita@asercentre.org
4	PCVC	Kishor Bhamre	+91 97697 61882	kishor.bhamre@pcvc.org

## What to do?

S.NO.	SITUATION	RESPONSE
1	You or others around you feel slightly unwell	<p>As per <a href="#">WHO</a> guidelines, if you begin to feel unwell, even with mild symptoms such as headache and slightly runny nose, stay at home until you recover. Please make sure you inform your team leader.</p> <p>If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. However, do try and call in advance so that your local hospital/medical service provider can give you the appropriate advice. Keep your team leader informed.</p>
2	You (or those around you) have been in contact with someone who has been diagnosed as Coronal positive	<p>Verify the news with a credible authority (district administration, hospital, etc) to make sure that it is actually true and not just a rumour. While you verify, make sure all Pratham staff/students at the location (if any) are kept more than 1 metre away from each other at all times. But do not rush to send them away somewhere else at this point.</p> <p>If the news is FALSE, proceed as normal (with the everyday precautions). If TRUE, reach out to those who you may have been in contact with (Pratham staff and otherwise), and ask them to self-quarantine themselves as well. For Pratham staff this will have to be done where the person is currently staying (either home or wherever the person is living right now.) Travel is not recommended.</p> <p>Follow the Ministry of Health and Family Welfare's <a href="#">guidelines</a> for quarantining yourself. In addition, as soon as possible, inform your Pratham state / program head (while marking your team leader) who will reach out to the national POC.</p>
3	You (or those around you) have been in contact with someone who has been diagnosed as Corona positive + you also start showing symptoms (fever, cough or difficulty breathing)	<p>Don't worry - follow these <a href="#">guidelines</a>. To begin with, immediately contact the Ministry of Health and Family Welfare on their helpline number (+91-11-23978046 or 1075) or your respective state's helpline number (available on the following <a href="#">link</a>).</p> <p>The helpline service will note down your contact details and contact you with the testing protocols of COVID-19. In case you require testing, they will direct you to an appropriate facility.</p> <p>When you get a chance, inform your Pratham program/state head, who will reach out to your COVID-19 POC. They will also be able to advise your families on what to do.</p>