

# DHS HEALTH

*News*  
Volume 1 | Edition 3



awareness



medical



environment





# HAND WASHING

## Hand washing - clean hands save lives

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Hand washing is one of the best ways to protect yourself and your family from getting sick. Health centres from across the state educated children and people on how hands should be washed properly in order to stay healthy. So don't underestimate the power of hand washing! The time you spend at the sink could save you trips to the doctor's clinic.

**Information, Education and Communication (IEC) on ORS and hand washing for beneficiaries during routine immunization session at PHC Pilliem Dharbandora was conducted. Packets of ORS were distributed amongst all.**



*An innovative hands-free sanitizer and hand washing unit set up by at PHC Pilliem, Dharbandora for the people visiting the health unit*



*Information, education and communication activity conducted on hand washing and nutrition at GPS Lamgao, Bicholim (before lockdown)*



*Hand washing Demonstration was done for the people at Gavliwada, Mollem, ORS Packets were also distributed amongst the people*



*Health centre conducted hand washing session at GPS before Mid-day meal session*



*IEC activity on hand washing at NKG construction site by Extension Educator and Auxiliary nurse midwife (ANM)*

# DOOR TO DOOR AWARENESS

Door to Door awareness campaign on importance of health, hygiene and cleanliness was carried out by students and staff of health centres across the state. They discussed strategies for tackling crises, importance of wearing masks and washing hands with soap frequently considering the current situation. The people were made aware about diseases like leprosy, TB, vector borne diseases and COVID. The awareness campaign was well received and appreciated by the residents of the village.

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*Awareness on VBDiseases, COVID, TB, NCDs at Pomburpa by Extension Educator Mihir Khorjuemkar and Multi Purpose Health Worker Felix Lobo*



***Door to Door awareness on vector borne diseases, TB, Leprosy, NCDC and SMP collection at Carona by Multi Purpose Health Workers Priyanka Haldankar and Volvoikar and all field staff***



***TB active case drive survey Metawada and Tamsoda village under S/C Dharbandora***



***Special TB survey conducted under PHC Mayem***





# PRE-MONSOON HEALTHCARE

It's definitely a relief to bid farewell to the scorching summer heat with first showers of monsoon which brings with it, a slight dip in the temperature. Once monsoon sets in, our immunity levels drop making us vulnerable to a host of allergies, infections and illnesses. Monsoons are also a breeding season for many insects that carries along a host of other diseases and infections (vector borne diseases). With the onset of the pandemic, and the urge to stop further spread of any additional diseases, health centres across Goa initiated pre-monsoon preparation well in advance through awareness campaigns, Information, Education and Communication (IEC) distribution of long-lasting insecticidal nets (LLINs), release of guppy fish in wells etc.

Luckily there are simple precautions that can help us stay in the best of health in spite of being exposed to contagious germs and dangerous bacteria during this season.

*Guppy fish were released into the well at  
Nirmala Farm under SC Nanus*



*Guppy fish released into the well belonging  
to Jagdish Vernekar at Tiral village, Usgao  
under SC Nanus*



*Guppy fish released in the well belonging  
to Vishnu Gawade at Tamsoda Village  
under SC Dharbandora*



*Cleaning and fogging done at a  
construction site in Sukhatali Village  
under SC Shigao*

*Awareness on National Dengue Day and Vector Borne Disease was conducted for the staff of Satpal Garden at Satpal village under SC Sacorda, LLINs were also distributed to them*



*IEC on National Dengue Day and Vector Borne Disease was conducted for the workers of Sukhatankar Farm also known as brick stone Quarry at Dhadem village under SC Dharbandora. LLINs were also distributed to them*



*IEC on vector borne diseases at Nirwana Construction site, Vaddem*



*IEC for the staff of Goa Shipyard Ltd on the vector borne disease and precautions*

*Anti larva and cleanliness drive at Gadnyar, Bastora by Extension Educator, Sanitary Inspector Nanda Pissurlekar and Multi Purpose Health Workers Geeta Salgaonkar and Sushil Gaonkar*





Cleanliness Drive and anti larva drive at Olaulim by Multi Purpose Health Worker Felix Lobo



Drive for elimination of breeding site (anti larva drive) at Chorao



IEC on National Vector Borne Disease Control Programme (NVBDCP) at IDC Nessai 2 (Nilmac Company) by (MI) Riya Pathak along with (SI) Jose Noronha of PHC Curtorim



IEC on National Vector Borne Disease Control Programme (NVBDCP) was conducted at high risk area of Sukhtali Village under SC Shigao, LLINs were also distributed to the villagers

Guppy fish introduction drive at Pomburpa by Extension Educator Oand Multi Purpose Health Worker Felix Lobo



*IEC on National Vector Borne Disease Control Programme (NVBDCP) was conducted at construction site in Ganjem Village under SC Nanus, LLINs were also distributed to the workers*



*Free LLINs were distributed to the villagers of high risk area of Awantinagar under SC Tisk. The villagers were also made aware about vector borne diseases and the precautions that has to be taken*



*LLINs were distributed to migrant people at Kallapwada under SC Dhaushire, they were also made aware about the precautions that have to be taken during monsoons*



*LLINs were distributed to BPL families at Gavliwada Mollem under SC Mollem*

*IEC on COVID and vector borne diseases for construction labourers at Uccasaim by Extension Educator and Multi Purpose Health Worker Sushil Gaonkar*





Free Distribution of LLINs at slum area in Gadnyar, Bastora Nanda Pissurlekar (SI), Geeta Salgaonkar (MPHW), and Sushil Gaonkar (MPHW).



IEC activity on NVBDCP was conducted, free LLINs were also distributed to pregnant women in Mayem



HB Detection camp for Antenatal and LLIN Distribution at Moira Club in presence of Dr Gaurish Ganjekar (MO), Nanda Pissurlekar (SI), Rajeshri Gawade (MPHW), Samir Thakur (MPHW)

Awareness, fogging, spraying (anti larval Measure) anti Malaria drives conducted at Curtorim by Sanitary Inspector Jose Noronha and Multi Purpose Health Worker Damodar Pagi





# AWARENESS IN SCHOOLS

A healthy body is essential for growth and development. There are many people, both young and old, that have to learn how to get and stay healthy. One of the first steps in learning how to be healthy is to become aware of one's current health status or situation. The next step would be to learn how to go from current health status to a healthier status. With Covid-19 and other such diseases taking over the world, it is dire that everyone is well aware of the consequences and the possible precautions they can take. If people are aware of their health prior to that, then it is possible they could have prevented anything from going wrong with their health.

Helping students become more aware of their health and what constitutes good health through health awareness activities is important. Here are a few awareness activities Public Health Centres conducted in various schools.

*Information, Education, Communication (IEC) on nutrition held at Sushenashram High School, Sada, Vasco by Extension Educator Karishma Kerkar*

*Plastic Mukht Bharat programme at Government High School Vasco*



*IEC on COVID -19 for the students and teachers of Matoshree High School, Dharbandora was conducted by Dr. Roma Gaonkar (AYUSH doctor). Important information like signs, symptoms and were explained. Demonstration on Hand washing was conducted by IEC Supervisor Prajakta Chari, also present were Counsellor Sudesh Gaonkar along with SC Staff.*

*Sensitization on various topics like COVID, Anemia Mukht Bharat, Vector Borne Diseases, Tuberculosis, non communicable diseases (NCDs), nutrition etc. was conducted during the PTA meeting at St. Thomas Girls High School, Aldona by Dr Preetam Naik (HO), Mihir Khorjuemkar (EE), Dr Yatin Palekar (RBSK) and Dr Jyotsna Fondekar (Ayush)*

Spontaneous quiz competition for the students, and IEC on Leprosy, Tuberculosis, vector borne Diseases, Nutrition, NCDs was conducted at St. Xavier's HS Moira by Dr Preetam Naik (HO) and Rajeshri Gawade (MPHW)



Awareness on importance of child education, right age of marriage was conducted at Government High School Dhaushire, Ponda on the occasion of National girl child day. Importance of the Pre-Conception and Pre-Natal Diagnostic Techniques Act, 1994 (PCPNDT) was also discussed



Ear screening camps and awareness talks on prevention of deafness & ear care to around 180 students was conducted at Matoshri Anandibai Vamanrao Marathe High school, Tamsoda, Dharbandora by AYUSH Doctors



Hemoglobin estimation camp was conducted for the school students

Adolescent Health Day awareness conducted at Mahamaya High School, Mayem (before the lockdown)





# TOBACCO AND OTHER HEALTH RISKS

No matter how you smoke it, tobacco is dangerous to your health. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. The substances you inhale don't just affect your lungs. They can affect your entire body.

Smoking can lead to a variety of ongoing complications in the body, as well as long-term effects on your body systems. While smoking can increase your risk of a variety of problems over several years, some of the bodily effects are immediate. On the occasion of World No Tobacco Day, awareness on the ill effects of it was created by health centres across the state. Learn more about the symptoms and overall effects of smoking on the body below.

*Awareness programme on the risks of Tobacco conducted at PHC Mayem on World No Tobacco Day*



*Information, Education and Communication (IEC) activity on the harmful effects of tobacco & smoking conducted at Gaonkarwada, Bicholim*



*Online Quiz Competition conducted for the staff of PHC Aldona to observe World No Tobacco Day*



*IEC on ill effects of Tobacco conducted at Baina Beach on World No Tobacco Day*

Tobacco and smoking harms nearly every organ of the body and affects a person's overall health, understanding this, IEC on the ill effects of tobacco for Gammon Construction was conducted at Vasco



Awareness on risks of tobacco for labourers held on World Tobacco Day at Gajashree Vidhyalay, Shantinagar



IEC activity on Harmful effects of tobacco & smoking and National Vector Borne Disease Control Programme (NVBDCP) conducted at Salkar Construction site



World Tobacco Day talk at Davorlim Panchayat by Extension Educator Ignatius Xavier and MI Riya Pathak

The students of Kendra Vidhyalaya School, Vasco were given awareness talk on the ill effects of tobacco on World Tobacco Day





### mood stimulation

Smoking can temporarily put you in a good mood, but dependence is common and withdrawal side effects like anxiety and irritability can be challenging to manage.

### anxiety and irritability

You might find yourself a bit on edge if you missed your cigarette break. Nicotine withdrawal is responsible for these symptoms.

### smelly hair

Tobacco smoke can stick to your clothes and hair. In fact, just being around secondhand smoke can make your hair and clothes smell.

### unhealthy teeth

Yellowish or brownish stains on the teeth are telltale signs of long-term smoking. Smoking also increases your risk for infections or inflammations that can lead to tooth and bone loss.

### bronchitis

Smokers have a higher rate of bronchitis. Secondhand smoking can also increase the risk for bronchitis, especially in children. Other respiratory problems such as tuberculosis and pneumonia may worsen by smoking.

### persistent coughing

You know the infamous term "smoker's cough"? This is where it comes from. Damage to the airways contributes to this cough.

### heart disease

Smoking is one of the well-proven lifestyle habits that contribute to heart disease. Both people who smoke and those who are regularly exposed to secondhand smoke are at higher risk for heart attacks.

### high cholesterol

Tobacco smoke lowers your HDL (good) cholesterol and increases your LDL (bad) cholesterol. It also raises total cholesterol and triglycerides, which are fats in your blood.

### immune system

Smoking lowers your immune system's ability to fight off infection. Smokers have more infections of the respiratory tract than people who don't smoke.

### infertility

Both men and women who smoke are more likely to experience short- and long-term fertility issues than people who don't smoke.

### erectile dysfunction

An erection requires adequate blood flow, but smoking can constrict your blood vessels and make this process more difficult.

### diabetes complications

Type 2 diabetes tends to progress more rapidly in people who smoke, because smoking increases the amount of insulin resistance in the body. If you have diabetes and smoke, you're also at a higher risk for other complications, such as kidney problems, eye problems, and heart attack.

### blood clotting

Smoking can increase clotting throughout your body. Blood clots increase the risk of heart damage, stroke, and pulmonary embolism (a blood clot in the lungs).

### early menopause

Female smokers tend to enter menopause earlier than nonsmokers. Smoking has also been shown to increase hot flashes.

### poor vision

Smoking can cause future vision problems and increase the risk of eye problems like glaucoma, macular degeneration, and cataracts.

### dull sense of smell and taste

Your sense of smell and taste can be dulled by smoking, which can decrease your appetite.

### lung cancer

Smoking puts you at a significantly higher risk of developing lung cancer. Lung cancer is the most common cause of death due to smoking, according to the CDC. It's also the most common cause of cancer death in both men and women.

### constricted blood vessels

Nicotine causes blood vessels to tighten and restrict blood flow, which increases your risk for high blood pressure, stroke, and heart attack.

### COPD

Developing chronic obstructive pulmonary disease (COPD) is more common in smokers. In fact, 8 out of 10 cases of COPD are due to smoking. Your asthma symptoms can worsen as well.

### loss of appetite

Smoking can suppress your appetite by decreasing your sense of taste. This can make eating less enjoyable. Once you stop smoking, you'll be more likely to taste your food fully again.

### yellow fingers

Handling tobacco products can stain your fingers and fingernails, turning them yellow.

### cervical cancer

The risk for developing cervical cancer is increased in women who smoke.

### wrinkly skin

Substances in cigarettes can cause dry skin and premature aging. Reduced blood flow also causes your skin to get less nutrition.

### problems with pregnancy and newborns

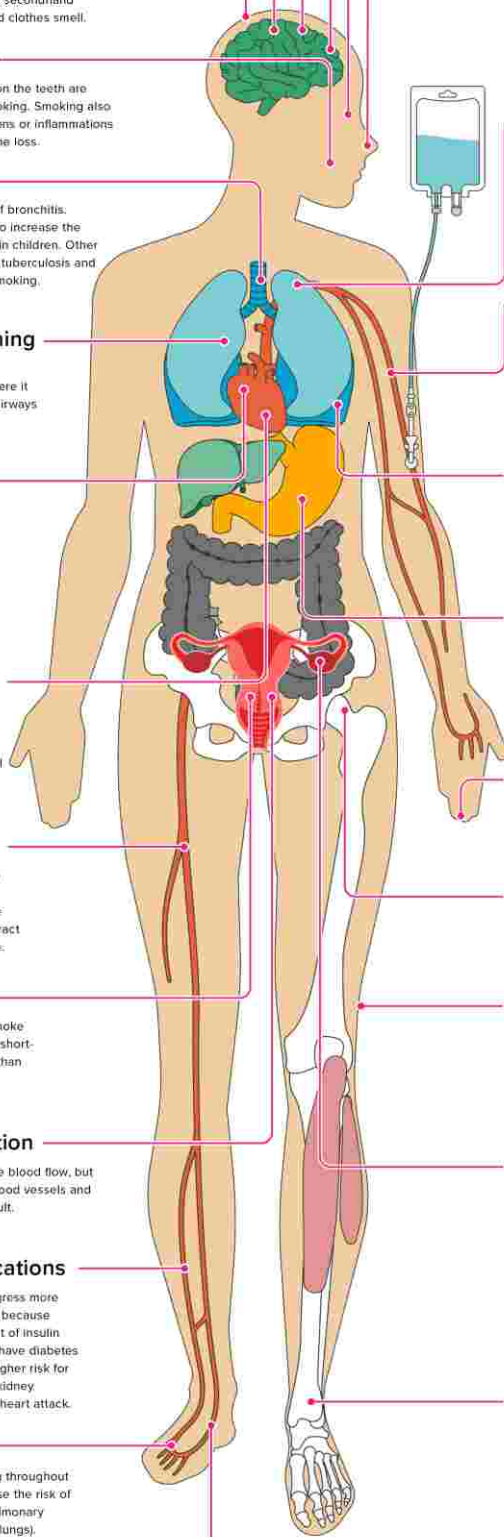
Smoking during pregnancy can increase the risk for miscarriage, asthma, ear infections, and death in your newborn. It also puts the baby at risk for oxygen deprivation, growth problems, physical deformities, and sudden infant death syndrome (SIDS).

### cancer connection

Smoking-related cancers can occur anywhere in the body. People who smoke have a higher rate of certain cancers, including cancer of the mouth, throat, bladder, and kidneys.

### increased risk of blood cancer

When compared with people who don't smoke, people who do smoke have an increased risk of blood cancer, such as leukemia.



# SAVING YOUR SIGHT

# WORLD GLAUCOMA WEEK



World Glaucoma Week is observed globally every year to create awareness amongst the general public about early diagnosis and control of glaucoma so that visual impairment and blindness due to this disease is minimized. This year globally “World Glaucoma Week” is being observed between March, 8-14 2020. Following the theme this year 'Beat Invisible Glaucoma', PHC's, CHC's, Sub District Hospital and District Hospitals, took the opportunity to conduct awareness programmes for the patients attending the Ophthalmic OPD. World Glaucoma Week is being observed on a yearly basis across the country in order to intensify educational and motivational efforts to accelerate the awareness amongst the general public.

## Aims & Objectives:

- To organize screening camps to detect glaucoma cases and to refer them to hospital/medical colleges etc for further management and treatment
- To provide best possible treatment available in the district/region to identified curable blind
- To set up mechanisms for referral co-ordination and feedback with organizations/NGOs dedicated treatment
- To mobilize the NGOs working in eye care field
- Organize campaigns through existing social media
- To organize rallies, walkathon, races and other IEC activities
- To place display boards/banners at the district hospital/community health Centre.







### **1. North District Hospital, Mapusa**

World Glaucoma Week was celebrated from March 8 to 14, to create awareness of glaucoma with the theme 'Beat the Invisible Glaucoma'. Department of Ophthalmology North District Hospital conducted training program for paramedical ophthalmic assistants and optometrist working at Primary Health Centre on glaucoma screening. They were trained on different equipments available at NDH Mapusa like Non Contact Tonometer and Automated perimeter and detailed information on fundus examination and detection of glaucoma. The awareness programme was conducted successfully by the team of ophthalmic department.

### **2. Community Health Centre, Curchorem**

World Glaucoma week was celebrated on March 10, 2020 at CHC Curchorem to create awareness amongst the public about the prevention and control of glaucoma. Camps were organised at Anganwadis, where ophthalmic assistant gave talks on glaucoma and advised preventive measures like checking eyes twice a year. Around 40 people participated in this programme.

### **3. Primary Health Centre, Balli**

World Glaucoma Week was observed at PHC Balli, where various activities were conducted at the OPD. Intraocular pressure of patients above 40 years was recorded by using Shiotz Tonometer. Awareness was created among the patients; and were advised on annual ophthalmic check up.

### **4. Primary Health Centre, Siolim**

World Glaucoma Week at PHC Siolim was celebrated from March, 8 to 14 by creating awareness and screening of around 48 patients.

### **5. Primary Health Centre, Sanguem**

World Glaucoma Week was observed at PHC Sanguem following various activities to create awareness amongst public. The programme was attended by around 90 people. Ophthalmic assistant gave talk on signs and symptoms of Glaucoma and its early detection. On March 17, 2020 a programme was held at Sub Centre, Bhati with around 28 participants present. At Sub Centre, Kalay around 32 participants were present, ophthalmic assistant gave awareness talks on glaucoma and its early detection by measuring Intra Ocular Pressure.

## **6. Community Health Centre, Valpoi**

CHC Valpoi observed World Glaucoma Week from March 8 to 14. Banners were displayed at CHC Valpoi and two other wellness centres. Glaucoma screening camp was conducted at the centre, 28 people were screened and four were referred to District Hospital, Mapusa. Around 59 people were present for the awareness programme.

## **7. Primary Health Centre, Corlim**

As a part of the World Glaucoma week celebrations, March 2020, the primary Health Centre Corlim conducted the following activities:

Information, Education and Communication (IEC) activity was conducted at PHC Corlim, where ophthalmic assistant spoke on the common cause of blindness and the importance of World Glaucoma Week celebrations. He highlighted the theme 'Beat Invisible Glaucoma'. This programme was attended by supporting staff of PHC Corlim and around 60 people.

A Glaucoma screening camp was organized at PHC Corlim on the same day, where about 35 patients attended the camp, patients above 40 years of age were screened for glaucoma by recording Intra Ocular Pressure using Schiottz Tonometer and by Fundus Examination. Two patients with fundus changes were referred to GMC for further examination.

## **8. Sub District Hospital, Chicalim**

IEC activity on awareness of glaucoma was conducted at SDH Chicalim, on the occasion of World Glaucoma Week. This programme was attended by 15 patients and supporting staff of SDH Chicalim.

## **9. Primary Health Centre, Dharbandora**

Awareness on glaucoma was conducted at PHC Piliem Dharbandora on March 11, 2020. During the programme, ophthalmic assistant spoke on the importance of celebrating World Glaucoma Week and its treatment. This programme was attended by about 80 people and supporting staff of PHC Piliem Dharbandora.

Glaucoma screening camp was conducted at PHC on the same day, where about 38 patients attended the camp.

## **10. Primary Health Centre, Siolim**

World glaucoma week is celebrated on March 8-14 by creating awareness and screening of patients at PHC. Around 48 people attended the programme.

## **11. Primary Health Centre, Betki**

World Glaucoma Week was observed from March 8-14, 2020 at Primary Health Centre, Betki, where banners were displayed and awareness programmes were conducted. Ophthalmic assistant spoke on glaucoma which is one of the causes of blindness in India, which is 5.8 per cent of the population. He also explained about the signs and symptoms of glaucoma at various stages.

A glaucoma screening camp was also organized, where 35 patients were screened, of which two patients were referred to GMC for further evaluation.

## **12. Sub District Hospital, Ponda**

SDH Ponda organized glaucoma screening camp for all its staff and public (above 40 years of age) in the Ophthalmic OPD. Staff including consultants, medical officers, nursing staff, paramedical staff and administrative staff of the hospital attended the screening camp.







# ACTIVITIES

National Dengue day 2020 was celebrated at PHC Curtorim at HRA Rumdamol recently. Awareness talks on Dengue were given by Extension Educator Ignatius Xavier, MI Riya Pathak and SI Jose Noronha. ANM Pritham and MPHW Damodar Pagi arranged the programme. Around 50 people were present including children. People were made aware of the COVID-19 situation and were told to carry out thorough monsoon preparedness focusing on mosquito breeding sites in and around their homes.



*Training on making bags of old sarees held for Mahila Arrogya Samiti (MAS) members at UHC Vasco*



*Information, education and communication activity and slide collection conducted for Zomato Staff by Extension Educator at UHC Vasco*



*Health check up by PHC Aldona at Old Age Home, Nachinola by Dr Garusih Ganjekar (MO), Dr Pratiksha Gaonkar (MO), Mihir Khorjuemkar (EE), and Rajeshri (MPHW)*



*Trees were planted by MLA Aldona, Glen Souza Ticlo, Dr Preetam Naik (HO) and other staff on the occasion of Van Mahotsav observed at PHC Aldona*





Essential food items distributed to elderly women by VHS&NC, Bastora by Dr Preetam Naik (HO), Dr Mithila Phadte (MO), Mihir Khorjuemkar (EE), Geeta Salgaonkar (MPHW) and Sarpanch of Bastora



5 km cyclothon was hosted to observe National Youth Day and Road Safety Week by PHC Aldona

International Yoga day observed using the Video Conferencing medium, the staff participated from their homes, the class was conducted by Mihir Khorjuemkar (EE) and Dr Aditya Barve (Ayur physician)



Yoga for Health - Yoga at Home : PHC Aldona



Mrs. Nutan Palni  
Ophthalmic Asst.  
PHC Aldona



Mr. Umesh Kholkar  
Extension Educator  
SFWB-DHS  
performing yoga with his Daughter

*Awareness programme, distribution of KFD Vaccination and DMP oil was done at SC Nanus*



*Walkathon on the occasion of International Women's Day was conducted at Piligao*



*ORS distributed to families during outreach session at Poira, Mayem*



*Vanamohostav observed at PHC Mayem*



*Information, Education and Communication activity conducted on family planning and breast feeding at Gaonkarwada Bicholim*



*Sensitization program was conducted on Beti Bachao Beti Padhao and Pre-Conception and Pre-Natal Diagnostic Techniques Act (PCPNDT) for anganwadi workers*



*Pulse Polio Immunization drive conducted at PHC Mayem*



# NON COMMUNICABLE DISEASE CELL (NCDC)

## **Mega medical camp at Urban Health Centre (UHC), Margao**

Mega Medical Camp was recently conducted at Phoenix Sports Club ground, Chandrawado, Fatorda, and Public Health Centre (PHC) Navelim recently in collaboration with PHC Navelim, UHC Margao, Hospicio Hospital, Goa Medical College & Hospital, Goa Dental College & Hospital and Directorate of Health Services (DHS).

A total of 419 patients were examined during the camp and 79 patients were referred to the higher facility for treatment. At PHC Navelim, a total of 597 patients were examined with 190 were referred to the higher facility for treatment.



## World Cancer Day

Continuing Medical Education (CME) on pain and palliative care was organized at Goa Medical College & Hospital to observe World Cancer Day. Based on the topic 'Letting Go... Difficult Decisions in Advanced Diseases', the programme included renowned faculties from New Delhi and Mumbai in the field of Palliative Medicine who delivered talks. A total of 211 delegates attended the CME from all the health facilities.



## Awareness activities on World Cancer Day

Awareness activities on World Cancer Day was conducted at health facilities. Health talks were given on cancer, its types, symptoms of cancer, preventive measures, ill effects of tobacco and smoking, adopting healthy lifestyle, importance of physical activity and healthy diet to OPD patients, school students, anganwadi centres etc.





### Course on 'Pain and Palliative Medicine'

Non Communicable Disease Cell (NCDC), Directorate of Health Services (DHS) in association with Indian Medical Association (IMA) Ponda Charitable Trust, Pallium India, Trivandrum, Kerala and Goa Cancer Society conducted a second ten-day foundation course on 'Pain and Palliative Medicine' for doctors and nurses from January 27, 2020 to February 7, 2020. This course was held at Dilasa, Hospice and Palliative Care Centre in Farmagudi, Ponda.

13 Nurses and 11 Doctors from DHS and Goa Medical College & Hospital were trained in Pain and Palliative Care. The cost of the registration fees and book on 'Indian Primer of Palliative Care' for the trainees was borne by NCDC under National Programme for Palliative Care.



### Mental health and palliative care

Continuing Medical Education (CME) on 'Mental Health and Palliative Care' was organized by Indian Medical Association (IMA) Tiswadi on recently. The CME was attended by more than 50 Doctors from various specialities. Consultant Psychiatrist, Dr Ravindra Agarwal, delivered a talk on mental health, while Consultant Psychiatrist Dr Sreedevi Warriar spoke about palliative care and its current status. HOD and Professor Department of Preventive and Social Medicine, GMC Dr Jagadish Cacodcar delivered a talk on coronavirus infection. The cost of the CME was borne by NCDC and DHS.

CME on Pain and Palliative care was held on the occasion of Women's Day in association with Goa IMA Women Doctor's wing. Series of lectures were given by renowned international speakers along with the specialists from the field of Psychiatry and psychology followed by panel discussion.



### iBreast device training

iBreast device training for MBBS and AYUSH medical officers, staff nurses and Auxiliary Nursery Midwiferes (ANMs) of Sub District Hospital (SDH) Chicalim, Urban Health Centre (UHC) Vasco, Public Health Centre (PHC) Cortalim and PHC Cansaulim was conducted for 3 days at Department of Oncology, Goa Medical College recently. There were class room sessions and hands on training on use of iBreast device for screening of breast cancers. During the training, 85 patients were screened for breast cancers by the trainees.





## STEMI-Goa Project

The STEMI-Goa Project is an innovation of Government of Goa launched in the State in December 2018. The Project focuses on taking thrombolysis to the periphery using a Hub AND Spoke Model. Presently, there are 12 spokes in the Peripheral Govt. Hospitals and one Hub in the government sector (Goa Medical College & Hospital). Recently, Government of Goa has partnered with three leading PCI-capable private hospitals in the state. It is proposed to expand the programme to five spokes in the peripheral government hospitals.

Activities conducted for expansion of spokes

### 1. Steering Committee meeting of STEMI-Goa Project-

Steering Committee meeting of STEMI- Goa Project was held on June 5, 2020. The meeting was chaired by Honourable, Minister for Health, Vishwajit Rane and was attended by Health Secretary Nila Mohanan, OSD to Health Minister Dr Rajananda Dessai, Director Directorate of Health Services (DHS), Dr Jose D'Sa, Medical Director STEMI-Goa Project, Dr Guruprasad Naik, Chief Medical Officer (CMO) NCDC, DHS Dr Rupa Naik, along with the Committee members from GVK-EMRI and representatives from PCI capable private hospitals. Deliberations regarding expansion of STEMI- Goa project, funding, training and data reporting were a part of discussion and drafting for the meeting.



### 2. Supervisory visit by STEMI-Goa team to new STEMI spoke centres

A supervisory visit was conducted by HOD, Department of Cardiology Dr Guruprasad Naik, Nodal Officer, NCDC Dr Kedar Raikar, and Dr Nilam Gaude, Consultant NCDC to new spokes centres – PHC Betki, CHC Bicholim, PHC Candolim, PHC Siolim, PHC Sanguem, PHC Quepem, PHC Balli and PHC Cansaulim on recently. Assessment of infrastructure and other resource requirement of the health facilities were done at the time of visit.



### 3. Training for medical officers on STEMI-Goa Project

Training for medical officers of new STEMI spokes was conducted at State Institute of Health and Family Welfare (SIHFW) Mapusa for North Goa health facilities and at Urban Health Centre (UHC) Margao for South Goa health facilities recently. Training was conducted by HOD, Department of Cardiology Dr Guruprasad Naik, Cardiologist, Goa Medical College Dr Rahul Mahadik and ECG technician from Tricog Health Services Pvt Ltd. 28 medical officers were a part of the training.



*Training for Medical Officers on STEMI-Goa Project at SIHFW Mapusa*



*Training for Medical Officers on STEMI-Goa Project at UHC Margao*

### INDIA HYPERTENSION CONTROL INITIATIVE (IHCI)

A state specific treatment protocol meeting was held with the physicians of Goa and the IHCI team. The treatment protocol was discussed to be implemented throughout the state under IHCI.

IHCI orientation sessions were held for doctors, staff nurses and pharmacists. The session gave an overview of the IHCI programme, its importance, the treatment protocol to be used, monitoring and the simple app to be used.

An orientation sessions were also held for medical officers, health officers, physicians and staff nurses through an online platform.





## PROTECTING YOUR MENTAL HEALTH

### Launch of COVIDAV

Covidav is a web and cloud based telemedicine platform that can be used by the general public affected directly or indirectly as a result of Covid19 to get on demand video based mental health consultation from a registered psychiatrist/mental health professional. Telemedicine is an ideal way to reach out to the masses keeping in mind the need for social distancing and restrictions imposed by lockdown. The user has to book an appointment by visiting covidav.com and providing a brief description of his/her symptoms, quarantine and isolation status. The query is then assigned to the appropriate psychiatrist or mental health professional who then consults the patient over video and can even prescribe medicines to the user. The partners involved in this programme are Psychiatry Society of Goa, Sangath, Antarman and COOJ who provide counseling to those in psychological distress during this pandemic and lockdown period. Total sessions held till July 5, 2020 are 671.

**Department of psychiatry, North Goa District Hospital in collaboration with Goa State AIDS Control Society (GSACS) launched a mental health helpline. The GSACS counselors were trained on Covid 19 pandemic and related mental health issues. The services are provided to people in isolation, facility quarantine and home quarantine in Goa.**

### SANGATH:

**Various trainings were planned for medical officers, dentists, staff nurses, counsellors by Sangath.**



*January 20 – 21, 2020:*

*Training for medical officers, staff nurses and dentists on depression, alcohol and tobacco de-addiction was conducted at State Institute of Health and Family Welfare (SIHFW) Mapusa. Health facilities nominated for the training were Community Health Centre (CHC) Valpoi, CHC Sakhalim and CHC Bicholim.*

January 22–23, 2020:

Training for medical officers, staff nurses and dentists on depression, alcohol and tobacco de-addiction was held at Urban Health Centre (UHC), Margao. Health facilities nominated for the training were Community Health Centre (CHC) Canacona, Sub District Hospital (SDH) Ponda and SDH Chicalim.



Training for AYUSH and RBSK doctors, IEC supervisors, counsellors on alcohol de-addiction at UHC Margao was conducted. Health facilities nominated for the training were CHC Canacona, SDH Ponda and SDH Chicalim.



Psychosocial counselling by DTCC staff



Youth Hostel, Peddem, Mapusa – Goa.





Counselling at GEC College, Farmagudi.



Mental Health and counseling services to migrant women



## UNDERSTANDING DIABETES

### CHANGING DIABETES BAROMETER (CDB)

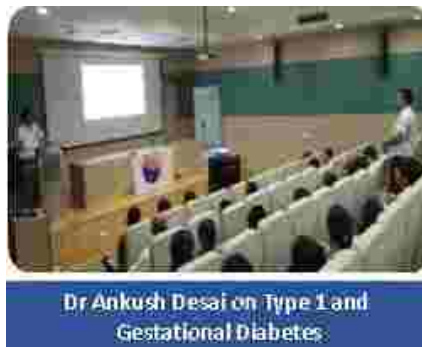
The 6th CDB program review meeting was recently held at DHS Seminar Hall. Dr Rajnanda Desai, Dr Rupa Naik, Dr Manish Gaunekar, Dr Radha Valaulikar, Kirti Pandey, Munish Malhotra, Paramsher Singh, Dinakaran P, Kenny Ramanand, Dr Anup Netravalkar and 14 Diabetes Educators were present for the meeting. The status of various initiatives like capacity building, registry, house visits, DE performance were reviewed and way forward was planned during the meeting.

### DE review meeting



January 23 – 24 2020:

LEAD Masterclass, an advance training program in diabetes for medical officers was conducted. This was the second session of the training under the CDB programme. With 53 doctors present for the training which was held at GMC library auditorium.



Dr Ankush Desai on Type 1 and Gestational Diabetes



January 27, 2020:

The 10th anganwadi workers training was held at Sub District Hospital, Chicalim. With 60 anganwadi workers present, the training mainly focused on the 4 pillars of diabetes.

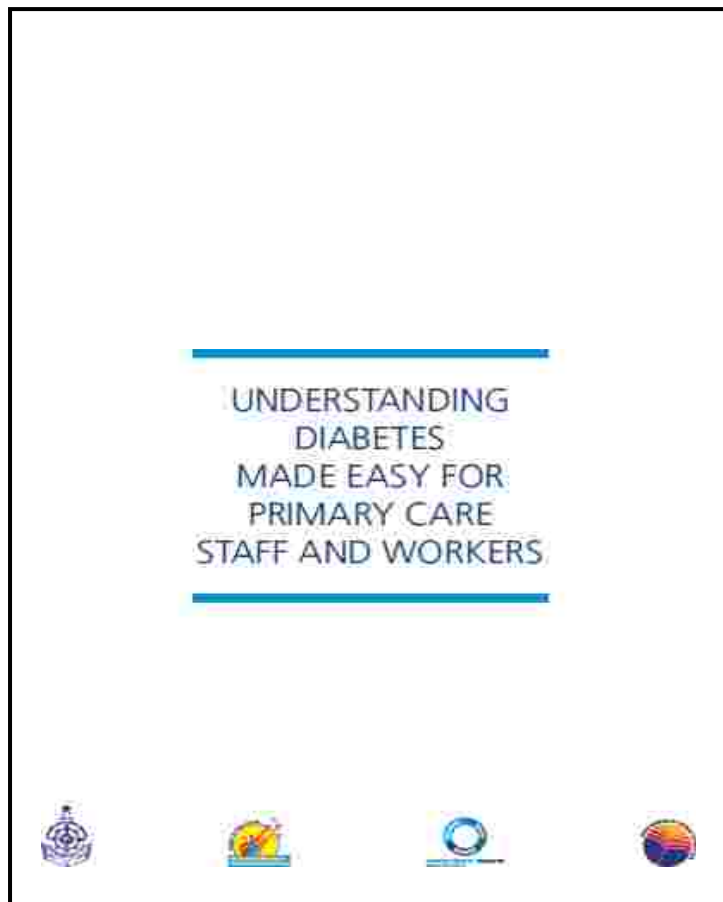
Similar training for anganwadi workers of Curtorim and Bicholim was conducted was

conducted by senior Physician, Hospicio Dr Edward D'Mello and Project Manager, CDB Goa Program Dr Anup Netravalkar.



April 2020: Diabetes IEC Pamphlets for the Primary Care staff and workers such as anganwadi workers was prepared and designed for distribution in all government health facilities. These pamphlets will serve as a tool for information to the workers as well help them in creating awareness on diabetes in the general public.

conducted by senior Physician, Hospicio Dr Edward D'Mello and Project Manager, CDB Goa Program Dr Anup Netravalkar.





## WEBMINARS ON DIABETES

Three webinars were organized by Novo Nordisk Pvt Ltd. The webinars focused on management of blood glucose levels during the COVID 19 lockdown and Ramadan and Diabetes. These webinars were conducted by endocrinologists and diabetologists from India namely Dr Ambrish Mithal, Dr V. Mohan, Dr Shashank Joshi and Dr Ashok Kumar.



May 15, 2020:

Nordisk India Pvt Ltd conducted a webinar on Management of Hyperglycemia in critical care setting and role of rapid acting insulins. The speakers were eminent endocrinologists from India – Dr JJ Mukherjee and Dr Manoj Chawla. All doctors from DHS Hospitals and Health centers were invited for this webinar. 10 doctors and diabetes educators from Goa attended this webinar.

May 19, 2020:

First meeting on formation of state specific guidelines on treatment and management of diabetes during pregnancy was held at GMC. KOLs from Health Ministry, DHS and GMC attended this meeting. Screening, Diagnosis and Methodology for performing OGTT were discussed during this meeting



June 18, 2020:

A special online meeting was held with Type 1 Diabetes Community. 18 patients participated in this meeting. Importance of performing Self-monitoring of blood glucose (SMBG) was discussed during this meeting. The meeting was conducted by senior Diabetes Educator, Endocrine Unit, GMC Sushant Bhatikar and Dr Anup Netravalkar. Diabetes Education Specialist Dr Shuchy Chugh and type 1 patient and motivational speaker Alex Fernandes provided their valuable inputs during programme.



COVID-19

DHS

FIGHTS AGAINST THE DEADLY VIRUS







# COVID UPDATES

**In the pursuit to further streamline protocols and facilities to fight the rising cases in the state, Health Minister Vishwajit Rane an interactive and brain-storming session with the expert committee for COVID**

The decisions taken during the meeting are as follows-

- Highly critical COVID patients with severe Co-morbid conditions to be treated at GMC, ward 144, 145 & 146 will be designated with high dependency equipment and ventilators
- All frontline health workers working at COVID Hospitals, COVID Care centres, CHCs, PHCs will be provided with safety gears to ensure their complete safety.
- A dedicated ward to be designated for Postoperative care of COVID positive patients with separate entry & exit point.
- Final year Nursing students will be deployed for COVID/Hospital duty following the guidelines proposed by the National Nursing Council of India
- Based on the evaluation of the group of expert doctors, extremely critical cases at ESI Hospital will be either treated at Sub-District Hospital-Ponda or Goa Medical College & Hospital

## **Goa tops in number of COVID-19 tests per million.**

Goa Health Minister Vishwajit Rane has said the state topped in the country in terms of the number of COVID-19 tests conducted per million people.

Till Tuesday evening, 1,53,792 tests were conducted in Goa. So far, 9,444 COVID-19 cases have been reported in the coastal state, as per official figures.

"In our constant endeavour to test maximum people in the state for COVID-19, we are happy to announce that Goa has yet again topped amongst all states in the country for the number of tests per million population with 94,773 tests per million population," Rane tweeted on Tuesday night.

"Proud of our team Goa for their dedication and hard work," he added.

## **Ante-Natal, Neo-Natal & Post Natal COVID patients**

Soon a dedicated floor will be assigned for all Ante-Natal, Neo-Natal & Post Natal COVID patients at Sub-District Hospital Ponda, which will be jointly run by GMC & DHS.

The Health Department is working towards commissioning all the facilities at the new South Goa District Hospital. Once all the facilities are in place within 10 days as committed by GSIDC, we shall be shifting all the activities of Old Hospicio to new South Goa District Hospital. Post which, Old Hospicio will be dedicated to managing all Ante-natal & Post-Natal COVID patients.



ASYMPTOMATIC PATIENTS UNDER HOME ISOLATION

# Govt warns of 'action' against housing societies over stigmatisation of COVID patients

NT NETWORK  
Panaji

The state government, on Friday, warned of initiating action against housing societies, if they are found stigmatising asymptomatic COVID patients who are under home isolation.

Health Minister Vishwajit Rane said addressing a press conference in Panaji. He said that respective district collectors are empowered to initiate action against the individual or societies under the relevant provisions of the Disaster Management Act, 2005. Rane said that it has been observed that certain housing societies are not allowing the supply of food and other essential items to the apartments of the COVID patients.

The Minister said that around 96 per cent of the total COVID patients are asymptomatic, and added that government wants appropriate COVID patients to opt for home isolation as it will ease the burden on the infrastructure. "Home isolation is a decision of the government and nobody is above the decision of the government. The government's decision is binding on each and every individual or group or society," Rane said.

He further said that any COVID patient facing discrimination or stigmatisation can seek help from the district administration or the concerned health officers after which the government would initiate the action against the particular individual or the housing society.

# Second COVID Hospital gets operational in Ponda

Focus on 'obstetrics' at the facility

NT NETWORK  
Ponda

The Sub-District Hospital (SDH) in Ponda, which was designated as the second full-fledged COVID Hospital in the state, is now operational in Ponda with the admission of 14 patients.



SDH checks building for better air circulation. (NT) Hospital has been shifted to the second COVID Hospital in Ponda. (NT) Hospital has been shifted to the second COVID Hospital in Ponda.

and as per the need, other arrangements will be made. It is pertinent to note that the decision to set up the second COVID Hospital was taken by the government in the last week of the month in the last COVID Hospital in Margao. Following the recent surge in COVID-19 cases in the state, indicating that 40 patients at the SDH were shifted to the hospital over the night. After that the people housed by the SDH under the COVID-19 ward were shifted to the second COVID Hospital in Ponda.

# COVID hospital full; govt designates 2nd at Ponda

Health Minister says no shortfall of COVID medicine

Team Herald

## PONDAITES OPPOSE GOVT MOVE

PANJIM: As Goa's lone COVID-19 hospital packed to capacity at the backdrop of spike in cases, the government has designated sub-district hospital in Ponda as State's second full-fledged hospital to accommodate new patients.

During next 48 hours, the Directorate of Health Services (DHS) and Goa Medical College (GMC) will take charge of the 220-bedded sub-district hospital. We have decided for two COVID-19 hospitals as there are spike in cases. We are taking all steps required to handle the rising cases

— Vishwajit Rane, Health Minister

**Team Herald**  
PONDIA: Pondaites strongly opposed the government decision to convert the Ponda Sub District Hospital into full-fledged Covid Hospital. Locals including MGP leader and MLA Sudin Dhavlikar, Dr Ketan Bhatikar, Sarpanchas of various panchayats, Ponda councillors staged a dharna in front of the Sub District Hospital and questioned the Sub District Hospital in-charge Dr Vikas Kuvvelkar and the Health Department Director Joe Desa when they visited the hospital to implement the government Order. Dr Kuvvelkar and Dr Desa said the government had ordered to shift all patients being treated at the hospital to GMC and shut it for general patients.

However locals and MLA opposed to this proposal stating this is the only hospital for emergencies. Sudin said, "until alternative arrangements are made we will not allow to vacate the hospital nor allow the patients be shifted to GMC". He said this is the only hospital having facilities to treat people of the entire Ponda Taluka and surrounding talukas and it would be great injustice if it is vacated. Sudin who expressed his concern to Chief Minister Dr Pramod Sawant said the CM informed him, the hospital was selected as a Covid hospital as it has an oxygen pipeline ready facility in all the wards. However, Sudin said he pointed out to the CM that such facility is also available at the Curchorem Hospital and

Contd on Pg 11 >>

take charge of the 220-bedded sub-district hospital. We have decided for two COVID-19 hospitals as there are spike in cases. We are taking all steps required to handle the rising cases," Health Minister Vishwajit Rane said addressing a press conference in the capital on Sunday. Rane said within 2 days, a dedicated floor will be assigned for all Ante-Natal, Neo-Natal & Post-Natal COVID patients at Sub-District Hospital Ponda, which

will be jointly run by GMC & DHS. Our team is working towards commissioning all the facilities at the new South Goa District Hospital. Once all the facilities are in place within 10 days as committed by GSIDC, we shall be shifting all the activities of Old Hospicio to new South Goa District Hospital. Post which, Old Hospicio will be dedicated to managing all Ante-natal & Post-Natal COVID patients. Asked if the necessity arose due to full bed capacity

at ESI Hospital, designated as Goa's first COVID-19 hospital, the minister replied in positive. "We will not hide information. Yes, the present hospital is full in capacity which is why second hospital was needed. Nobody expected a spike of 506 cases but we are simultaneously working with the medical experts to tackle the situation," he said urging people to strictly maintain all the health protocols

Contd on Pg 11 >>

# Second Covid hosp in Ponda, will be commissioned by Tue: Rane

NT NETWORK  
Ponda

Panaji: Health Minister Vishwajit Rane said on Sunday that the government has decided to convert the sub-district hospital, Ponda, into a second Covid hospital. He made the announcement after a series of meetings with senior doctors and officials of the department of health, and said it would be commissioned in the next 48 hours.

The state's only Covid facility, the ESI hospital in Margao, is now almost full. As a record 506 new cases were detected on Sunday, a temporary holding ward has been created at the Goa Medical College (GMC) and hospital, Bombolim, to admit new patients that require immediate help but can't be accommodated at the ESI-Covid hospital.

"After a joint consultation with chief minister Pramod Sawant and other officials, the government has decided to declare the Ponda sub-district hospital as the second Covid hospital," said Rane. "Arrangements are being made to transfer the patients from the sub-district hospital to other facilities."

They will either be accommodated in the North Goa district hospital or GMC.

Rane also said that teams of doctors from GMC and the directorate of health services would take charge of the new Covid Hospital in Ponda in the next 48 hours. The order appointing them has been issued, he said.

The addition of this facility adds 200 more beds available for Covid patients. However, GMC dean and head of the Margao Covid hospital, Dr S M Bandekar, said that all patients with comorbid conditions and requiring more medical attention will be managed in Margao. "Facilities for treatment of Covid patients are available there," he said.

Meanwhile, all antenatal patients from the ESI hospital will be shifted to the Ponda sub-district hospital. "There are 26 antenatal patients," he said.

However, he added, some of the patients who are pregnant will be commissioned by the second COVID hospital in Ponda.

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Also, Rane said that over the next ten days, all departments from Hospicio hospital, Margao, will be shifted to the new South Goa district hospital, and that the facility will be used for the treatment of anti-natal and post-natal cases having Covid infections. It will open up 100 beds for the treatment of Covid patients, he said.

"It will take around ten days to commission Hospicio," Rane said. "Suggestions received from experts will be executed. Expert committee meetings will be held every week, and facilities will be upgraded at the Covid hospitals."

The minister also said that doctors are available in adequate numbers, and whenever required, more will be recruited. However, he admitted that there hasn't been a good response for posts of multi-task workers. "Few candidates are coming forward despite a salary of Rs 18,000 a month being offered," he said.

# Next 60 days are crucial for COVID fight, says Vishwajit

NT NETWORK  
Panaji

Health Minister Vishwajit Rane on Sunday warned that the next 60 days will be crucial for the state in the fight against the coronavirus pandemic.

"I feel that in the present COVID situation it is very much essential that we keep a strict vigil over the next 45-60 days. The next 60 days are crucial. We are not here to create panic in the minds of the people, but some time it is important that everyone takes care and there is only restrictive movement," Rane said addressing a press conference in Panaji after holding a series of meetings with health secretary Nila Mohanan, GMC dean Dr Shivaram Bandekar and all the Heads of the GMC.



Vishwajit Rane Health Minister

Asked whether Goa is seeing the peak of the pandemic or the worst is yet to come, Rane said, "I can't predict. Today we have over 500 cases, but it will not divert our focus. We are going to see that every facility is upgraded so that we are able to treat the patients with proper care and attention."

Rane said that in the next 45 days the non-essential services at out-patient departments of the GMC and the South and North Goa district hospitals will be

suspended, and the same would be informed to the general public through a newspaper advertisement.

"I appeal to people not to visit the OPD service unless absolutely necessary. Our team is working hard to streamline and modify standard operating procedures based on emerging situations," he said. The minister said the government has made antigen tests mandatory for patients in the major state-run hospitals.

"Rapid antigen tests will be conducted before the admission of patients and an RT-PCR test will be carried out as a second layer of confirmation before the surgery," he explained.

"The decision has been taken to protect the other >> continued on P9

# Goa's second COVID Hospital coming up in Ponda

Sub-district hospital designated for treating symptomatic COVID patients

NT NETWORK  
Panaji

As the lone COVID Hospital in Margao is running at full capacity, the state government on Sunday designated the sub-district hospital in Ponda as the second full-fledged COVID Hospital in the state for treating symptomatic COVID patients.

Health Minister Vishwajit Rane told a press conference in Panaji that the second COVID Hospital in Ponda will be made operational in the next 48 hours.

A team of doctors from the Goa Medical College and Hospital and the directorate of health services will take charge of the sub-district hospital. Arrangements have been made to shift the patients from the sub-district hospital to other health facilities where they will continue receiving treatment.

Rane said the government has also decided to shift the antenatal, postnatal and neonatal units of the Margao-based COVID Hospital to the Hospicio

Hospital. "The non-COVID patients undergoing treatment in the Hospicio Hospital will be moved to the newly-constructed South Goa District Hospital over the next 10 days. Thereafter we will start admitting COVID positive women from the antenatal and postnatal units in the Hospicio," he said.

For the time being, the antenatal, postnatal and neonatal units will be shifted from the ESI Hospital to the Ponda sub-district hospital. Once the non-COVID patients are shifted out of the Hospicio, the units will be housed in the Hospicio, Rane explained.

The COVID Hospital in Margao has 220-bed capacity. The sub-district hospital will also be a 220-bedded facility, while the Hospicio will be a 100-120-bedded facility.

The Health Minister said the government is in the process of setting up a 20-bedded high dependency unit >> continued on P9

COVID UPDATES



# LET'S FIGHT CORONA

It is becoming increasingly crucial for people to have awareness and knowledge about COVID-19, how the virus spread, and the reasoning behind measures like social distancing. especially in times of great anxiety, various conspiracies theories tend to sprout up and, in response to health emergencies, several dubious ideas on medicine and treatment also come up. In hope to debunk this Directorate of Health services created awareness across the state, spoke to the public about the disease, educating them about virology, health and safety.

*Information, Education and Communication (IEC) on Covid 19 at Fakir Galli for anganwadi workers at Urban Health Centre, Vasco*



*IEC at 1930 Mall on Covid 19 and Dengue*



*Training for COVID-19 Volunteers of Dharbandora Taluka*



*Awareness on COVID -19 for the staff of Bondla Wildlife Sanctuary. AYUSH, Dr Rama Gaonkar presented a complete IEC on COVID-19 like sign and symptoms, precaution and how it spreads. Handwashing Demonstration was shown by IEC Supervisor Prajakta Chari. AYUSH, Dr Renuka Chawan and counsellor Sudesh Gaonkar were present*

*IEC on COVID-19 for the bus driver, Conductors, Pilot, truck drivers at Usgao- Tisk*



*COVID-19 IEC at usgao Tisk Bustand*



*COVID -19 IEC for truck Drivers*



IEC on COVID -19 for the staff, workers and chefs at Dudhsagar Resort. COVID -19 iec AT Dudhsagar Resort



Water Proof Stickers with information on COVID placed on the floorings at Registration, OPD, pharmacy counter with COVID messages in (English, Konkani & Hindi) languages for the patients to maintain social Distancing Norms by Extension Educator



Training for COVID-19 Volunteers of Dharbandora Taluka



Felicitatoin of PHC Mayem staff for excellant work done during COVID by Mamlatdar Shri Prajinvy Pandit and Ex MLA Naresh Sawal



Felicitatoin of PHC Mayem staff for excellant work done during COVID by Mamlatdar Shri Prajinvy Pandit and Ex MLA Naresh Sawal



IEC activity conducted on COVID & Immunization at Sub Centre, Chorao

LET'S FIGHT CORONA



*IEC activity on non communicable disease and Do's Don'ts of COVID during OPD session at Sub Centre, Piligao*



*Conducted immunization session conducted using Proper Protective Equipment (PPE)*



*Distribution of leaflets on COVID during Immunization session at Mayem*



*Orientation on COVID 19 for the staff of Goa Tourism Development Corporation (GTDC) Mayem Lake*



*Awareness session on COVID for the staff of Bicholim Municipal Council*



*IEC activity conducted on COVID for the students and staff of Vijayanand High School*

LET'S FIGHT CORONA

*MLA Pravin Zantye donating Face mask & Sanitizers to Primary Health Centre, Mayem*



*Swab collection session at Quarantine centre Mayem Residency*



*Stamping of Quarantine people in Mayem Jurisdiction*



*Distribution of face masks to Fire & Emergency Department, Bicholim*



*Medical assistance provided to the SSC examination to students at Aldona*

LET'S FIGHT CORONA



*IEC programme on COVID for railway workers at Xelvon, Assolda in Curchorem*



*IEC on COVID at Solid waste management plant in Kakoda, Curchorem*



*Awareness on COVID conducted in Schools and community by staff of PHC, Sanguem*

LET'S FIGHT CORONA

# BOOSTING YOUR IMMUNITY

When we are supposed to protect ourselves from the virus from outside, we need to protect ourselves beginning right from within our body by strengthening the immune system. The immune system is indeed complex and is to a great extent impacted by the environment around us. When a foreign bug gets into your body, like the one that causes COVID-19, your body put up its defence. For the defence to be stronger, a healthy lifestyle can help build up your immune system to make your defence as strong as possible.

Considering the current situation, health services distributed immunity boosting medication to the people which would help them strengthen their defence.



*Distribution of Ayurveda Immunity Booster for the Field staff*



*Distribution of Homeopathy Ars. Alb Immunity Booster for the Staff*



*Immunity boosting medicines distributed to the teaching and non teaching staff of Holy Cross HS Bastora by Dr Preetam Naik (HO), Dr Rupali Vernekar (Hom. Phys), Dr Yatin Palekar (RBSK), Mihir Khorjuemkar (EE) at PHC Aldona*

*Immunity boosting medicines for the ward members of VP Nachinola by Dr Preetam Naik (HO), Dr Aditya Barve (Ayur Phsy) Dr Yatin Palekar (RBSK), Dr Jyotsna Fondekar (Ayuhs), Mr Mihir Khorjuemkar (EE), and Nanda Pissurlekar (SI) at PHC Aldona*



*Immunity Boosting Medicines distributed to the teaching and non teaching staff of St Xavier's HS Moira by Dr Preetam Naik (HO), Aditya Barve (Ayur Phys), Dr Rupali Vernekar (Hom. Phys), Dr Yating Palekar (RBSK), Mihir Khorjuemkar (EE) and Nanda Pissurlekar (SI)*

*Immunity boosting medicine distributed to the staff of Mayem Residency*



*Immunity boosting medicines distributed to electricity & police staff under PHC Aldona*

BOOSTING YOUR IMMUNITY



# CORONA AWARENESS

IEC activities conducted on COVID-19 by DHS

Sr No	Material/ Activity	Quantity	Date of printing	Distributed to whom1
1	Advertisement	2 newspapers	Feb 2020	Genral public
2	FAQs (A4 size, both side printing, single colour, Eng & Konkani)	4000 (2000 in each language)	14 Feb 2020	Both DHs, SDh Chikalim and GMC
3	Banners	25		Identified health facilities
4		2000 each (10,000)	Feb 2020	All health facilities
5	5 different types of leaflets	12,000 (5000 + 5000 + 2000)	11 March 2020	
6	4 types of leaflets	20,000 (5,000 each )	27 march 2020	All health facilities
7	Posters on Social Distancing	10,000 (5000 in Eng & 5000 in Konk)	30 March	All health facilities
8	Posters on Dos and Donts	15,000 (10000 in Eng & 5000 in Konk)	30 March	All health facilities
9	Foamsheet boards on Dos & Donts and Use of mask	15 each	Marh 2020	AT DHS building
10	Stickers for home quarantine	10000	2 April 2020	To stick at home quarantine houses
11	Leaflets for community survey	6,00,000 (2 lakhs each)	5 <sup>th</sup> April 2020	Handed over to Collecorate office for onward distribution in community
12	Questionnaire for community Survey	2,500	5 <sup>th</sup> April 2020	Handed over to Collecorate office
13	FB Page	Regularly updation is going on	March 2020	
14	E-newsletter		April 2020	
15	Updates on NHM website		Since February 2020	
16	Rubber stmps for home quarnatine		March 2020	Provided to all health facilities



# ADVERTISEMENTS

**Help us to help you**

## NOVEL CORONAVIRUS (COVID-19)

### Break Contact, Bigger Impact

*Steps to control Corona Virus spread*

If you have returned from Coronavirus (COVID-19) affected countries in the past 14 days and have cough, fever or difficulty in breathing, call the helpline number immediately and follow the instructions or visit the nearby health facility

It is advised to wear mask if you have cough, fever or difficulty in breathing.

Avoid close contact with family members and other relatives if you are suffering from fever, cough and difficulty in breathing.

Quarantine yourself for 14 days if returned from Corona Virus affected countries

Wash hands with soap and water frequently

For further information call: +91-11-2397 4046 or 104  
Email at: [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

Issued by: Directorate of Health Services, Panaji-Goa

**REDUCE YOUR RISK OF CORONA VIRUS INFECTION**

The 2019 novel coronavirus (2019-nCoV) caused a cluster of pneumonia cases in Wuhan, China and has been spread to other parts of the world.

Travelers to and from China should follow simple public health measures at all times as under:

- All non-essential travel to China to be avoided.
- Follow respiratory etiquettes.
- Avoid close contact with people who are showing flu like symptoms.
- Observe good personal hygiene.
- Practice frequent hand washing with soap.
- Avoid contact with live animals and consumption of raw/undercooked meats.
- Wear a mask if you have respiratory symptoms such as cough or runny nose.

**The clinical signs and symptoms**

- Fever
- Cold
- Difficulty in breathing

For more information visit nearby health centres or call  
National Call Centre Toll free helpline  
+91-11-23978046 104

Issued by: Integrated Disease Surveillance Programme  
Directorate of Health Services, Campal-Panaji-Goa

# LEAFLETS FOR COMMUNITY SURVEY

नोव्हेल कोरोनावायरस (COVID-19)	नोव्हेल कोरोनावायरस (COVID-19)	NOVEL CORONAVIRUS (COVID-19)
<p><b>संपर्क तोडो, प्रभाव कमी करा</b> कोरोना वायरस पसरल्यापासून प्रतिबंध करण्याचे उपाय</p> <p>लॉकडाऊन निश्चये पाळा</p> <p>दुकानां अन् ओपणे, मित्रांना साजनां, इत्यादींच्या अतिथ्यां खाणेपि्याने बाहेर पडताना लागते, तर कोळेरुपणे सामाजिक अंतराचे (सोशल डिस्टेंसिंग) नियम पाळा</p> <p>वारंवार हात धुवा</p> <p>इयानसंबंधी शिफारशा पाळा - खोकलाना/ शिकतांना टिश्यू किंवा हातकुनाने आपला चेहरा झाकता किंवा आपल्या कोपटानध्ये कोसोको</p> <p>तापाची / खोकल्याची लक्षणे आलेल्या व्यक्तीपासून किमान एक मीटर दूर राहणे, आपल्या घरातील कुटुंबियांनासुद्धा.</p> <p>जर तुम्हाला किंवा तुमच्या कुटुंबियांना कोविड-19 लक्षणे आल्यानंतर सडले (ज्वर, खोकला, श्वास घेण्यात त्रास), तर ताबड बाला आणि 104 ला सूचित करा किंवा जवळच्या आरोग्य केंद्रावर वचना घा / तिणे जा.</p>	<p><b>संपर्क तोडो, प्रभाव उणावो</b> कोरोना वायरस पातळ्याणीक आळाबंद हाडपाचे पायडे</p> <p>लॉकडाऊनार्थे निश्चय पाळन करचें</p> <p>तुमकां अन् वयल्यां, किशान गृहल, आदीं मिकले घेवपाक वयल्यांवर वनपैच घडचें, आपल्या सज्जाणीक अंतराच्या (सोशल डिस्टेंसिंग) मर्याचे बरवटालान पाळन करात</p> <p>वनसून वनसून हात धुवात</p> <p>वयल्यांनबंद्या शिफारशांचे पाळन करात - खोकलाना/ शिकताना टिश्यू सा हातकुनाने आपलो चेहेरें वा कोपटांत खांकचें</p> <p>जोपाची / खोकलेची लक्षणां आगिल्ल्या व्यक्तीपासून अर्थांत ओं एक मीटर परसून रावचें, आपल्या घराब्यांतूय</p> <p>जर तुमकां वा तुमच्या कुटुंबियांकां कोविड-19 लक्षणे आल्यानंतर सडले (ज्वर, खोकला, श्वास घेवपांत त्रास), आपल्या शस्के पाळत आनी 104 वा सुचीत करात वा तांणीच्या शस्केची केंद्रावर वचना घेवची करात / घम घवात.</p>	<p><b>Break Contact, Bigger Impact</b> <i>Steps to control Corona Virus spread</i></p> <p>Follow the lockdown dutifully</p> <p>Maintain strict social distancing measures, if you have to move out for essential purchase of drugs, groceries etc.</p> <p>Follow washing of hands frequently.</p> <p>Follow respiratory etiquettes - cover your face while coughing/sneezing with tissue or handkerchief or cough into your elbow</p> <p>Stay at least a meter away from those who have symptoms of fever/cough, even within your household.</p> <p>If you or any of your family members experience any of the symptoms suggestive of COVID-19 (fever, cough, difficulty in breathing), wear a mask and report to 104 or inform/visit nearest Health Centre</p>

CORONA AWARENESS



# 4 TYPES OF LEAFLETS



# FOAMSHEET BOARD ON MASK



CORONA AWARENESS

# BANNER

**REDUCE YOUR RISK OF CORONA VIRUS INFECTION**

The clinical signs and symptoms:  
 Fever, Cough, Difficulty in breathing

Travelers to and from affected countries should follow simple public health measures at all times as under:

- Avoid non-essential travel to affected countries to be avoided.
- Follow respiratory etiquettes.
- Avoid close contact with people who are showing flu like symptoms.
- Observe good personal hygiene.
- Practice frequent hand washing with soap.
- Avoid contact with live animals and consumption of raw unspiced meat.
- Wear a mask if you have respiratory symptoms such as cough or runny nose.

For more information visit nearby health centres or call:  
 National Call Centre / Toll free helpline: +91-11-23978046 / 104

Issued by: Integrated Disease Surveillance Programme, Directorate of Health Services, Campal-Panaji-Goa

# PAPER POSTER ON DO'S AND DON'T'S

**नोव्हेल कोरोनाव्हायरस (COVID-19)**

**NOVEL CORONAVIRUS (COVID-19)**

स्वताची आनी हेरांची राखण करात!  
 कितें करचें आनी कितें करचें न्हय, हाचेविशीं हांचे पालन करात

**Do's**

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 011-23978046 or 104.

**Don'ts**

- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

वांगडा मेळून आमी कोरोनाव्हायरस वांगडा झुंज दिवपाक शकतात

Together we can fight Coronavirus

For further information call:  
 +91-11-23978046 or 104  
 Email at [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

Issued by: Integrated Disease Surveillance Programme, Directorate of Health Services, Campal-Panaji-Goa

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# PAPER POSTERS ON SOCIAL DISTANCING



# STICKERS TO PUT AT THE HOUSES OF HOME QUARANTINE



# RUBBERSTAMP FOR HOME QUARANTINE



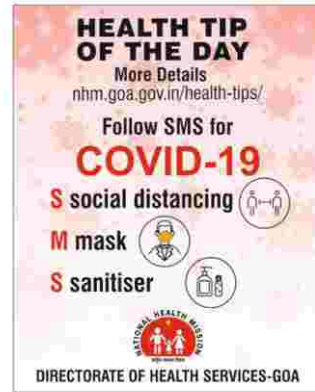
CORONA AWARENESS



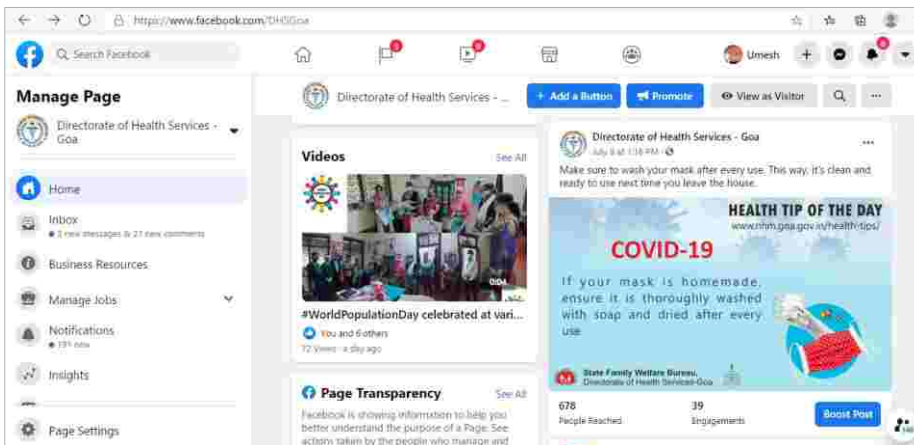




# REGULAR HEALTH TIPS ON HERALD NEWSPAPER



# FACEBOOK PAGE - DIRECTORATE OF HEALTH SERVICES- GOA



# PHOTO OF THE TV WHERE MESSAGES ARE DISPLAYED



CORONA AWARENESS



# ADVERTISEMENT ON COVID 19



Do you have  
any of the following  
**Symptoms ?**



Fever



Cough



Difficulty in  
breathing

Then visit your nearest  
Government Health  
Centre/ Hospital



**Follow**

Social distancing



KEEP DISTANCE

Mask



WEAR MASK

Sanitiser



USE SANITIZER

*Issued in public interest by:*  
Directorate of Health Services  
Panaji-Goa

For further information  
call **104**

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# UPCOMING EVENTS

## **WORLD BREASTFEEDING WEEK**

1st - 7th August 2020

## **EYE DONATION FORTNIGHT**

25th August 2020

## **RASHTRIYA POSHAN MAAH (NATIONAL NUTRITION MONTH)**

September 2020



## **GOVERNMENT OF GOA**



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Public Information Officer :- Dy, Director (HIB)

Officer In-charge of Mediclaim Scheme :- Jt. Director Accounts (Health)

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