

POSITIVELY RIPPLING THROUGH COVID-19 IMPACT



Given the global outbreak of Covid-19, it is understandable that during times like this, people may be feeling fearful, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the coronavirus. While it is important to stay informed, the following are some health and wellbeing protective measures and strategies to continue looking after ourselves and each other during these difficult times.

TAKE STEPS TO PROTECT YOURSELF



- Stay at home as much as possible.
- Maintain social distancing- at least 1-meter (3 feet) distance between yourself and anyone who is coughing or sneezing



- Avoid physical contact in your interactions with people, put your hands together in Namaste instead of offering a handshake or a hug.



- Limit the amount of news you watch and read, including social media and don't dwell on the bad news.
- Limit the amount of time you talk about the bad news with others. Try to think of positive things to discuss.

PRACTICE GOOD HYGIENE



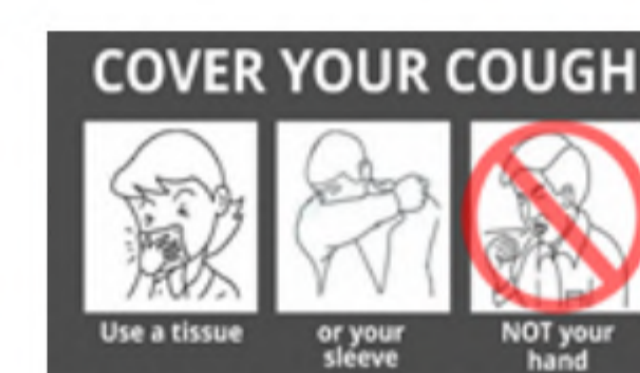
- Clean the hands regularly with an alcohol-based sanitizer, or wash them with soap and water



- Clean frequently-touched objects and surfaces regularly with disinfectant



- Avoid touching eyes, nose and mouth
- Wear a facemask when you are around other people or are going in a public place.



- Practice respiratory hygiene - remember to cover your face with tissues while sneezing or coughing. Also, if you don't have a tissue, then cough or sneeze into your elbow.

THINGS YOU CAN DO TO SUPPORT YOURSELF



- Try to eat healthy, well-balanced meals, plenty of fruits and vegetables. Avoid processed, heavy, fried foods, and reduce white sugar, and flour as it can lower the immunity. Eat warm, fresh, easy to digest, nourishing food at regular meal times.

- It's very important to stay hydrated; have warm water or water at ambient room temperature
- Support your health with natural herbs, medicinal herbs such as amla, giloi, shilajit and neem help strengthen the immune system. Drink herbal Tulsi or ginger tea or turmeric tea



- For those who take a spoon of Chyawanprash with warm milk or water in the morning or night, this is a good practice to continue.



- Regular exercises, good sleep, and practice of pranayama can aid in busting stress and enhance immunity. Some breathing exercises can help open the lungs, such as 'Anulom Vilom,' 'Kapalabhati,' 'Ujjayi, Pranayama,' 'Sitali Pranayama'.
- Yoga asanas like Tadasana, Trikonasana, Mandukasana, Bhujangasan, Dhanurasana can help increase the immune system to fight with coronavirus



- Learn to meditate. Spending even a few minutes in meditation can restore your calm and inner peace.

- Avoid the use of currency, stay safe by going digital. The use of more e-payment methods through online channels like mobile banking, internet banking, cards, etc, can be used which will help avoid going to public places and social contact.



- Honoring nature and respecting the limits of our biosphere and biodiversity is important and this was a reminder to us as China banned the consumption of wild animals in January of this year

- Be kind and compassionate to one another-- these times of fear, isolation (both physical and social) and uncertainty is when it is most important that we strengthen our sense of community by connecting with and supporting each other.



STAY INFORMED AND FOLLOW THE ADVICE

- Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.
- Don't take medicines without prescription
- Pursue a "calm yet cautious approach" - do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to positively manage the outbreak.

Ripples of Change Foundation will continue to prioritize safety, connecting people with accurate information, and encouraging support as the COVID-19 outbreak evolves

Keeping People Informed, and Supported.

This article is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified physician or health provider with any questions you may have regarding a medical condition.