



COVID 19 Advisory for People Living with HIV

DO NOT PANIC. You can protect yourself from infection but if you do, you should immediately report to the authorities to ensure timely medical attention.

Medication (Ensure adherence)

- Never miss your medication, even a single dose.
- Get your refills immediately and demand for your two to three months stock in advance so that you don't run out of ARV.
- Take help of CSC for group ARV pick up.

Information

- Ask any additional information you want without hesitation on NACO helpline 1097, Local ARTC/ICTC/DLN/CSC

Crowded locations

- Avoid Crowded place especially at hospital
- Avoid physical contact including hugs and handshake
- Avoid public transports during crowded hours
- If visiting ARTC/District hospital – cover your nose and mouth with handkerchief/mask/or clean cloth fully.
- Postpone all support group meetings and gatherings.

Hygiene

- Wash your hand every time whenever you touch any objects and you have gone to a public facility (https://www.youtube.com/results?search_query=hand+wash+technique)
- If you don't have hand sanitizer, wash your hands with soap
- Ensure proper ventilation. open windows/door in shared spaces if you can
- Clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products

NATIONAL COALITION OF PEOPLE LIVING WITH HIV IN INDIA (NCPI+)

(Soc. Reg. No: S/978/Distt. South/2012)

Email: ncpiplus@ncpiplus.net Website: ncpiplus.net

Office: 401, Ganga Prestige Arcade, Plot No.612/A, Nanapeth, Opp. Ghodepeer bus stop, near Alpana Theatre Laxmi Road Pune: 411002



- Wash your laundry every time after used with washing powder/soap properly. If you do not have a washing machine, wait for 3 days after your stay at home has ended before taking your laundry to a launderette.

Food

- Eat well cooked food preferably home cooked, if you eat out make sure that the food is served hot.
- Drink Lemon juice is best source of Vitamin C and very affordable.
- Eat vitamin C rich fruits/ vegetable (Wash fruits and veg properly in salt water) or take Vitamin C tab if you can

Symptomatic

- If you see someone having cough/ sneeze or cold, keep away and if you are in a queue make sure that the two meter distance is practiced. Its your right to make sure that people stand two meters away from each other even at the hospital.
- Do not panic if you have any symptoms of cough, cold and flu talk to your ARTC Doctor or treating physician ASAP
- If you have symptoms of cold, cough and flu please contact doctor, with proper and timely treatment we can recover from COVID 19 or similar flu.
- If you have any symptoms please stay in isolation, either in hospital or home for 14 days. Contact to peers for any support.
- Ensure full isolation from family, if entire family is staying in one room, ensure other family members keep 3 meter distance and entire family must wash hand with soap frequently.

Looking after your health and wellbeing

- Drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- Take medicine if you have any symptoms to help ease your symptoms (With dr advise only)
- Stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Do light exercise, if you feel well enough to

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- Cancel all routine face-to-face medical and dental appointments while you're staying at home. You may be able to do some appointments over the phone.

Pregnancy & Breastfeeding Information about COVID 19 please refer below link

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

DO NOT BELIEVE ANY FAKE CURE BEING OFFERED, TRUST THE GOVERNMENT DOCTOR

Call 1097, local COVID 19 helpline shared by state government, DLN/CSC or your peers for guidance and help.

District focal point Phone Number:

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