

Monthly Progress Report

To Executive Director of Sasakawa Health Foundation

Title of the Report	Monthly Progress Report
Name	Narsappa Vagavathali
Date of Submission	10 th October 2020
Reporting Period	September 2020

1. Report on activities of APAL State-Level Bodies and APAL Leaders

- The Government of Andhra Pradesh authority, Dr. C. Chandra Rao District Leprosy Officer with his team visited the Aadarsh Nagar leprosy colony in Kurnool
- APAL is associated with SILF distributed food grains to the people affected by leprosy in the Bhimavaram leprosy colony at Andhra Pradesh.
- The Executive Committee Meeting was held on 6 September 2020.
- APAL associated with Inner Wheel Club of Chennai associated with APAL distributed food grains
- Online Meeting on Media Campaign on Leprosy in India
- The Government authorities Dr. John Babu and his team visited the Khammam Leprosy colony
- On the date of 16th September 2020 APAL conducted online training for volunteers.
- On the date of 17th September, 2020 APAL conducted online training for volunteers.
- APAL and SLAP of Telangana leaders and Shanthi Nagar Leprosy colony leaders submitted a memorandum to the bus transport department for the bus passes with consecution.
- The Scholarship Selection Committee Meeting
- APAL, the state leader Mr. Prakasham approached to Rising Star Outreach of India for the water problem
- On the date of 19th September, 2020 APAL conducted online training for volunteers.
- APAL, the treasurer of APAL Mrs. Maya Ranaware associated with the Government of Maharashtra distributed UDID (Unique ID for Persons with Disability) cards

- On the date of 22nd September 2020, V. Narsappa, president of APAL meet with Lepra CEO Mr. Om Prakash in his office
- APAL and the president of APAL associated with The Government authorities Dr. John Babu, State Leprosy Officer (SLO), and his medical team visited the leprosy colony in Adilabad
- APAL submitted a memorandum for the bunch of water bills in one time to Municipal Commissioner.
- APAL associated with TLM distributed food grains
- Monitoring of regular work in the Hyderabad office for Administration of corresponding mails, finance, and social media.

The Government of Andhra Pradesh authority, Dr. C. Chandra Rao District Leprosy Officer with his team visited the Aadarsh Nagar leprosy colony in Kurnool

On the date of 2nd September 2020 the Government of Andhra Pradesh authority, Dr. C. Chandra Rao District Leprosy Officer with his team visited the Aadarsh Nagar leprosy colony in Kurnool and conducted COVID-19 tests to almost all colony people 105 those who are people affected by leprosy.

Introduction: The people affected by leprosy are also recently afflicted from sickness by COVID-19 positive. The affected people are already facing problems with less immunity and poverty. Recently in the district of Nalgonda, 11 people are affected by COVID-19 rest of the people who need to screen, and the village of Bhimavaram 19 people are affected.



In this terrible COVID-19 crisis time the health promotion information is reaching some persons affected by leprosy but others are difficult to reach due to travel restrictions and

illiteracy. Persons affected have specific and ongoing leprosy-related healthcare needs. If persons affected can reach health facilities, they face reductions in services, as facilities transition to exclusively treating COVID-19 patients.

In this response, APAL approached the Andhra Pradesh Government and Dr. Rajendra Prasad, State Leprosy Officer(SLO) by the memorandum and providing health care services to the people affected by leprosy.

After that, Government medical authorities Dr. C. Chandra Rao District Leprosy Officer with his team visited the Aadarsh Nagar leprosy colony in Kurnool and conducted COVID-19 tests to almost all colony people 105 those who are people affected by leprosy,

APAL is associated with SILF distributed food grains to the people affected by leprosy in the Bhimavaram leprosy colony at Andhra Pradesh.

On the date of 3rd September 2020 APAL associated with SILF distributed food grains to the people affected by leprosy in the Bhimavaram leprosy colony at Andhra Pradesh.

Introduction: Persons affected by Leprosy are facing difficulty obtaining basic goods, especially food, clean water, and soap, masks which are critical to fighting COVID-19 infection. Lost livelihoods and travel restrictions have made it difficult to obtain food for many persons affected, and many communities of persons affected have not had access to clean water. The Government and local NGOs are supported by some food grains, soaps, and masks to the people affected by leprosy those who are residing in the leprosy colonies. In most states, our APAL leaders represented and supported food aid and other key social protection services also.



In response to this upheaval, the Association of People Affected by Leprosy (APAL) associated with the SILF distributed food grains to 102 families of people affected by leprosy in the Bhimavaram Leprosy Colony.

On this occasion, people affected by leprosy who reside in that colony and constituency leaders anointing with pure milk to WHO Goodwill Ambassador Mr. Sasakawa for conveyed their gratitude.

The beneficiaries said that never forget the support of APAL& SILF even in this terrible COVID-19 crisis and this type of support helping us to live confidently without perplexity.

The Executive Committee Meeting was held on 6 September 2020.

Minutes of Executive Committee Meeting held on 6 September 2020.

The Executive Committee meeting was held on Zoom App on 6 September 2020

The following members were present.

1. Mr. V. Narsappa, President
2. Mr. Venu Gopal, Vice President
3. Mrs. Maya Ranaware, Treasurer
4. Mr. Kamlesh Divyadarshi, Bihar, Member
5. Mr. Jawahar Paswan, Jharkhand, Member
6. Mr. Prahakar Sahu, Odisha, Member
7. Mrs. Nevis Mery, Tamilnadu, Member
8. Mr. Prakash Done, Andhra Pradesh, Member
9. Dr. P.K. Gopal, Senior Consultant
10. Mr. UdayThakar, Advisor

Mr. V. Narsappa presided over the meeting.

The following subjects were discussed and decisions were taken.

Subject no 1. The COVID-19 situation in different states.

- a) Odisha- 9 Covid-19 cases from Ramkrishnapalli colony Bhubaneswar and 3 cases were reported from the Puri colony. All were hospitalized & after treatment, they got discharged.
- b) Jharkhand- No Case was reported from colonies. Ration and other facilities are provided by the Government.
- c) Delhi- No case was reported from any colony.
- d) Andhra Pradesh- Leprosy colony in Krishna District reported 2 cases, Chittoor 2 cases, Bhimawaram colony-23 cases, out of that 13 are leprosy-affected. Other updates will be shared after getting the information.
- e) Bihar- No cases were reported but updated data will be collected and shared shortly.
- f) Maharashtra- Ratnagiri colony-3 cases, Sangali-Miraj colony- 21 cases, Thane Colony-10 cases, Trombay colony 5 cases
- g) Tamil Nadu- No COVID case was reported from colonies, good co-ordination, good Government
- h) Telangana- 3 cases from the Bapla colony.
During the discussion, it was suggested that,
 1. APAL should support COVID leprosy-affected persons.
 2. Livelihood project should be initiated with the help of SILF and other organizations.
 3. APAL should write to the Government requesting them for the regular supply of medicine, dressing kit, MCR Footwear, etc.

Subject no.2- Pilot Project on COVID -19 Awareness in 6 states.

Mr. Venu Gopal briefly explained the proposal. Salient features of the proposal.

1. The pilot project will be initiated in 6 states namely Andhra Pradesh, Telangana, Gujarat, Maharashtra, Madhya Pradesh, Jharkhand
2. 25 colonies will be selected
3. The duration of the project will be 4 months,

4. One youth from each colony will be selected for training and sharing the responsibility.
5. Training will be provided by the end of September 2020.
6. After successful completion of the training, the youth will work in colony covering an approximate population of 250
7. They will be paid rs.20/- per patient for rendering the services.

After discussion members have approved the pilot project unanimously

Subject no.3- Tentative date for regional state leader meeting

It is observed that, due to the Covid-19 pandemic, a physical meeting of the state leader may not be possible. During the discussion, it was suggested that

1. Regional meeting of 3 to 4 states from South, North, East, West, and Central should be organized in such a place where COVID -19 protocol is not applicable, (Green Zone)
2. The option of an Online Meeting should also be considered as it is easy and cost-effective and physical contact can be avoided.
3. The meeting of two states should be organized and the executive Committee Members of that state will guide the members on how to prepare the activity plan and budget in the light of COVID-19 pandemic e.g Maya Ranaware will coordinate the meeting of Maharashtra and Gujarat. Nevis Mery Tamil Nadu, Mr. Narsappa, and Mr. Prakash will coordinate Andhra and Telangana. Traveling of the participants will be less and the cost will be saved. Due to limited participants, the interaction will be much effective.

After a brief discussion, it was agreed that a meeting of two states leaders should be organized and Executive Members from the respective states will coordinate the meeting.

Subject no.4- State Activity Proposal

It was suggested that all the state leaders should be informed to submit what activities they can undertake/organized between 1st October 2020 to 31st March 2021 (6 Months) in the light of the Covid-19 pandemic. They should submit the proposal by 25th September 2020.

Subject no.5- Report on Mr. Rao's Health

Mr. Rao, Account In-charge, has reported COVID Positive. He was admitted to the hospital. He developed a Sevier lung infection. After expensive treatment, he overcomes the situation and was discharged from the hospital. Due to his illness and also lockdown financial statement and audit work are pending. It was informed that Mr. Rao will join the duties next week after getting advice from the doctor.

Subject No. 6- Any other business with the permission of the Chair.

As there was no other business to be transacted, Mr. Venu Gopal proposed the vote of thanks and the meeting was concluded,

APAL associated with Inner Wheel Club of Chennai associated with APAL distributed food grains

On the date of 9th September 2020 APAL associated with the Inner Wheel Club of Chennai associated with APAL distributed food grains and soaps to 60 families of people affected by leprosy in Villivakam, Chennai, Tamil Nadu.

Introduction: Persons affected by Leprosy are facing difficulty obtaining basic goods, especially food, clean water, and soap, masks which are critical to fighting COVID-19 infection. Lost livelihoods and travel restrictions have made it difficult to obtain food for many persons affected, and many communities of persons affected have not had access to clean water. The Government and local NGOs are supported by some food grains, soaps, and masks to the people affected by leprosy those who are residing in the leprosy colonies. In most states, our APAL leaders represented and supported food aid and other key social protection services also.



In response to this upheaval, the Association of People Affected by Leprosy (APAL) associated with the Inner Wheel Club of Chennai is associated with APAL distributed food grains and soaps to 60 families of people affected by leprosy in Villivakam, Chennai, Tamil Nadu.

APAL and all beneficiaries conveying thanks to the Inner Wheel Club of Chennai for their great humanity in this crisis even and also help of the state leader Mr. Prakasham.

Online Meeting on Media Campaign on Leprosy in India

Concept Note on Media Campaign on Leprosy in India

1. Background

Sasakawa Health Foundation (SHF), National Leprosy Eradication Programme (NLEP) of the Ministry of Health and Family Welfare of India, and WHO India have jointly produced a pictorial flipchart on leprosy for ASHAs to promote early detection and early treatment. It is being delivered to ASHAs in 6 leprosy-endemic states: Gujarat and Chhattisgarh by September 2020, Bihar and Odisha by March 2021, and West Bengal and Jharkhand by March 2022. Furthermore, WHO India is developing a short online movie for ASHAs to teach them how to use the flipchart effectively. SHF would like to launch a media campaign in conjunction with India's Anti-Leprosy Day on January 30, 2021, to boost momentum for the elimination of leprosy as a public health problem at the subnational level.

2. Plan

The media campaign will operate at two levels. There will be a nationwide campaign disseminating the messages that: India has the largest number of leprosy patients in the world, there are still many cases of leprosy-related discrimination that affect marriage and employment prospects, and leprosy must not be forgotten amid the coronavirus pandemic. The nationwide campaign will make use of newspapers, magazines, online media, and SNS messaging, and start at the end of January.

There will also be a campaign at the state level targeting Chhattisgarh, where numbers of new cases and rates of G2D are very high. It will focus on specific issues in the state such as high prevalence, late detection and treatment, and the high G2D rate, and will aim to raise awareness among ASHAs and help them build capacity to detect new patients. The campaign will involve prominent citizens and feature interviews with Mr. Sasakawa, webinars, training workshops for ASHAs, and distribution of pamphlets. Ideally, it will be conducted in partnership with the Ministry of Health in the state.

3. Roles and Responsibilities

- S-ILF shall carry out the above media campaign.
- APAL shall provide necessary guidance and advice to S-ILF.
- WHO India shall share all information with NLEP and assist in communication between S-ILF and the state governments. Also, it shall provide S-ILF with technical guidance.
- SHF shall cover the costs of the campaign in consultation with S-ILF, monitor progress, and provide advice as appropriate.

The Government authorities Dr. John Babu and his team visited the Khammam Leprosy colony

On the date of 11th September, The Government authorities Dr. John Babu and his team visited the Khammam Leprosy colony, provided health care services (Dressing Materials), made them aware of precautions on COVID-19 done the tests to all inmates.

Introduction: the people affected by leprosy are also recently afflicted from sickness by COVID-19 positive. The affected people are already facing problems with less immunity and poverty. Recently in the district of Nalgonda, 11 people are affected by COVID-19 rest of the people who need to screen, and the village of Bhimavaram 19 people are affected. In this terrible COVID-19 crisis time the health promotion information is reaching some persons affected by leprosy but others are difficult to reach due to travel restrictions and



. If

5

In this response, APAL approached the Telangana Government and Dr. John Babu, State Leprosy Officer(SLO) by the memorandum and providing health care services to the people affected by leprosy.

After that, the SLO Dr. John Babu instructed all DLOs and all medical team to visit all leprosy colonies and provide needed health care services and informed to APAL. In this process Dr. John Babu and his team visited the Khammam Leprosy colony, provided health care services (Dressing Materials), making them aware of precautions on COVID-19, and arranged a mobile test vehicle for COVID-19 and test all inmates.

On this occasion, respected SLO said that

1. The Government provide ITI course to the children of people affected by leprosy after 10th class
2. The Camp will arrange one day in the colony for COVID-19 tests
3. Weekly once the Government officer will visit the colony and check the health issues
4. Provide sufficient dressing materials continuously.

On the date of 16th September 2020 APAL conducted online training for volunteers.

On the date of 16th September 2020 APAL conducted online training for volunteers. The training is given by Dr. Baghotia, SLO of Delhi, and Dr. Rajendra Prasad, SLO of Andhra Pradesh. APAL core committee and monitors and volunteers participate.

Introduction: People affected by leprosy have been especially impacted by the worst consequences of the pandemic COVID-19, due to preexisting vulnerabilities and economic precarity. Health promotion information is reaching some persons affected, but others are difficult to reach due to travel restrictions and illiteracy.



APAL decided to provide health care services to people affected by leprosy particularly in 25 leprosy colonies in 6 states by the volunteers who are active and well-trained youth living in the same leprosy colony. The volunteers are well doing the health tests from 1st October 2020 by Oximeter and Temperature gun as like first aid to people affected by leprosy and their family members also and refer to the near PHC.

The training summary:

Epidemiology

- Coronavirus Disease (COVID 19) is an infectious disease caused by SARS Cov 2
- Coronavirus group of the virus is a large family of the virus which causes various illness in Man and Animals and has been in existence for some time
- In humans it is known to cause Common cold, MERS (Middle East Respiratory Syndrome), and SARS (Severe Acute Respiratory Syndrome).

Symptoms

- The most common symptoms initially thought to be were
- Fever
- Cold and Cough
- Breathlessness
- Bodyache and Headache
- Sore throat
- Fatigue and tiredness
- Asymptomatic

COVID and risk factors

- Who can get COVID 19?
- Anyone can get COVID 19. Everyone is at risk.
- Most people (about 80%) get well without requiring hospital treatment.
- 1 out of 5 on average who gets COVID -19 becomes seriously ill and develops difficulty in breathing.
- Older people and people with co-morbidities are at greater risk. Diseases like -
- High blood pressure, Diabetes, another lung disease like TB, Cancer, Renal disease, etc
- If you see any suspected symptoms it is better to consult your doctor.

Spread of disease

- COVID 19 is a fairly new disease and therefore new research is providing with new findings
- It spreads through the droplet. Droplets are produced when you speak forcefully, cough, sneeze, spit, etc. These droplets are heavy in that it sinks to the surface. The droplets of a COVID 19 patient consists of the virus
- So it is important to stay 1-2 meters away from a person and wear a mask.
- As it sinks to surfaces it stays on them for various periods, and people can become infected if they touched these surfaces and then touch the eyes, nose, and mouth so it is important to keep washing your hands frequently as we come into contact with surfaces.

Surface and virus

- COVID 19 virus can be present in the surrounding for a various period depending on the surface and type of surface
- 72 hours on plastic
- 48 hrs on stainless steel
- 24 hrs on cardboard
- 4 hrs on copper

- Till now there is little evidence of the effects of weather and climate on the viability of the virus on the surface.
- The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.
- **What if I have come in contact with a suspected case?**
- It is always best to self-quarantine
- In this case, Have a large, well-ventilated single room with hand hygiene and toilet facilities
- If this is not available place beds at least 1 meter apart.
- Keep at least 1-meter distance from others, even from your family members.
- Monitor your symptoms daily
- Self-quarantine for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

Protecting yourself and others

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and others.
- Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain a physical distance of 1 meter (3 feet).
- Encourage the general public to wear a fabric mask if there is widespread community transmission, and especially where physical distancing cannot be maintained. Why? Masks are a key tool in a comprehensive approach to the fight against COVID-19.
- If you have a fever, cough, and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
- Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.
- Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

Use of sanitizers

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.

- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth, and nose immediately after using an alcohol-based hand sanitizer, as it can irritate.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use it before handling fire or cooking.
- Under no circumstance, drink, or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

What should I do if I have symptoms

- If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate, and monitor your symptoms. Follow national guidance on self-isolation.
- However, if you live in an area with malaria or dengue fever you mustn't ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1-meter distance from other people, and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.
- Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. If possible, call your health care provider in advance, so he/she can direct you to the right health facility.

Gatherings

- Any decision to hold an event during the COVID-19 pandemic, no matter how large or small, should rely on a risk-based approach.
- WHO has guided how such a risk-based approach can be taken.
- Precautions to consider include actions to prevent transmission between people, and where to hold the venue, and how it can be modified to make a safer environment.
- Canceling a planned event is an option that should always be considered, especially in case of non-essential events or when precautions cannot be implemented or adequately communicated.

Some tips if you are invited

- Always check local regulations before attending an event.
- Stay at home if you are feeling unwell.
- Always comply with the following 3 basic preventive measures:
 - Maintain at least 1-meter distance from others, and wear a mask if you cannot guarantee this distance.
 - Cover a sneeze or cough with a tissue or bent elbow, and immediately dispose of the tissue in a closed-lid bin. Avoid touching eyes, nose, and mouth.
 - Wash your hands frequently with soap and water, or with a hand sanitizer

On the date of 17th September, 2020 APAL conducted online training for volunteers.

On the date of 17th September, 2020 APAL conducted online training for volunteers. The training is given by Dr. Baghotia, SLO of Delhi, and Dr. Rajendra Prasad, SLO of Andhra Pradesh. APAL core committee and monitors and volunteers participate.

Introduction: People affected by leprosy have been especially impacted by the worst consequences of the pandemic COVID-19, due to preexisting vulnerabilities and economic precarity. Health promotion information is reaching some persons affected, but others are difficult to reach due to travel restrictions and illiteracy.



APAL decided to provide health care services to people affected by leprosy particularly in 25 leprosy colonies in 6 states by the volunteers who are active and well-trained youth living in the same leprosy colony. The volunteers are well doing the health tests from 1st October 2020 by Oximeter and Temperature gun as like first aid to people affected by leprosy and their family members also and refer to the near PHC.

The training summary:

Prevent the Spread of COVID-19 at Workplace

- Make sure your workplaces are clean and hygienic–Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with disinfectant regularly
- Why? Because contamination on surfaces touched by employees and customers is one of the main ways that COVID-19 spreads
- Promote regular and thorough hand-washing by employees, contractors, and customers–Put sanitizing hand rub dispensers in prominent places around the workplace.
- Display posters promoting hand-washing
- Make sure that staff, contractors, and customers have access to places where they can wash their hands with soap and water
- –Why? Because washing kills the virus on your hands and prevents the spread of COVID-19

Additional Tips

- Consider work from home
- Staggered timings
- Office transport if possible
- Tele networking if possible
- Essential travel only
- Communication with clients preferably through emails, video-conferences, etc.
- Promote a healthy lifestyle among coworkers like an active lifestyle, healthy food, good sleep

- Keep a track of the mental wellbeing

Promote respiratory hygiene at the workplace

- Display posters promoting respiratory hygiene.
- Ensure that face masks/or paper tissues are available at your workplaces, for those who develop a runny nose or cough at work,
- Ensure availability of closed bins for hygienically disposing of them Because good respiratory hygiene prevents the spread of COVID-19.
- Maintain physical distancing
- Avoid tiffin sharing or eating together in closed groups.
- Follow Govt guidelines as issued

Manage COVID-19 risk during Meetings/ Events

- Organizers of meetings and events need to think about the potential risk from COVID-19
- There is a risk that people attending your meeting or event might unwittingly bring the COVID-19 virus to the meeting.
- Others might be unknowingly exposed to COVID-19.
- Although COVID-19 is a mild disease for most people, it can make some very ill. Around 1 in every 5 people who catch COVID-19 needs hospital treatment.
- Anyone with even a mild cough or low-grade fever(37.3 C or more) needs to stay at home.
- They should also stay home (or work from home) if they have had to take simple medications, such as paracetamol/acetaminophen, ibuprofen, or aspirin, which may mask symptoms of infection

Before the Meeting or Event

- Check the advice from the authorities in the community where you plan to hold the meeting or event and follow their advice.
- Develop and agree on a preparedness plan to prevent infection at your meeting or event.
- Consider whether a face-to-face meeting or event is needed. Could it be replaced by a teleconference or online event?
- Could the meeting or event be scaled down so that fewer people attend?
- Verify information and communication channels in advance with key partners such as public health and health care authorities.
- Pre-order sufficient supplies and materials, including tissues and hand sanitizer for all participants.
- Make mask compulsory
- Actively monitor where COVID-19 is circulating.
- Advise participants in advance that if they have any symptoms or feel unwell, they should not attend.

Before the Meeting or Event

- Make sure all organizers, participants, caterers, and visitors at the event provide contact details: mobile telephone number, email, and address where they are staying.
- Develop and agree on a response plan in case someone at the meeting becomes ill with symptoms of COVID-19 (dry cough, fever, malaise).

This plan should include at least:–

- Identify a room or area where someone who is feeling unwell or has symptoms can be safely isolated
- Have a plan for how they can be safely transferred from there to a health facility.
- Know what to do if a meeting participant, staff member, or service provider tests positive for COVID-19 during or just after the meeting
- Agree on the plan in advance with your partner healthcare provider or health department.
- Keep the information on ambulance service, Surveillance officer, etc ready

During the Meeting

- Provide information or a briefing, preferably both orally and in writing, on COVID-19 and the measures that organizers are taking to make this event safe for participants.
- Build trust. For example, as an icebreaker, practice ways to say hello without touching.
- Encourage regular hand-washing or use of an alcohol rub by all participants at the meeting or event.
- Encourage participants to cover their faces with the bend of their elbow or tissue if they cough or sneeze.
- Supply tissues and closed bins for disposal.
- Provide contact details or a health hotline number that participants can call for advice or give information.
- Ensure temperature checks regularly
- Disinfection of premises regularly
- Meeting or event place should be well ventilated.
- Display dispensers of alcohol-based hand rub prominently around the venue.
- If there is space, arrange seats so that participants are at least 1 meter apart.
- Open windows and doors whenever possible to make sure the venue is well ventilated.
- If anyone who starts to feel unwell, follow your preparedness plan or call your hotline.
- Depending on the situation in your area, or recent travel of the participant, place the person in the isolation room.
- Offer the person a mask so they can get home safely, if appropriate, or to a designated assessment facility.
- Food should be served in disposable crockery
- A long duration of the meeting is not advised to curtail the contact time
- Thank all participants for their cooperation with the provisions in place.

After the Meeting

- Retain the names and contact details of all participants for at least one month.
- This will help public health authorities to trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event.
- If someone at the meeting or event was isolated as a suspected COVID-19 case, the organizer should inform participants.
- They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.
- If they develop even a mild cough or low-grade fever (i.e. a temperature of 37.3 C or more) they should stay at home and self-isolate.

- This means avoiding close contact (less than 1 meter) with other people, including family members.
- They should also call their healthcare provider or the local public health department, giving them details of their recent travel and symptoms.
- Thank all the participants for their cooperation with the provisions in place.

Work and Travel

- Make sure your organization and its employees have the latest information on areas where COVID-19 is spreading and assess the benefits and risks related to upcoming travel plans.
- Avoid sending employees who may be at higher risk of serious illness (e.g. older employees and those with medical conditions such as diabetes, heart, and lung disease) to areas where COVID-19 is spreading. Provide the alcohol-based hand rub.
- Make sure all persons traveling to locations reporting COVID-19 are briefed by a qualified professional (e.g. staff health services, health care provider, or local public health partner)
- Ensure employees know what to do and whom to contact if they feel ill while traveling.–Ensure that your employees comply with instructions from local authorities and any local restrictions on travel, movement, or large gatherings where they are traveling.
- Employees who have returned from an area where COVID-19 is spreading should monitor themselves for symptoms for 14days and take their temperature twice a day.
- If suspected systems then they should seek the counsel of a healthcare provider

Get your Workplace Ready

- Develop a plan for what to do if someone becomes ill with suspected COVID-19 at one of your workplaces
- The plan should cover putting the ill person in a room or area where they are isolated from others in the workplace, limiting the number of people who have contact with the sick persons, and contacting the local health authorities.
- Consider how to identify persons who may be at risk, and support them, without inviting stigma and discrimination.
- This could include persons who have recently traveled to an area reporting cases or other personnel who have conditions that put them at higher risk of serious illness (e.g. diabetes, heart and lung disease, older age).
- The contact details of the local healthcare authorities should be available
- Be sure your plan addresses the mental health and social consequences of a case of COVID-19 in the workplace or the community and offers information and support.

Environment and Hygiene

- Disinfection practices are important to reduce the potential for COVID-19 virus contamination in non-healthcare settings, such as in the home, office, schools, gyms, publicly accessible buildings, faith-based community centers, markets, transportation, and business settings or restaurants.
- **High-touch surfaces** in these non-healthcare settings should be identified for priority disinfection such as door and window handles, kitchen and food preparation areas, countertops, bathroom surfaces, toilets and taps, touchscreen personal devices, personal computer keyboards, and work surfaces.

- In non-healthcare settings, sodium hypochlorite (bleach/chlorine) may be used at a recommended concentration of 0.1% or 1,000ppm (1 part of 5% strength household bleach to 49 parts of water).
- Alcohol at 70-90% can also be used for surface disinfection.
- Surfaces must be cleaned with water and soap or detergent first to remove dirt, followed by disinfection.
- Cleaning should always start from the least soiled (cleanest) area to the most soiled (dirtiest) area to not spread the dirty to less soiled areas.
- All disinfectant solutions should be stored in opaque containers, in a well-ventilated, covered area that is not exposed to direct sunlight and ideally should be freshly prepared every day.
- In indoor spaces, the routine application of disinfectants to surfaces via spraying is not recommended for COVID-19.
- If disinfectants are to be applied, these should be via a cloth or wipe which is soaked in the disinfectant.

Safe use of disinfectants

- It is important to reduce your risk when using disinfectants:
- The disinfectant and its concentration should be carefully selected to avoid damaging surfaces and to avoid or minimize toxic effects on household members (or users of public spaces).
- Avoid combining disinfectants, such as bleach and ammonia, since mixtures can cause respiratory irritation and release potentially fatal gases.
- Keep children, pets, and other people away during the application of the product until it is dry and there is no odor.
- Open windows and use fans to ventilate. Step away from odors if they become too strong. Disinfectant solutions should always be prepared in well-ventilated areas.
- Wash your hands after using any disinfectant, including surface wipes.
- Keep lids tightly closed when not in use. Spills and accidents are more likely to happen when containers are open.
- Do not allow children to use disinfectant wipes. Keep cleaning fluids and disinfectants out of the reach of children and pets.
- Throw away disposable items like gloves and masks if they are used during cleaning. Do not clean and re-use.
- Do not use disinfectant wipes to clean hands or as baby wipes.

Caution

- The minimum recommended personal protective equipment when disinfecting in non-healthcare settings is rubber gloves, waterproof aprons, and closed shoes. Eye protection and medical masks may also be needed to protect against chemicals in use or if there is a risk of splashing.
- Spraying of individuals with disinfectants (such as in a tunnel, cabinet, or chamber) is not recommended under any circumstances.
- This practice could be physically and psychologically harmful and would not reduce an infected person's ability to spread the virus through droplets or contact.
- Even if someone who is infected with COVID-19 goes through a disinfection tunnel or chamber, as soon as they start speaking, coughing, or sneezing they can still spread the virus.

- The toxic effect of spraying with chemicals such as chlorine on individuals can lead to eye and skin irritation, bronchospasm due to inhalation, and potentially gastrointestinal effects such as nausea and vomiting.
- In addition to health safety concerns, the use of chlorine in large-scale spraying practices may prevent this resource from being used for important interventions such as drinking water treatment and environmental disinfection of health care facilities.

Back to Home

- Thorough hand hygiene: washing hands with soap and water or using alcohol-based hand gel, should be performed before touching surfaces, items, pets, and people within the household environment.
- While outside, people should always follow physical distancing measures, staying at least one meter from another person;
- perform hand hygiene by washing hands frequently with soap and water or using alcohol-based hand rub;
- follow good respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when coughing or sneezing;
- avoid touching your eyes, nose, and mouth; and avoid crowded places.

Food and Packages

- There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging.
- Coronavirus cannot multiply in food; they need an animal or human host to multiply.
- The COVID-19 virus is generally thought to be spread from person to person through respiratory droplets.
- Currently, there is no evidence to support the transmission of the COVID-19 virus associated with food.
- Before preparing or eating food it is important to always wash your hands with soap and water for at least 40-60 seconds.
- Regular food safety and handling guidance should be followed.

APAL and SLAP of Telangana leaders and Shanthi Nagar Leprosy colony leaders submitted a memorandum to the bus transport department for the bus passes with consecution.

On the date of 17th September 2020 APAL and SLAP of Telangana leaders and Shanthi Nagar Leprosy colony leaders submitted a memorandum to the bus transport department for the bus passes with consecution. On the 21st September 2020, The Government accepted and they came to the Shanthi Nagar Leprosy colony and sanctioned, the SLAP leaders are distributed to the 61 people affected by leprosy.



The Scholarship Selection Committee Meeting

Selection Committee Meeting

H.H Dalai Lama – Sasakawa Scholarship

Date – 18th September 2020

The Scholarship Selection Committee Meeting (SCM) for year VIth of the scholarship program is being organized on September 18th, 2020 virtually for the selection of suitable & deserving candidates from 09 states- Delhi, Bihar, U.P, Jharkhand, West Bengal, Chattisgarh, Madhya Pradesh, Odisha and Maharashtra for pursuing professional education in the academic year 2020- 21 sponsored under H.H. The Dalai Lama &Sasakawa scholarship fund.

Members who confirmed participation in the Scholarship Selection Committee:

- I. Dr P.K. Gopal, Senior Consultant APAL
- II. Mr VagavathilNarasappa, President APAL
- III. Mr G Venugopal,Vice- President APAL
- IV. Mr. UdayThakar, Advisor APAL

Time	Activity	Resource Person
10:30-10.40 AM	Welcome & Introduction of the Selection Committee Members	Dr. Vivek Lal
10.40 AM- 11.00 AM	Presentation – Progress Update on Scholars (Batch 1- Batch V)	Ms. Charu Gaba
11:00 AM- 11.20 AM	Presentation on Career Counselling	Mr. Shobhit Narayan Aggarwal, Career Counsellor
11.20 AM- 12:30 PM	Selection of the Candidates	Mr. Tanzeel Khan
	Vote of Thanks	Mr. Rakesh Jha

- V. MsKiyomi Takahashi, SHF
- VI. Ms. Makiko Tanaka, SHF
- VII. Dr. Vivek Lal, CEO –SILF

Selection Criteria

- Data of candidates scored above 55 % will be presented to the Selection Committee Members.
- Shortlisting of the candidates will be done based on Merit.
- Selection of Scholars for Batch Vith (2020-21)-**25 Scholarships.**
- Shortlisting of 50 candidates for virtual interviews to be conducted on 21st September-25th September 2020 for the final selection of Batch Vith of H.H. Dalai Lama- Sasakawa Scholarships.
- Shortlisting other candidates in case of dropouts.
- In June 2020 there is no activity in Central/ State Government programs.
 - a. To be Concentrated Advocacy on RPWD Act and Supreme Court should be expanded to some more states.
 - b. APAL to organizing more coordinated activities with other disabled sectors like DPI & NCPEDP.
 - c. The regular meeting of youth leader & women empowerment programs should be budgeted and organized.
 - d. To form women empowerment among colony women

APAL, the state leader Mr. Prakasham approached to Rising Star Outreach of India for the water problem

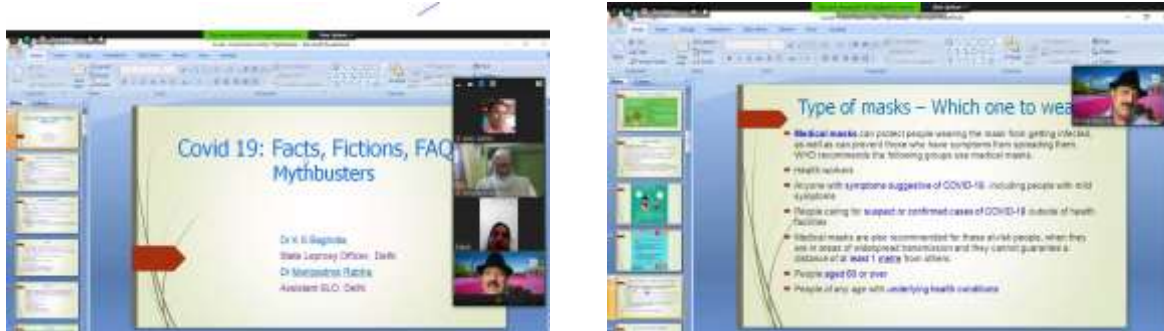
On the date of 18th September 2020 APAL, the state leader Mr. Prakasham approached to Rising Star Outreach of India for the water problem of Puthirankottai Leprosy Colony at Tamil Nadu. The Rising Star has donated for the deepening Project of well in that leprosy colony.



On the date of 19th September, 2020 APAL conducted online training for volunteers.

On the date of 19th September, 2020 APAL conducted online training for volunteers. The training is given by Dr. Baghotia, SLO of Delhi, and Dr. Rajendra Prasad, SLO of Andhra Pradesh. APAL core committee and monitors and volunteers participate.

Introduction: People affected by leprosy have been especially impacted by the worst consequences of the pandemic COVID-19, due to preexisting vulnerabilities and economic precarity. Health promotion information is reaching some persons affected, but others are difficult to reach due to travel restrictions and illiteracy.



APAL decided to provide health care services to people affected by leprosy particularly in 25 leprosy colonies in 6 states by the volunteers who are active and well-trained youth living in the same leprosy colony. The volunteers are well doing the health tests from 1st October 2020 by Oximeter and Temperature gun as like first aid to people affected by leprosy and their family members also and refer to the near PHC.

The training summary:

Epidemiology

- Coronavirus Disease (COVID 19) is an infectious disease caused by SARS Cov 2
- Coronavirus group of the virus is a large family of the virus which causes various illness in Man and Animals and has been in existence for some time
- In humans it is known to cause Common cold, MERS (Middle East Respiratory Syndrome), and SARS (Severe Acute Respiratory Syndrome).

Symptoms

- The most common symptoms initially thought to be were
- Fever
- Cold and Cough
- Breathlessness
- Bodyache and Headache
- Sore throat
- Fatigue and tiredness
- Asymptomatic

COVID and risk factors

- Who can get COVID 19?
- Anyone can get COVID 19. Everyone is at risk.
- Most people (about 80%) get well without requiring hospital treatment.

- 1 out of 5 on average who gets COVID -19 becomes seriously ill and develops difficulty in breathing.
- Older people and people with co-morbidities are at greater risk. Diseases like -
- High blood pressure, Diabetes, another lung disease like TB, Cancer, Renal disease, etc
- If you see any suspected symptoms it is better to consult your doctor.

Spread of disease

- COVID 19 is a fairly new disease and therefore new research is providing with new findings
- It spreads through the droplet. Droplets are produced when you speak forcefully, cough, sneeze, spit, etc. These droplets are heavy in that it sinks to the surface. The droplets of a COVID 19 patient consists of the virus
- So it is important to stay 1-2 meters away from a person and wear a mask.
- As it sinks to surfaces it stays on them for various periods, and people can become infected if they touched these surfaces and then touch the eyes, nose, and mouth so it is important to keep washing your hands frequently as we come into contact with surfaces.

Surface and virus

- COVID 19 virus can be present in the surrounding for a various period depending on the surface and type of surface
- 72 hours on plastic
- 48 hrs on stainless steel
- 24 hrs on cardboard
- 4 hrs on copper
- Till now there is little evidence of the effects of weather and climate on the viability of the virus on the surface.
- The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.
- **What if I have come in contact with a suspected case?**
- It is always best to self-quarantine
- In this case, Have a large, well-ventilated single room with hand hygiene and toilet facilities
- If this is not available place beds at least 1 meter apart.
- Keep at least 1-meter distance from others, even from your family members.
- Monitor your symptoms daily
- Self-quarantine for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

Protecting yourself and others

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- Maintain at least 1 meter (3 feet) distance between yourself and others.
- Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain a physical distance of 1 meter (3 feet).
- Encourage the general public to wear a fabric mask if there is widespread community transmission, and especially where physical distancing cannot be maintained. Why? Masks are a key tool in a comprehensive approach to the fight against COVID-19.
- If you have a fever, cough, and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
- Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.
- Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

Use of sanitizers

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth, and nose immediately after using an alcohol-based hand sanitizer, as it can irritate.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use it before handling fire or cooking.
- Under no circumstance, drink, or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

What should I do if I have symptoms

- If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate, and monitor your symptoms. Follow national guidance on self-isolation.
- However, if you live in an area with malaria or dengue fever you mustn't ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1-meter distance from other people, and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.
- Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. If possible, call your health care provider in advance, so he/she can direct you to the right health facility.

Gatherings

- Any decision to hold an event during the COVID-19 pandemic, no matter how large or small, should rely on a risk-based approach.
- WHO has guided how such a risk-based approach can be taken.
- Precautions to consider include actions to prevent transmission between people, and where to hold the venue, and how it can be modified to make a safer environment.
- Canceling a planned event is an option that should always be considered, especially in case of non-essential events or when precautions cannot be implemented or adequately communicated.

Some tips if you are invited

- Always check local regulations before attending an event.
- Stay at home if you are feeling unwell.
- Always comply with the following 3 basic preventive measures:
 - Maintain at least 1-meter distance from others, and wear a mask if you cannot guarantee this distance.
 - Cover a sneeze or cough with a tissue or bent elbow, and immediately dispose of the tissue in a closed-lid bin. Avoid touching eyes, nose, and mouth.
 - Wash your hands frequently with soap and water, or with a hand sanitizer

APAL, the treasurer of APAL Mrs. Maya Ranaware associated with the Government of Maharashtra distributed UDID (Unique ID for Persons with Disability) cards

On the date of 20th September 2020 APAL, the treasurer of APAL Mrs. Maya Ranaware associated with the Government of Maharashtra distributed UDID (Unique ID for Persons with Disability) cards to people affected by leprosy in the Kolhapur leprosy colony at Maharashtra.



On the date of 22nd September 2020, V. Narsappa, president of APAL meet with Lepra CEO Mr. Om Prakash in his office

On the date of 22nd September 2020, V. Narsappa, president of APAL meet with Lepra CEO Mr. Om Prakash in his office and discussed a new project related to people affected by leprosy.

Introduction: The people affected by leprosy are also recently afflicted from sickness by COVID-19 positive. The affected people are already facing problems with less immunity and poverty.

At this particular time, the LEPRA CEO invited Mr. Narsappa for discussions about new interventions or projects for the people affected by leprosy who reside in the leprosy colonies. The meeting was conducted in the conference hall at the head office of LEPRA.



Discussion points:

1. Reason for the meeting
2. What is the present need in the community affected by leprosy
3. Why people affected by leprosy afraid of the COVID-19 tests
4. Importance of sensitization to people
5. Present myths in society
6. Measures of COVID-19 tests in the Government sector
7. Current situation of COVID-19
8. About New Project
9. How to take samples in the leprosy colonies
10. Need to go to the spot or not?
11. Tests only for people affected by leprosy or others also?
12. Need to aware of people before tests
13. Request to APAL should refer the poor people

Finally, they are given a conclusion and conveyed their thanks to Mr. Narsappa for the contribution.

APAL and the president of APAL associated with The Government authorities Dr. John Babu, State Leprosy Officer (SLO), and his medical team visited the leprosy colony in Adilabad

On the date of 24th September APAL and the president of APAL associated with The Government authorities Dr. John Babu, State Leprosy Officer (SLO), and his medical team visited the leprosy colony in Adilabad.

Introduction: the people affected by leprosy are also recently afflicted from sickness by COVID-19 positive. The affected people are already facing problems with less immunity

and poverty. Recently in the district of Nalgonda, 11 people are affected by COVID-19 rest of the people who need to screen, and the village of Bhimavaram 19 people are affected.

In this terrible COVID-19 crisis time the health promotion information is reaching some persons affected by leprosy but others are difficult to reach due to travel restrictions and illiteracy. Persons affected have specific and ongoing leprosy-related healthcare needs. If persons affected can reach health facilities, they face reductions in services, as facilities transition to exclusively treating COVID-19 patients.



In this response, APAL approached the Telangana Government and Dr. John Babu, State Leprosy Officer(SLO) by the memorandum and providing health care services to the people affected by leprosy.

After that, the SLO Dr. John Babu instructed all DLOs and all medical team to visit all leprosy colonies and provide needed health care services and informed to APAL. In this process Dr. John Babu, State Leprosy Officer (SLO) to accepted our (APAL) request by the memorandum and providing health care services to the people affected by leprosy in Ahmadabad Leprosy Colony and provided the health care services, social protection services, and distributed eggs to all families. On this occasion, the medical team has given awareness of the precaution of COVID-19. The SLO sir has given assurance to them that the Government services are always available for you and said call at any time when need the medical support.



On behalf of people affected by leprosy, Mr. Narsappa conveyed gratitude to the Government, SLO, and the medical team and said that these types of services help us to live confidently without perplexity.

The colony people have conveyed their gratitude to the Telangana Government and APAL for the health care services even in this terrible COVID-19 crisis.

APAL submitted a memorandum for the bunch of water bills in one time to Municipal Commissioner.

On the date of 26th on behalf of people affected by leprosy who reside in the Shanthi Nagar Leprosy Colony at Hyderabad, APAL submitted a memorandum for the bunch of water bills in one time to Municipal Commissioner.

Introduction: In Pedda Amberpet. 550 members from 140 families of people affected by leprosy and their families are living In the Shanthi Nagar Leprosy colony. The main current problem in the Colony that they got the information about water bills is from their Municipality from 2 or 3 years means too much in one time. They approached APAL for the problem that they can't pay a lot of water bills at one time. In this COVID-19 situation, they haven't amounted to pay the water bills and request for cancellation and they will pay bills from now onwards.



On behalf of people affected by leprosy from Shanthi Nagar Leprosy colony APAL submitted a memorandum to the Municipal Commissioner in his office from the colony people and leaders.

The Municipal Commissioner was very surprised and said that I never get a memorandum from the people affected by leprosy in the past and its appreciable; The Government always doing as a favor to all of you and we are understand your situation in the past and present; don't worry about the water bills and should pay from now onwards. If get any problem in the future you should come here and complain to me, I will solve it at my best.

APAL associated with TLM distributed food grains

On the date of 29th September, 2020 APAL associated with TLM distributed food grains and soaps to 36 families of people affected by leprosy in Jay Durga Kusht Aashram

Introduction: Persons affected by Leprosy are facing difficulty obtaining basic goods, especially food, clean water, and soap, masks which are critical to fighting COVID-19 infection. Lost livelihoods and travel restrictions have made it difficult to obtain food for many persons affected, and many communities of persons affected have not had access to clean water. The Government and local NGOs are supported by some food grains, soaps, and masks to the people affected by leprosy those who are residing in the leprosy colonies. In most states, our APAL leaders represented and supported food aid and other key social protection services also.



In response to this upheaval, the Association of People Affected by Leprosy (APAL) associated with TLM distributed food grains and soaps to 36 families of people affected by leprosy in Jay Durga Kusht Aashram at Naini, Uttar Pradesh

APAL and all beneficiaries conveying thanks to TLM for their support even in this COVID-19 crisis

a. Report on activities of the Indian Central Government and States/UTs related to leprosy control that you have learned about while conducting duties as APAL President Mr. Narsappa.

In June 2020 there is no activity in Central/ State Government programs.

b. Key findings which are important for SHF work

- e. To be Concentrated Advocacy on RPWD Act and Supreme Court should be expanded to some more states.
- f. APAL to organizing more coordinated activities with other disabled sectors like DPI & NCPEDP.
- g. The regular meeting of youth leader & women empowerment programs should be budgeted and organized.
- h. To form women empowerment among colony women

c. Difficulties/Challenges you faced during the period

Difficulties: The people affected by leprosy are also recently afflicted from sickness by COVID-19 positive. The affected people are already facing problems with less immunity and poverty.

Challenges:

- APAL's accountant Mr. Rao infected by COVID-19 and recovered well regularly attending to the office.
- We started office work slowly because of India Ministry of Home Affairs released new guidelines called "Unlock 1.0" that allow the opening of Private Offices, malls, restaurants, and religious places in all areas except the containment zones
- We are started to conducting COVID-19 Awareness Pilot Project 3 days training meetings in online
- Mostly using social media platforms and updating activities in the APAL India website

V. Narsappa