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Introduction Objective:

Tribal areas are relatively inland than normal areas, have low literacy rates, lack of health awareness and many misconceptions are traditionally prevalent. Due to which the condition of Covid-19 infection in the tribal areas of the state remained serious at present, people could not take Covid-19 disease seriously so the situation of infection in tribal areas became critical. On the other hand, as the tribal area is a remote area, many barriers to access to government health services have been created. Looking at all these things, one thing becomes clear that by awakening the people at the time of such an epidemic and conveying a conscious and true understanding about the epidemic, it seems to be essential to become aware of this matter. Therefore, the Gujarat Tribal Research and Training Society (GTRTS), Gujarat State, Gandhinagar is planning to make the people aware of any future epidemic in the tribal areas by working with the government and local organizations to ensure that the people remain safe. So as to be helpful in overcoming such a situation.

Planning:

1. Awareness of corona symptoms and diagnosis.
2. Awareness about the help received from, the Health Department and Government of Gujarat, for recovery from Covid 19.
3. To make aware about vaccination, To Tribal talukas which are vaccinated below 50%.
4. For which, routes will be decided in these Tribal talukas.
5. The villages of each route will be divided into (A), (B) and (C) categories.
(A) Category is the list of villages inland from the road.
(B) Category is a list of villages around the main road.
(C) Category is a list of villages on the road.
6. (A) Category Village;
Awareness about, Covid 19 and vaccination will be given for 15 to 30 minutes, in each street of this village.

It is planned to work with the village leaders, Sarpanch Shri, Asha workers and its health workers if there is a primary health centre.

7. (B) and (C) categories:

Our mobile vans will alert the people to the nearest market in this village, where large numbers of people gather, and awareness and understanding will be given on the road passing through such a village.

8. Awareness will be spread through loudspeakers in the local language for that Local level volunteers will be involved in this work.

9. In this type of taluka we have built three vans and five routes.

10. Route wise aims to cover the entire village of Taluka.

11. Help will be sought in the awareness program by including the people who have been vaccinated in the villages.

12. Those who have recovered from Covid-19 will also be assisted in raising awareness through them.

Procedure:

The taluka village will be divided into three sections.

Section-A: Inland Villages

Section-B: Villages along the main road

Section-C: Villages above the main road

During the campaign, the village sarpanch or talati or gram panchayat member would be informed about the campaign in advance so that the purpose of the campaign could be fulfilled by being with them and the people of the village would understand the campaign and get ready for vaccination.

We provided a true understanding of why vaccination is so important for corona through a loudspeaker by mobile van, and promoted in 20-25 houses at a time from village to village.

Apart from this, we also informed the village primary school teachers, Asha workers sisters and the staff of the primary health centre in the village about this and also persuaded them to prepare as many villagers as possible for vaccination.

We also fill out a feedback form from the village sarpanch, talati, gram panchayat members, primary school teachers or health centre staff.

Mobile vans are also used in the markets where the villages of B and C divisions are located where people from the hinterland villages come for daily shopping.

The villagers were given an example by keeping the survivors of the Corona epidemic together during the campaign so that the villagers could understand the importance of vaccination.

Campaign opening:

Today on 24-06-2021 "My village is a free village of Corona" The Campaign started from Danta and Amirgarh Talukas of Banaskantha District.

In the presence of the respected Project administrator Mr.M.B. Thakor in the presence of the Project administrator's office, District Banaskantha, office bearers, officers (TSP Banaskantha and GTRTS, Gandhinagar) and village leaders, the formal addressing and greetings were given along with a green signal to bring awareness to the said areas.



In the inauguration ceremony, Gujarat Tribal Research and Training Society, Gandhinagar.,Dr.Mr Bhalubhai Sheikh and Shri Rajeshbhai Pargi were present and visited the villages of Danta taluka with the activists.



"My village is a free village of Corona" campaign

**Workplace: Taluka Danta,
District Banaskantha,
Gujarat state.**

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

The awareness campaign has been started from Kasa village of last mile of Taluka and visited the primary health centre of Kasa village, in which the team of Gandhinagar Nantak along with Dr. Bhalubhai Sheikh and Shri Rajeshbhai Pargi have visited Kasa village and primary health centre. At this place, discussed with the social workers of Sarjan Utkarsh Mandal about the steps required to convey a more effective message to the people.



A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Manchhla	Ranpur	Rinchhadi
Khermal	Bhadramal	Ganapipli
Jambera	Mal	Beda
Dhamanva	Chori	Danta
Tarangda	Mota Pipodara	Kunvarsi
Rupvas	Kanabiyavas	Bordiyala
Khokhariyavas	Mankdi	Vajasana
Miranvas	Dalpura	Machakoda
Tarangda	Ghorad	Mahobatgadh
Toraniya	Chorasan	Mankanchampa
Goyada	VIRPUR (BO)	Chhota Bamodara
Amloi	Tekari	Chhota Pipodara
Santpur	Bhachadiya	Bhanpur
Khatan	Ranol	Dhabani Vav
Sadapur	Rangpur	Devaliyavali Vav
Chokibor	Jasvapura	Sarhad Chhapri
Jambera	Vajasana	

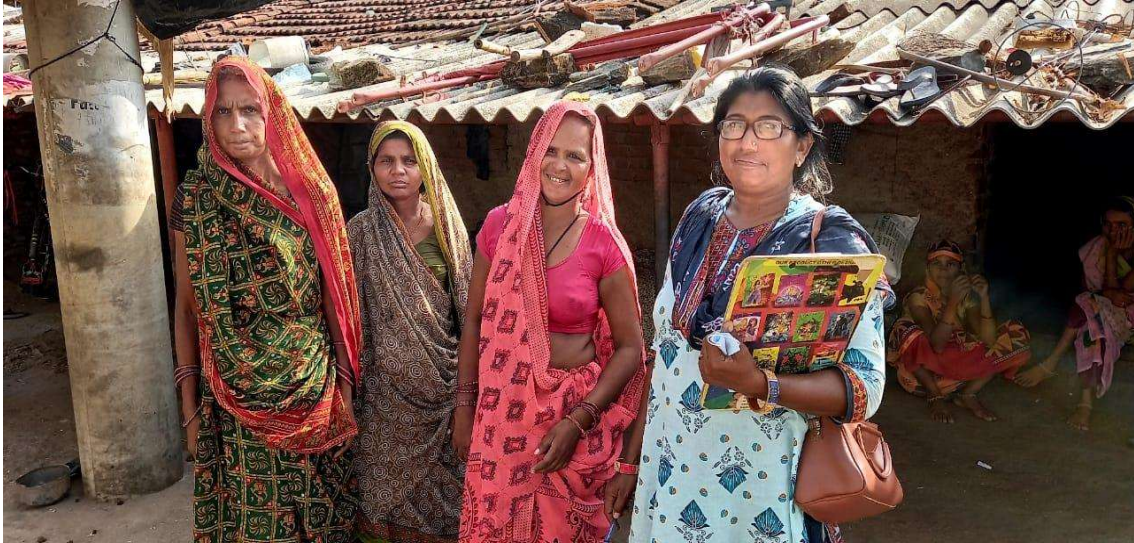
Barvas	Adersn (N)	
Vagada KyariL	Adersn (T)	
Samaiya	Nargadh	
Udavas	Kesarpura	
Ranika	Bamnoj	
Vadvera	Dhrangivas	
Pith	Mota Bamodara	
Vekari	Hathi Pagala	
Motipura	Kheroj	
Vadusan	Banodara	
Kantivas	Unodara	
Khaivad	Dhagadiya	
Panudara	Pataliya	
Gadh	Sobsada	
Kundel	Ghatodi	
Paniyari	Vijlasan	
Godhani	Madhusudanpura	
Khokhar Bili	Lotol	
Khatal	Dhunali	
MAHUDA	Rangpur	

Javara	Bhavangadh	
Bamnoj	Karanpur	
Begadiyavas	Velvada	
MAHUDA		
Kodaravi Ranpur		
VADNAL		
Begadiyavas		
Ranpur		
Khokhariyavas		
Rayaniya		
Sembal		
Senkda		
Koylapur		
Amblimal		
Bedapani		
Pataliya		
NAIVADA		
Kasana		
Hedo		
Ganchhera		

Total: 57 villages	Total: 40 villages	Total: 16 villages
Total:	106 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activist Kailasben explaining to the people of Amloi village about corona and how to get vaccinated



Workers receiving instructions for corona and vaccines from the staff of the Primary Health Center, Kunvarsi



"My village is a free village of Corona" campaign

**Workplace: Taluka Amirgarh,
District Banaskantha,
Gujarat state.**

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Chikanvas	Dhanpura	Kanpura
Ganji	Khapa	Ghoda
Bhamariya	Dungarpura	Kali Mati
Uplo Bandh	Juni Roh	Khapara
Nichlo Bandh	Awala	Tadholi
Khuniya	Dabhela	Virampur
Dhundhu	Rabariya	Virampur
Kakwada	Zanzarvav	Dabheli
Kidotar	Iqbalgadh	Rampura
Isvani	Awala	Iqbalgadh
Sonwadi	Juni Roh	
Savaniya	Sarotra	
Khari		
Zaba		
Gadhada		
Hadmana		
Jothiyali		
Dabhchatra		

Jambupani		
Pedcholi		
Gavara		
Kengora		
Tadholi		
Khapara		
jana		
Dabhchatra		
Karmadi		
Thaivada		
Bhayla		
Rampura (Vadla)		
Vagdadi		
Khemarajiya		
Dabheli		
Ajapur Mota		
Ajapur Vanka		
Kansaravid		
Surela		
Rabaran		
Manpuriya		
Khajuriya		

Ambapani		
Khara		
Vaghoriya		
Total: 43 villages	Total: 12 villages	Total: 10 villages
Total:	65 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Workers visiting the primary school in Hadma.



Workers visiting khapra primary school



"My village is a free village of Corona" campaign

**Workplace: Taluka Khedbhrama,
District Sabarkantha,
Gujarat state.**

The awareness program in Sabarkantha district was started from Khedbrahma and the health center of Karunda village was visited. In which, officer Mr. Patel sir and Mrs. Jalpaben from the office of Project Administrator, Tal: Khedbrahma, District Sabarkantha were kept in presence.

Along with this, in the team of GTRTS, Gandhinagar, Gujarat, Mr. Rajeshbhai Pargi and social worker of Sarjan Utkarsh Mandal, suggestions were made to convey the message to maximum people.



A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Sembaliya	Hingatiya (Jagiri)	Agiya
Mota Bavai	Bharmia	Dan Mahudi
Pathora	Kheroj	Ratanpur
Panch Mahuda	Umbora	Changod
Kalleka	Bubadiyana chhapran	Nava Mota
Digthali	Mithi Bili	Bandiyana Talav
Dharoi	Nana Bavai	Zanzava Panai
Jadi Sembal	Hingatiya (Khalsa)	Bahediya
Kherivav	Patdiya	Bordi
Derol	Panthal	Ambasar
Silvad	Tuver	Chhochhar
Kalol	Lank	Matoda
Damavas	Pipodara Dodivada	Patadiya
Mithi Vedi	Khedva	
Matarvada	Bhutiya	
Pathor	Vagheshvari	
Dhebdi	Rodhara	
	Galodiya	

	Lakshmipura	
	taadaliya	
	Karunda	
	Khergadh	
	kathiyavachhadiya	
	Tandaliya	
	malvas	
	Nada	
	Vikhran	
Total: 17 villages	Total: 27 villages	Total: 13 villages
Total:	57 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Dhawalbhai and Kiranbhai received instructions from the social Gram Panchayat office of Galodia village which they visited and monitored the entire campaign.



Activist Dhavalbhai, who explained to the people of Silwad village about Corona and persuaded them to take the vaccine.



"My village is a free village of Corona" campaign

Workplace: Taluka Poshina,

Dist. Sabarkantha

Gujarat state

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Kalikankar	Chandrana	Poshina (Ratanpur)
Lakhiya	Kajavas	Ajavas
Koland Talav	Amba Mahuda	Kalchhavad
Anjani	Chhatrang	Salera
Koland	Mamana Pipla	Khandhora
Peta Chhapra	Kathiya	Ganva
Bahara	Ganchhali	Chhochhar
Bedi	Golvada	Delvada
Paliyabiya	Chhochhar	Ambasar
Valsadi	Choliya	Kalakheta
Pipaliya	Umbarva	Kotda
Ganer	Gunbhanhari	Vinchhi
Sembaliya	Jotasan	Matarvada
Gandhisan	Tadhivedi	Nada
Kukdi	Mathasara	
Dedka	Movatpura	
Polapan		
Tembada		

Lambadiya		
Denti		
Total: 20 villages	Total: 16 villages	Total: 14 villages
Total:	49 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activists visiting The Kotda Primary Health Centre to get information on vaccination.



The worker visiting Pipliya village



"My village is a free village of Corona" campaign

Workplace: Taluka Vijayanagar,

District: Sabarkantha,

Gujarat state.

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Titaran	Saroli	Bhatela
Sarsav	Vandhol	Limda
Chandvasa	Kanthariya	Vanaj
Khokhra	Vasai	Joravarnagar
Nelau	Piploti	Vajepur
Dagla	Chitariya	Adepur
Padela	Samaiya	Dhonivav
Navagam	Movatpura	Navakhola
Baleta	Bhagorapada	Jamaniya
Vankda	Bogapada	Kundala
Gadi	Chitrodi	Androkha
Biladiya	Masota	Dholwani
Amodara	Parvath	Kathroti
Itavadi	Jalati	Antarsumba
Badarkhan	Chikno	
Chamthan	Mondhri	
Khervada	Bandhana	
Golvada	Navabhaga	
Bhankhra	Kelava	

Zer	Ladivada	
Tol Dungari	Bhambhudi	
Ajepur	Vireshwar	
Abhapur	Jusavada	
Virpur	Kanadar	
Kharibedi		
Antari		
Ukhla Dungri		
Khedasan		
Dadhvav		
Garada		
Nalseri		
Pruthvipura		
Total: 32 villages	Total: 24 villages	Total: 14 villages
Total:	70 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Visiting the Anganwadi Centre in Parwad village and giving information about Corona and vaccination, the activist gave suggestions so that more and more people can join the vaccination.



The activist who informed the youth of Kelwa village about Corona and vaccination



"My village is a free village of Corona" campaign

Workplace: Taluka Bhiloda,

Dist. Aravalli,

State of Gujarat.

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Malekpur	Sunsar	Khalvad
Bavaliya (Torda)	Kishangadh	Ghanti
VAGHELA	Indrapura	Vajapur (Kherancha)
Zenzudi	Adhera	Jumsar (Chhapra)
Raisingpur	Chorimala	Kalyanpur
Kundol (Pal)	Virpur	Jayala
Dhansor	Ubsal	Patiyakuva
Bhanmer	Vansli	Abhapur
Siladri	Rampur (Moti)	Jasvantpura
Mankroda	Ambabar	Jesingpur
Bavaliya (Pal)	Budharasan	Rudral
Rampuri	Dharasan	Dodisara Nana
Bhutavad	Ajitpura	Chitariya
Rintoda	Hathiya	Sonasan
Raypur	Nava Bhetali	Meravada
Venpur	Vankaner	Khari
Ode	Vasai	Bhavanpur
Vasaya	Bhatera	Khiloda
Jambudi	Gathiya	Shobhayada (Jagiri)
Panch Mahudi	Dhandhasan	Vaghpur

Rudardi	Dhunetha (Palla)	
Sodpur	Bornala	
LUSADIYA	Asal	
Samran	Nana Ramera	
Lakshmanpura	Ramera	
Devni Mori	Padaedi	
Kagda Mahuda		
Sarkilimdi		
Total: 28 villages	Total: 26 villages	Total: 20 villages
Total:	74 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activists visiting Ajitpura village



Activists visiting Ranakpur village



"My village is a free village of Corona" campaign

Workplace: Taluka Meghraj,

Dist. Aravalli,

Gujarat state.

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Kantalu	Ged	Jamgadh
Vanka Timba	Antoli	Kadvada
Rajpur (Isari)	Naranpur	Panchal
Chhitadara	Navagam (Kasana)	
Intva	Bhatkota	
Dhundhera	Pahadiya (Panchal)	
Zeriyawada	Brahman Kotda	
Odha (Panibar)	Rola	
Ghorvada	Kumbhera	
Mahudi		
Dharola		
Dhenkva		
Manda		
Moti Panduli		
Vaidi		
Gopavada		
Kadvadi		
Futa		
Chhikari		

Nani Panduli		
Godhavada		
Palla Kasana		
Vaniyavada		
Dhandhiya		
Zarda		
Vank		
Ranjedi		
Gay Vachhda		
Nani Moydi		
Moti Mori		
Dhenkva		
Total: 31 villages	Total: 9 villages	Total: 3 villages
Total:	43 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activists visiting Valuna group gram panchayat to get information about corona and vaccination in the village and giving instructions about vaccination.



Activists visiting MNREGA workplaces in Megharaj taluka, giving people a true understanding of corona and vaccination, persuading them for vaccination and also persuading contractors to vaccinate.



"My village is a free village of Corona" campaign

Work place: Taluka Santrampur

Dist. Mahisagar,

Gujarat state.

Mahisagar district was started from Chitwa village of Last mile, in which Mr. Rajeshbhai Pargi from GTRTS office in Gandhinagar along with Chitwa village in Phalia gave tribal people an understanding about Corona and persuaded people to get vaccinated. The misconception spread in public was eradicated.



A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Chitva	Barikota	Paniyar
Bugad	Kotra	Kyariya
Bugadna Muvada	Bhenadra	Simaliya
Kanzara (Sant)	Malanpur	Batakwada
Vyar	Vadiya	Daliyati
Taladra	Ukhreli	Vanjiya Khunt
Pithapur (Borvada)	Gothib	Narsingpur
Nalai	Bhavanpura	Sada
Vadiya	Parthampur	Nesh Hathipura
Moti Kyar	Sukatimba	Shir
Sarad	Sanbar	Galaliya
khedapa (Pratapghad)	Vena	Vankdi
Bhana Simal	Narsingpur	
Kunda	Doli	
Molara	Kenpur	
Sangawada	Singalgadh	
Pancha Muvadi	Moti Kharsoli	
Bhandara	Ranani Sarsan	

Surpur	Ranijini Padedi	
Nani Kyar	Lalakpur	
Babrai	Bavana Saliya	
Babrol	Chhayan	
Nana Natva	Garadiya	
Hirapura	Kalibel	
Hathipura		
Nana Ambela		
Mota Ambela		
Galakhedi		
Bhotva (West)		
Kaliya Amba		
Kaduchi		
Gada		
Padedi Ador		
Valakhedi		
Rayaniya		
Janvad		
Babri		
Umber		
Nanirel (West)		
Motirel (West)		

Sarasva (West)		
Chinchani		
Moti Bhugedi		
Nani Bhugedi		
Sagan Faliya		
Amba		
Limdi		
Vandariya (West)		
Khodadra		
Kotvat		
Gothibda		
Endra		
Asivada		
Bhotva (East)		
Gala Talawadi		
Gamdi		
Pagina Muvada		
Zab (West)		
Kothina Muvada		
Chela Pagina Muvada		
Kosamba		

Timbharva		
Hadani Sarsan		
Total: 63 villages	Total: 24 villages	Total: 12 villages
Total:	99 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activists explaining vaccination to the farmers of Lemdi village.



Activists visiting Balrai Primary Health Center to get information about corona and vaccination and get suggestions on how to increase vaccination.



"My village is a free village of Corona" campaign

Workplace: taluka Kadana

Dist. Mahisagar,

Gujarat state.

A (List of inland villages from main road)	B (List of surrounding villages from main road)	C (List of villages on main road)
Renganiya	Kelamul	Dahyapur
Maruwada	Thakor Na Nadhra	Bhukhi
Sanghri	Mota Dharola	Dhansura
Saliyabid	Bhemanivav	Saraswa (North)
kajli	Lembaniwav	Karvai
Ghantawadia (West)	Zenzwa	Ghaswada
Nanikharsoli	Malvan	Nindaka (North)
Ladpur	Pankhan	Lavanaia
Dhuniya	Moti rath	Brahmanni Muvadi(Kadana)
Shiyal	Tarkoninal	Nana Padadara
Vadazampa	Ditvas	Godhar (North)
Gorianamuwada	Limpur	
Vaghotia	Talwada	
Karodia (North)	Velanvada	
Nani rath	Bhagaliya	
Sarsdi	Dedawada	

Royaniya	Gareniya	
Rathada	Godha Ni Muvadi	
Dhingalwada	Hathi Ranani Muvadi	
Ankaliya	Muvada	
Ranakpur	Muval	
Amthani	Kadva Bariyani Muvadi	
Mota Mirapur		
Nana Mirapur		
Bariyana Vanta		
Parvatpura		
Nana Machhiwada		
Saliya Muvadi		
Vagadiyana Pithapur		
Agarwada		
Kharawada		
Golanpur		
Relva		
Amboja		
Pachher		

Mota Padadara		
Bhul		
Jogan Jetpur		
Vachhalawada		
Kaliyari		
Chhajali		
Total: 41 villages	Total: 22 villages	Total: 11 villages
Total:	74 villages	

Photographs introducing the awareness work under the "My Village Corona Free Village" campaign.

Activists visiting the village of Kadwa Baria. Activists going from house to house in the village to educate people about corona and vaccinations



Activists visiting Ranakpur village



Closing:

During this entire campaign in Bansakantha district (Ta. Danta, Amirgath), Sabarkatha district (Ta. Khedbrama, Poshina, Vijaynagar), Aravalli district (Ta. Bhiloda, Megharaj) Mahisagar district (Ta. Santrampur, Kadana) in a total 9 talukas, promotion of vaccine information by mobile vans was done.

Through this campaign, we have learned that people have come to understand the importance of true understanding and vaccination through this promotion and dissemination. So these people get ready to be vaccinated.

Village leaders also responded favourably to such a program, saying that if such a program were to take place, the inland villages could be vaccinated and brought out of their traditional beliefs and remain safe from health hazards.

Mentoring instructions:

1. Vaccination is likely to increase if a street vaccine campaign is carried out.
2. The person who has been vaccinated from the village should also motivate others in the village to get vaccinated by sharing their experiences. So that the superstition and fear of Corona among the people of the village is removed.
3. Leaders in village temples should also come forward and persuade people to get vaccinated.

4. Community leaders should run vaccination campaigns in social programs.
5. Government, social, religious, school, congregations, dairies, people who have been vaccinated.
6. They should be given a few different types of benefits so that others in the community are motivated to get vaccinated.
7. If more and more young people are vaccinated, through their experience, people at home, village, and in the community can be encouraged to be vaccinated.




હેલ્પલાઇન નંબર
૧૦૭૫ (ટોલ ફ્રી)


આપણે સુરક્ષિત
તો દેશ સુરક્ષિત





કોરોનાની રસી સલામત છે

ફાયદા

- રસીનાદ વાયરસનું સંક્રમણ થાય તેવા સંજોગોમાં દર્દીમાં બીમારીનું જોખમ ઘટે
- કોરોના થાય તો પણ ૧૪ દિવસમાં સાજા થઈ જવાય
- ઓડિસિજન લેવલ પણ ઘટશે નહિ
- મૃત્યુનો ખતરો નહિ થાય

રસીકરણ પ્રક્રિયાઓને અનુસરો

- પુરાવા માટે તમારા ફોટાવાળું ઓળખપત્ર સાથે રાખો
 - આધાર કાર્ડ
 - ચુંટણી કાર્ડ
 - પાન કાર્ડ વગેરેમાંથી કોઈપણ
- રસીકરણ સ્થળની મુલાકાત લો
- તમને રસી આપવામાં આવે તે પછી ૩૦ મીનીટ રાહ જુઓ
- સંપૂર્ણ સુરક્ષા માટે નિયત તારીખે બીજો ડોઝ લો

પોતે રસી લો તથા પોતાના પ્રિયજનોને રસીકરણમાં બેડો

: આયોજક :

ગુજરાત આદિવાસી સંશોધન અને તાલીમ સોસાયટી, ગાંધીનગર

આદિજાતિ વિકાસ વિભાગ, ગુજરાત રાજ્ય, ગાંધીનગર

સહયોગી : સર્જન ઉત્કર્ષ મંડળ







રાજ્ય કક્ષાના કંટ્રોલરૂમ નંબર ૧૦૪ પર ફોન કરો

અથવા ૨૪x૭ કંટ્રોલરૂમ : ૦૭૯ ૨૩૨૫૦૮૧૮ અને ૦૭૯ ૨૩૨૫૧૯૦૦

વધુ માહિતી માટે પ્રાથમિક આરોગ્ય કેન્દ્ર / સામુહિક આરોગ્ય કેન્દ્રનો સંપર્ક કરો

: આયોજક :

ગુજરાત આદિવાસી સંશોધન અને તાલીમ સોસાયટી, ગાંધીનગર

આદિજાતિ વિકાસ વિભાગ, ગુજરાત રાજ્ય, ગાંધીનગર

સહયોગી : સર્જન ઉત્કર્ષ મંડળ





“મારૂં ગામ કોરોના મુક્ત ગામ અભિયાન”

અંતર્ગત

આદિજાતિ વિસ્તારોમાં મોબાઇલ જાગૃતિ શિબિર

: આયોજક :

ગુજરાત આદિવાસી સંશોધન અને તાલીમ સોસાયટી, ગાંધીનગર

આદિજાતિ વિકાસ વિભાગ, ગુજરાત રાજ્ય, ગાંધીનગર

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ચાલો... પોતાને, બીજાઓને અને ગામને કોરોનાથી બચાવીએ

લક્ષણો

- તાવ / ખાંસી / શરદી (કફ)
- માથાનો દુઃખાવો
- ગળાનો દુઃખાવો
- શ્વાસ લેવામાં મુશ્કેલી
- પેટમાં દુઃખાવો
- ઝાડા-ઉલ્ટી
- શરીર તુટવું

આટલું કરવું

- નજીકના પ્રાથમિક આરોગ્ય કેન્દ્ર / સામુહિક આરોગ્ય કેન્દ્ર અથવા આરોગ્ય કેન્દ્રને જાણ કરો
- આરોગ્ય કેન્દ્ર પર કોરોના ટેસ્ટ કરાવો
- પોતાને ઘરના બીજા સભ્યોથી અલગ કરો
- વારંવાર પાણી પીવું (દિવસમાં આશરે ૫ થી ૭ લીટર)
- સંપૂર્ણ આરામ કરો
- વિટામીન-સી(લીંબુ પાણી) અને પ્રોટીન (જમવામાં કઢોળ) ભરપૂર માત્રામાં લેવો

