

# Knowledge on Corona Virus COVID-19 Lockdown Precautions

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**Abstract:** India is one those countries where number of Corona Virus COVID 19 cases are increasing in all its states. A study was planned to know the awareness of the precautionary measures to contain the spread of virus. An online quiz competition was conducted during the first lockdown period on 20 April 2020 to assess the awareness of the precautionary measures. Twenty questions are planned with questions related to when and who announced corona to be pandemic, survival of the corona on various surfaces, and personal precautionary measures to be taken. The first announcement was circulated to 500 people asking them to register, Only 125 people registered from Hyderabad, Andhra Pradesh and Mumbai. Those who registered were highly qualified, working as software engineers, engineers, doctors - professors, bank officers, dieticians, post graduate students and postgraduate homemakers. Two hours' time was given to answer and the answers were given individually. Question on month of announcement of Corona Virus, meaning of pandemic, technical name of Corona Virus organization declaring Corona Virus as pandemic, correct answers were given by 64 percent, 89.6, 65.6 and 85.6 percent respectively. With regard to type of infection, incubation period, and social distancing norms the percentages are 74.4, 95.2 and 76.0 respectively. Period of survival of virus on surfaces of copper, cardboard, plastic and stainless steel is collected. Percentage of people answering correctly ranged between 31.2 to 84.8. Knowledge about various zones and criteria of changing from one to another indicated that everyone were aware of red zone while the meaning of the containment zone, orange zone and green zone, criteria for changing from orange to green, red to green correct answers were given by 71.4, 64.3, 57.1, 78.6, and 64.3 respectively. Two final questions were on requirement for protecting oneself against Corona Virus and how to get immunity. The anticipated answer was self-discipline and taking nourishing diet to get immunity 85.7 and 92.9 percent answered accordingly. Keeping the uncertainty in answers, remedial measures were planned. Preventive measures and the procedures to be followed were recorded and the tape was played every day for one week, the same was repeated after every lockdown with additions and deletions if any. Three hundred reusable masks were stitched by us with the material we had at home. Mask and a Dettol soap was given to all municipal and sanitary workers who were working during the dock down period and to senior citizens of the colony.

**Keywords:** Corona Virus, Pandemic, Zones, Immunity, Self-discipline, Masks

## 1. Introduction

Corona Virus COVID 19 has hit the entire world declaring it as pandemic (1). India is one those countries where Corona Virus COVID 19 cases are increasing in all its states. Government of India announced the first lock down on March 22<sup>nd</sup> for 21 days Lockdowns were extended from time to time. (2) The fifth lockdown is up to June 30<sup>th</sup> 2020. When the first lockdown was announced people were in a panic state not knowing what to do and how to manage. Different concepts existed, messages got circulated on what's up, many of them were not correct. Under this background, it is felt necessary to know the extent of awareness and information people have, so that if necessary circulation of correct measures can be planned. There are no such studies conducted in India thus far. The present study will give useful information both for planners and administrators.

## 2. Methodology

Corona virus Covid 19 is spreading but the preventive measures have not reached or taken seriously. Several myths were being circulated, creating confusion. At this stage, it is felt necessary to collect information on the awareness of coronavirus spread and the knowledge of precautionary measures that people have. A questionnaire (QUIZ) was prepared to elicit information on the basic factors responsible for the spread of the virus. Twenty multiple-choice questions were prepared having four options of which one will be the correct answer. The questionnaire was

pretested on a group of 14 participants and was finalized. It was planned to conduct as an online quiz. First announcement with topic of the quiz, the date and time was made one week before the date of the quiz. Interested people were asked to register. The announcement was sent to 500 people coming from all categories. One-week time was given for registration, by the end of the week 125 people from all over India registered Registration was free. The quiz was conducted on 20<sup>th</sup> April 2020 between 3-5pm and the answers were procured through what sup individually. The results were tabulated and presented as percentages.

## 3. Results and Discussions

India announced a complete lockdown to prevent spreading of corona Virus on March 22<sup>nd</sup> 2020, leading to several changes in the daily life, apart from additional precautionary measures to be taken. People were confused not knowing how to manage. Precautions did not reach them properly, at this stage it felt necessary to collect the extent of information that reached them and assess whether it is correct or not so that educative measures can be planned. An online quiz was conducted among the 125 registered persons. All of them are highly qualified. They were employed as engineers, doctors, software engineers, professors, teachers, dietitians, university students, housewives with post graduate qualifications. The answers of the final study and that of the pilot study were almost similar. Only final study results are discussed.

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Seven general questions are given (Table 1) none of the questions got 100 percent correct answers. Correct answers are 64 percent in the case of date of declaration of corona virus in India, another name for corona virus , meaning of pandemic and organization announcing corona virus as pandemic (1, 2, 3), recorded percentages are 89.6 and 65.6 85 .6 respectively. Most important are the last three questions which relate to health of the individual. They are not properly answered/understood by the people. Only 74.4 percent could say that it spreads through droplet infection (spread through person to person). With regard to incubation period 95.2 percent answered correctly as 14 days. Under the category of social distancing of 3 feet between one person to another only 76 percent could answer correctly.

Table 2 gives a list of surfaces on which the virus can survive. (4-7). Correct answers for copper is 4 hours, only 31.2 percent answered correctly, for card board is 6 hours only 84.8 percent gave correct answer, survival on plastic is 3 days which is given by 39.2 percent and on stainless steel the survival period is 3 days ,which is given by 51.2 percent. These are important questions, everyone is expected to know, unfortunately several people are ignorant.

Government of India classified India into various zones based on the number of cases of corona virus (8). Containment zone refers to the geographical area where positive cases are found, 72.8 percent gave correct answer, Red zone refers to the highest case load in districts, with 80 percent cases for each Indian state /districts with doubling rate within 4 days, correct answers are given by 72.8 percent. Orange zone is area with limited number of cases and no new positive cases, correct answers is given by 65.6 percent. A red zone can become an orange zone when no fresh cases are recorded within 14 days, red zone can be declared a green zone when no new cases are reported for 28 days. The percentage who answered correctly are 56 and 48 percent respectively. (Table 3)

Last two questions pertained to the knowledge about personal care. 85.7 percent said that self-discipline is necessary to fight corona virus and 68.8 percent indicated that nutritious diet is very important to develop immunity as preventive measure to fight against corona virus. As the data indicated that several people are not aware of most important precautionary measures remedial measure were planned .

**4. Remedial Measures undertaken**

The consolidated data indicated that the knowledge regarding corona virus and related measures to be taken has not reached all the members within the colony and outside. An committee was formed with mahilamandala and welfare association members. The correct measures like – social distancing, care of the vegetables, restrictions for walkers, prohibiting outsiders, not allowing helpers to work, were recorded and the tape was circulated in the colony every day for one week in the morning between 6 to 7 am. Taking this as a clue, after every lock down the relaxations and precautions existing are recorded and circulated. For outsiders a note was prepared and was sent. Three hundred reusable masks were stitched at home with the material

available, distributed to drainage and, municipal workers and garbage lifters along with a Dettol soap for washing for working during the lock down period and to some senior citizens of the colony. Rice, dhal, wheat flour and oil was given to the workers in three rounds.

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**Table 1: General Awareness of Corona Virus Covid-19**

Particulars	Pilot study		Final study	
	%	No.	%	No.
Month of declaration of Corona Virus	57.1	8	64	80
Another name of Corona Virus (SARS)	85.7	12	89.6	112
Meaning of Pandemic	78.6	11	65.6	82
Organization declaring Corona virus as pandemic	100	14	85.6	107
Type of infection- droplet infection	78.6	11	74.4	93
Incubation Period of Corona virus – 14 days	100	14	95.2	119
Social Distancing required – 3feet.	85.7	12	76.0	95

**Table 2: Survival of Corona Virus on Material and Objects**

Particulars	Pilot study		Final study	
	%	No.	%	No.
Period of survival of Corona virus on Copper	7.4	1	31.2	39
Period of survival of Corona virus on cardboard	92.9	13	84.8	106
Period of survival of Corona virus on Plastic	64.3	9	39.2	49
Period of survival of Corona virus on stainless steel	64.3	9	52.2	64
Knowledge of Pool Testing of Blood	57.1	8	46.4	58

**Table 3: Knowledge about Zones**

Particulars	Pilot study		Final study	
	%	No.	%	No.
Containment zone	71.4	10	72.8	91
Red zone	100	14	72.8	91
Orange zone	64.3	9	65.6	82
Green zone	57.1	8	22.8	25
Criteria - Orange to be Green Zone	78.6	11	56.0	70
Criteria for Red to become Green Zone	64.3	9	48.0	60

**Table 4:** Knowledge about Personal Care

Particulars	Pilot study		Final study	
	%	No.	%	No.
Necessity of Self-discipline	85.7	12	63.2	79
Nutritious diet for Immunity	92.9	13	68.8	86