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# Aarogya Setu

Aarogya Setu is an open-source Indian COVID-19 contact tracing, syndromic mapping, and self-assessment digital service, primarily a mobile application, developed by the National Informatics Centre under the Ministry of Electronics and Information Technology.



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# Boost Immunity

Your body's immune system protects you against illness. Keeping your immunity high helps fight COVID-19. To boost your immunity, eat fruits and vegetables like mushrooms, carrots, tomatoes, oranges, lemons, bell peppers, broccoli, spinach, and more.



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# Coronavirus

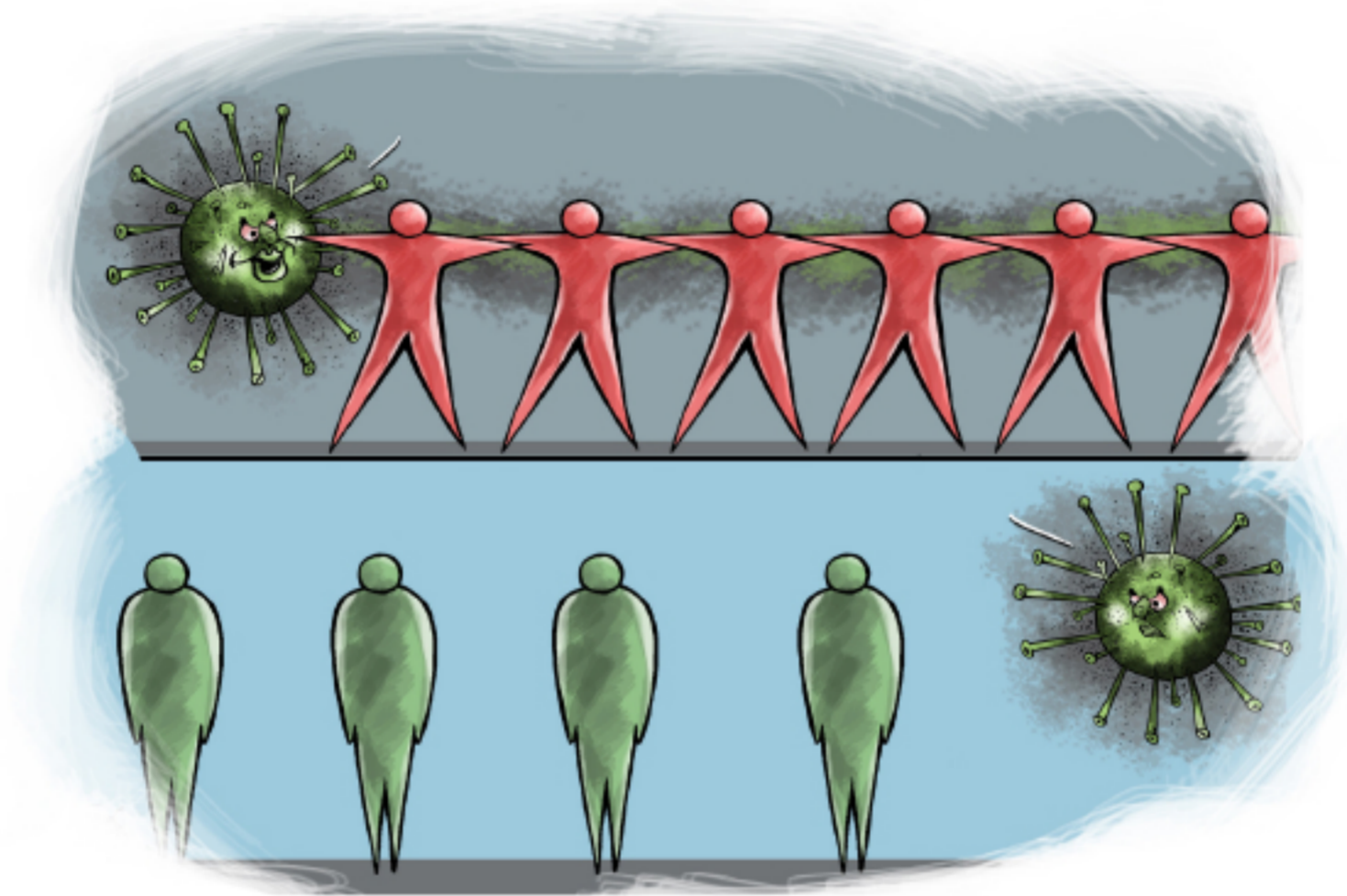
Coronaviruses belong to a large family of viruses that cause illness in humans and animals. The newest is the virus we are currently battling, known as COVID-19.



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# Distancing

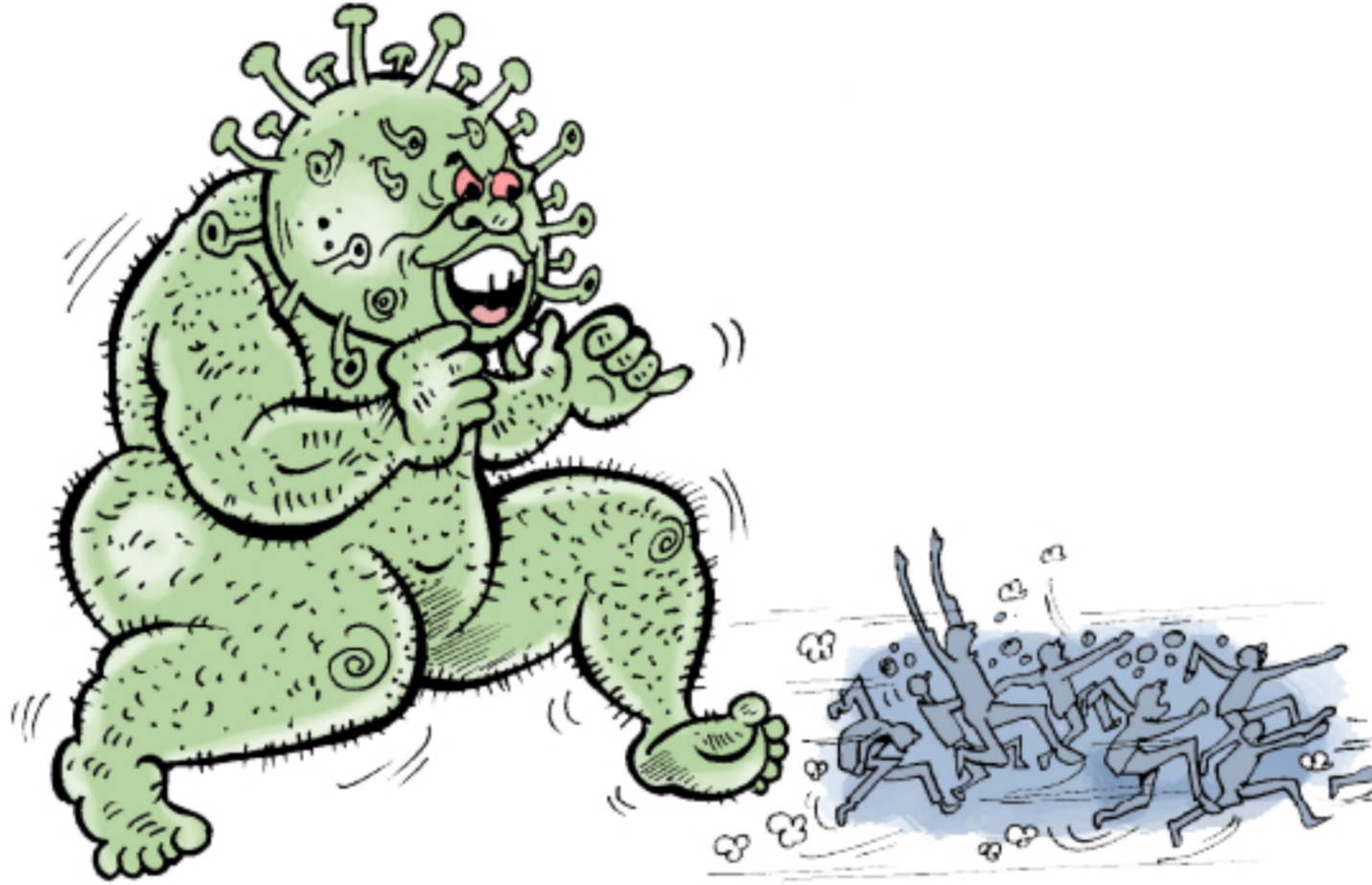
COVID-19 is a transmissible virus. It can spread from person to person through droplets from the nose or mouth. Physical distancing is the most effective action against the virus. Staying at least 1 metre away from other people reduces chances of falling ill.



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# Emergency

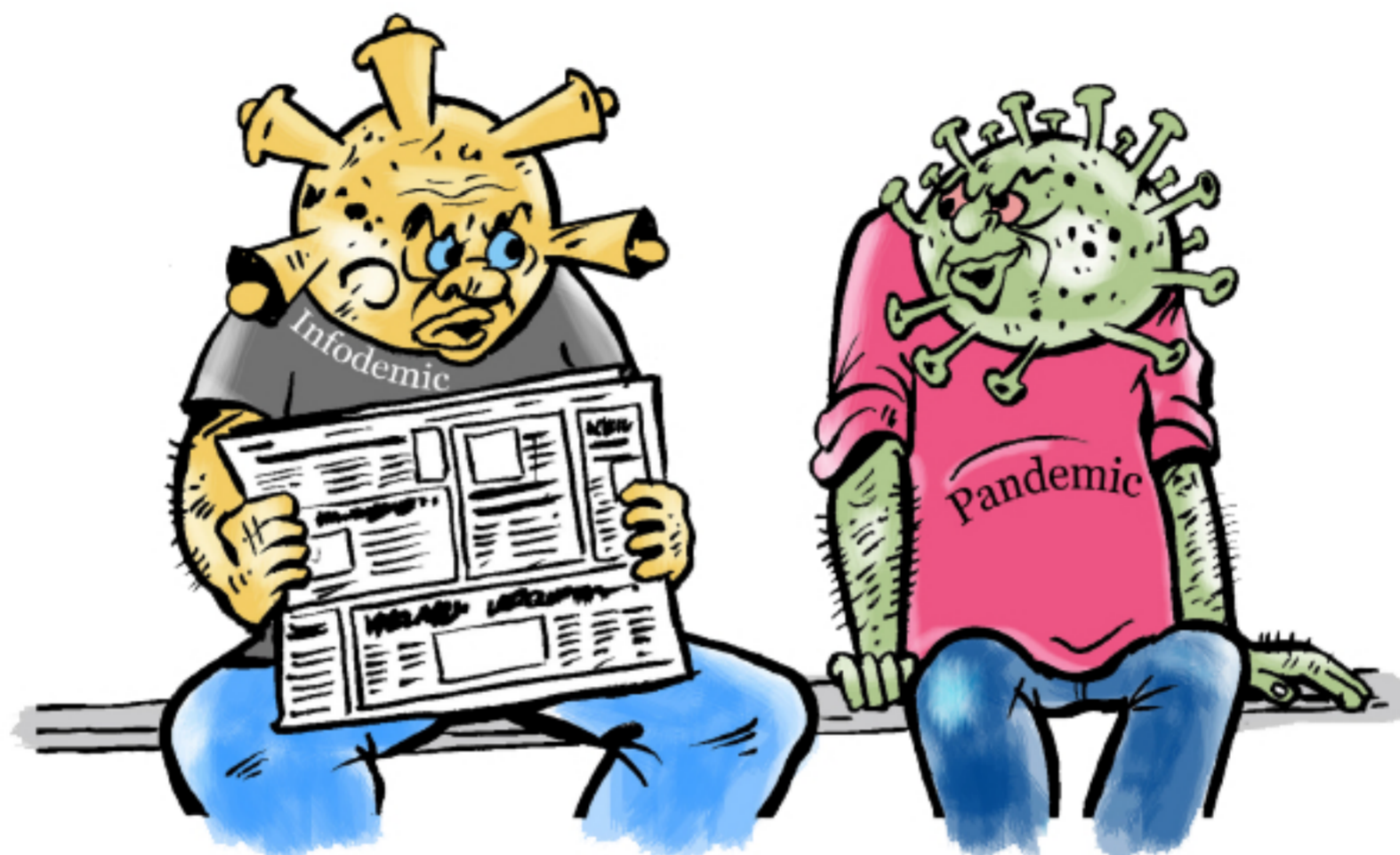
The COVID-19 outbreak was called a “Public Health Emergency of International Concern.” It has affected normal life and caused fear and panic in society.



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# Fact Check

An Info-demic is an epidemic of misinformation and fake news on the current COVID-19 crisis. Fake news leads to panic and mistrust. To fight fake news, you must fact check. Visit [transformingindia.mygov.in](https://transformingindia.mygov.in) to stay updated about the latest official information on COVID-19.



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# Guidelines

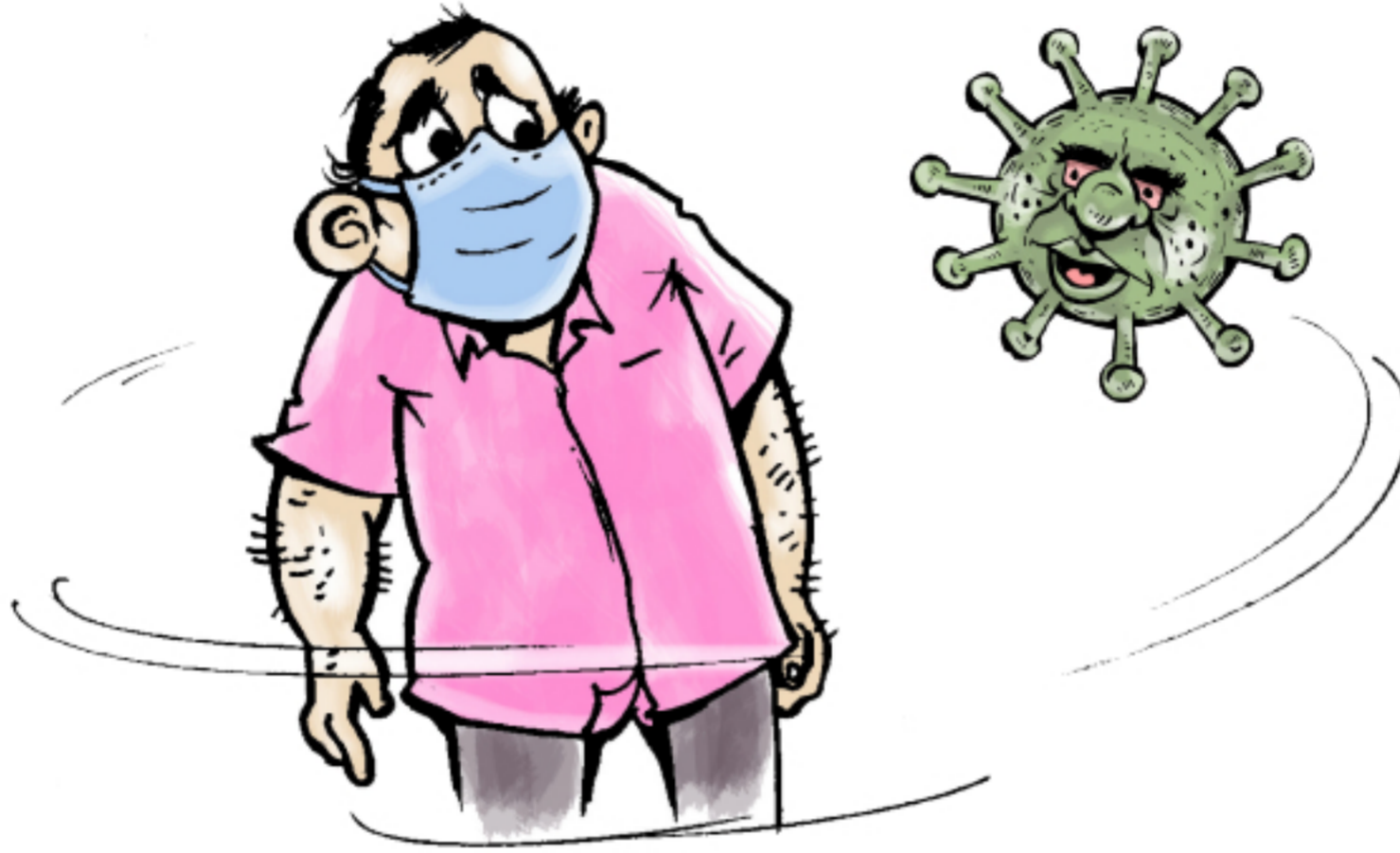
Wash your hands properly and often with soap and water. Use alcohol-based hand sanitizer if you don't have access to water. Avoid touching your face. Cover your mouth and nose while sneezing or coughing. Stay at home and wear a mask if you have to go out.



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# Hygiene

To protect yourself from the virus, it is important to maintain good hygiene at home. Make sure your surroundings are clean and sanitized. Sanitize all incoming packages. Wearing masks is essential while stepping out.



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# Infection

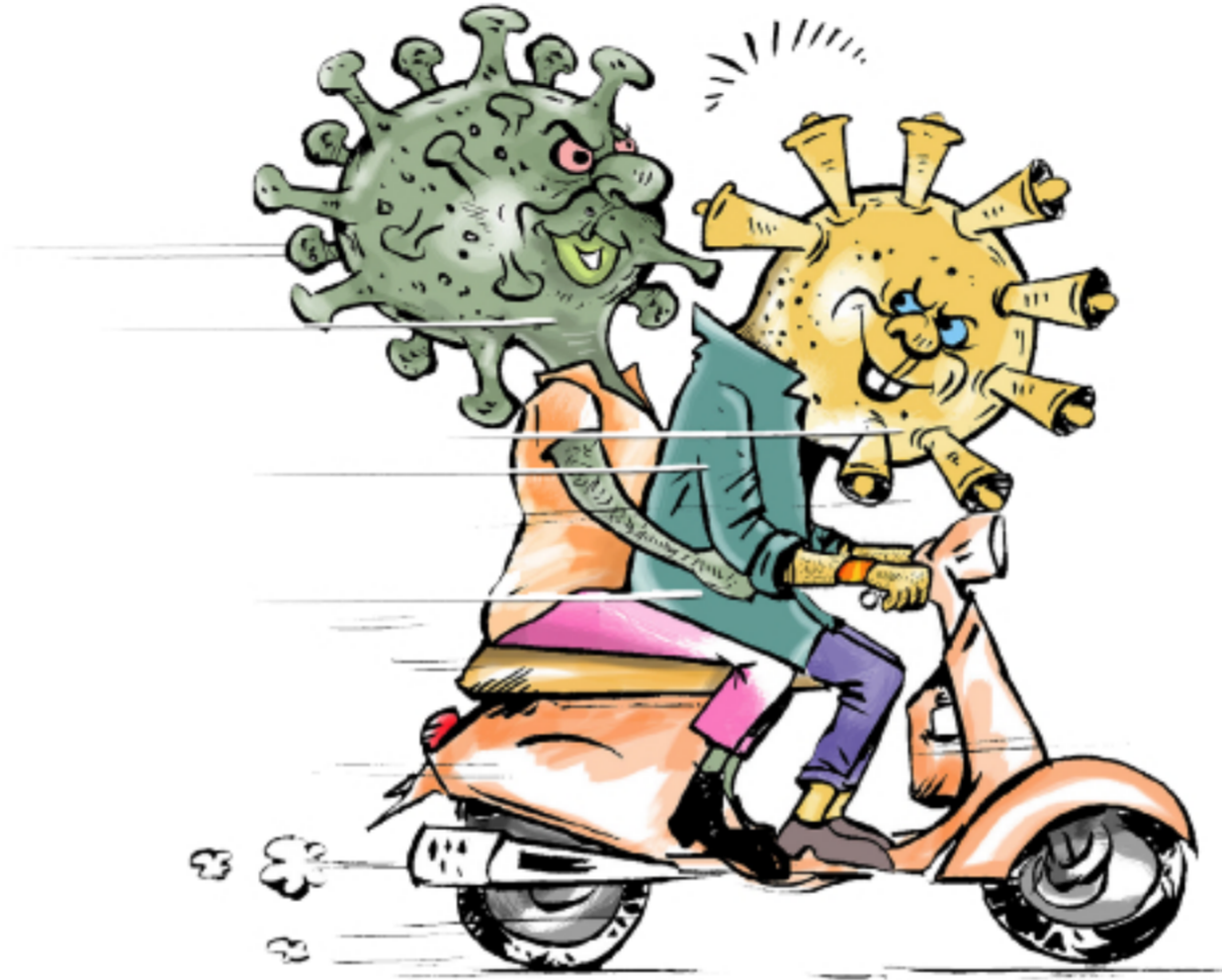
The COVID-19 infection spreads through droplets of saliva or discharge from the nose. Everyone should practise basic etiquette - cover your mouth and nose while coughing or sneezing.



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# Journey

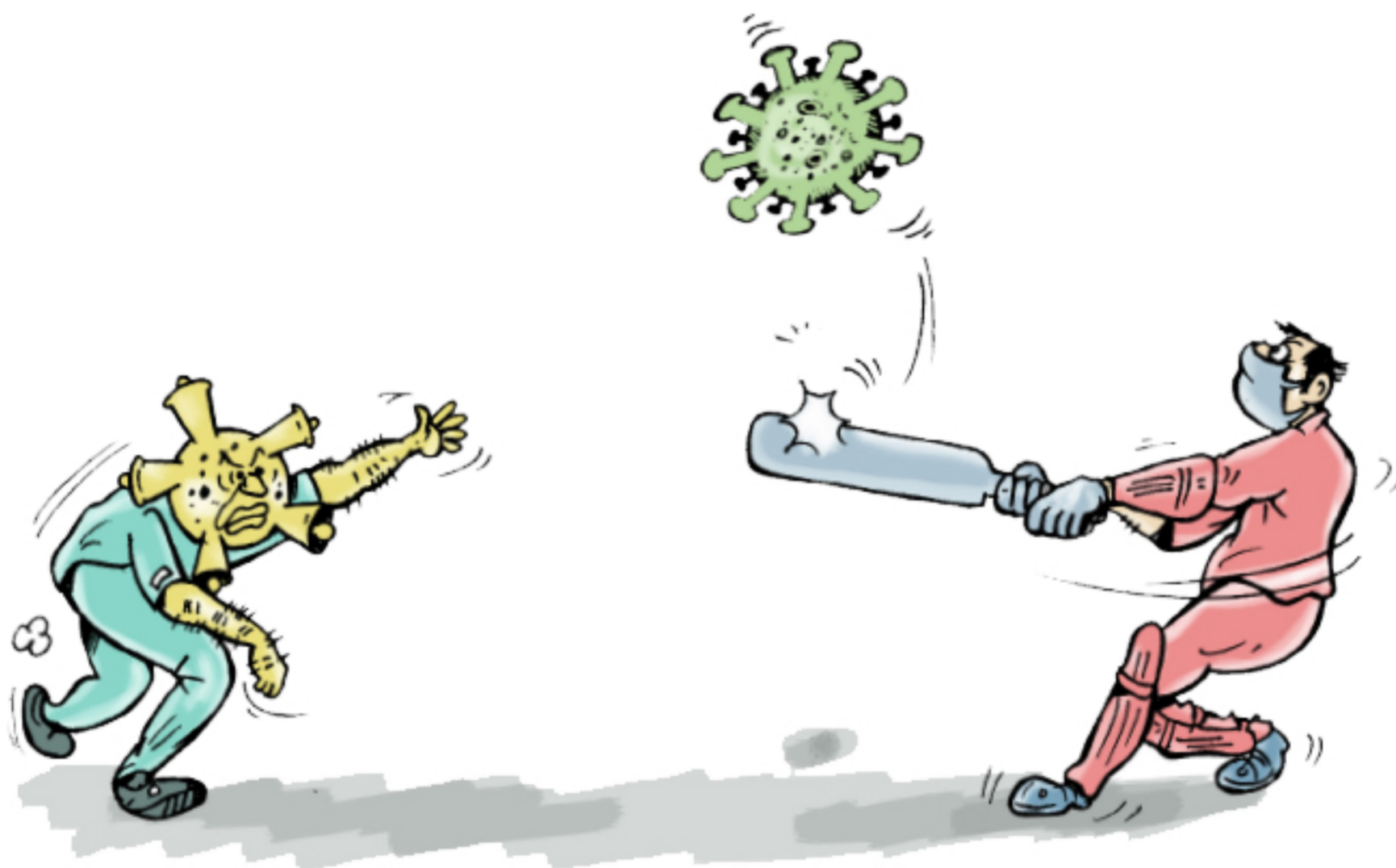
It is very important to avoid all non-essential travel. Do not use public transport if avoidable, and do not travel to public places. If you have to travel, wear a mask at all times and use an alcohol-based hand sanitizer frequently.



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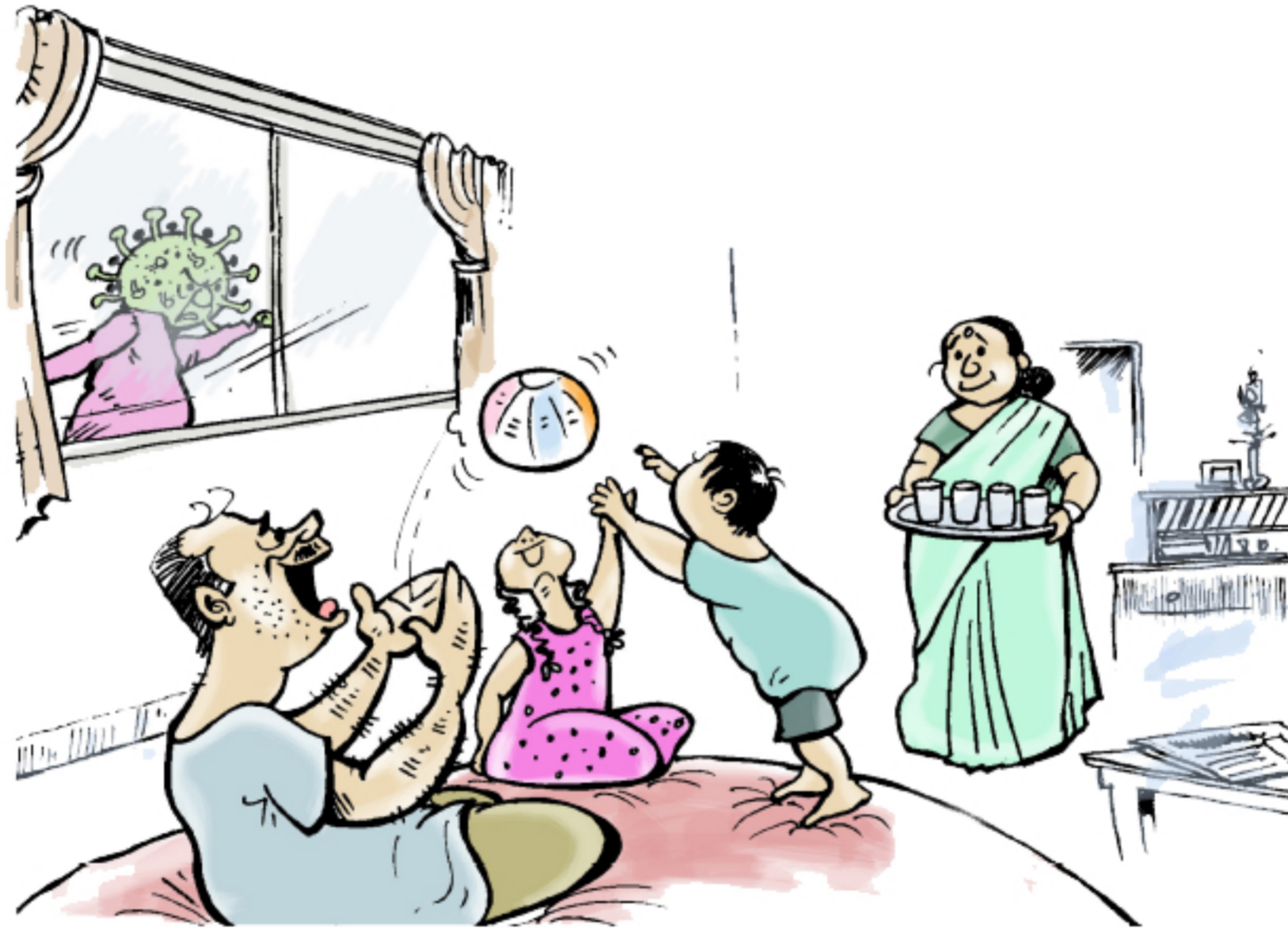
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# Knowledge

It is very important to have basic knowledge of the virus. The Government of India has launched COVID Gyaan. It is a scientific portal with resources and information about the outbreak.



# Lockdown

Lockdown is an emergency protocol that prevents people from leaving a specific area. It is important to make sure the virus does not spread quickly from person to person.



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# Myths

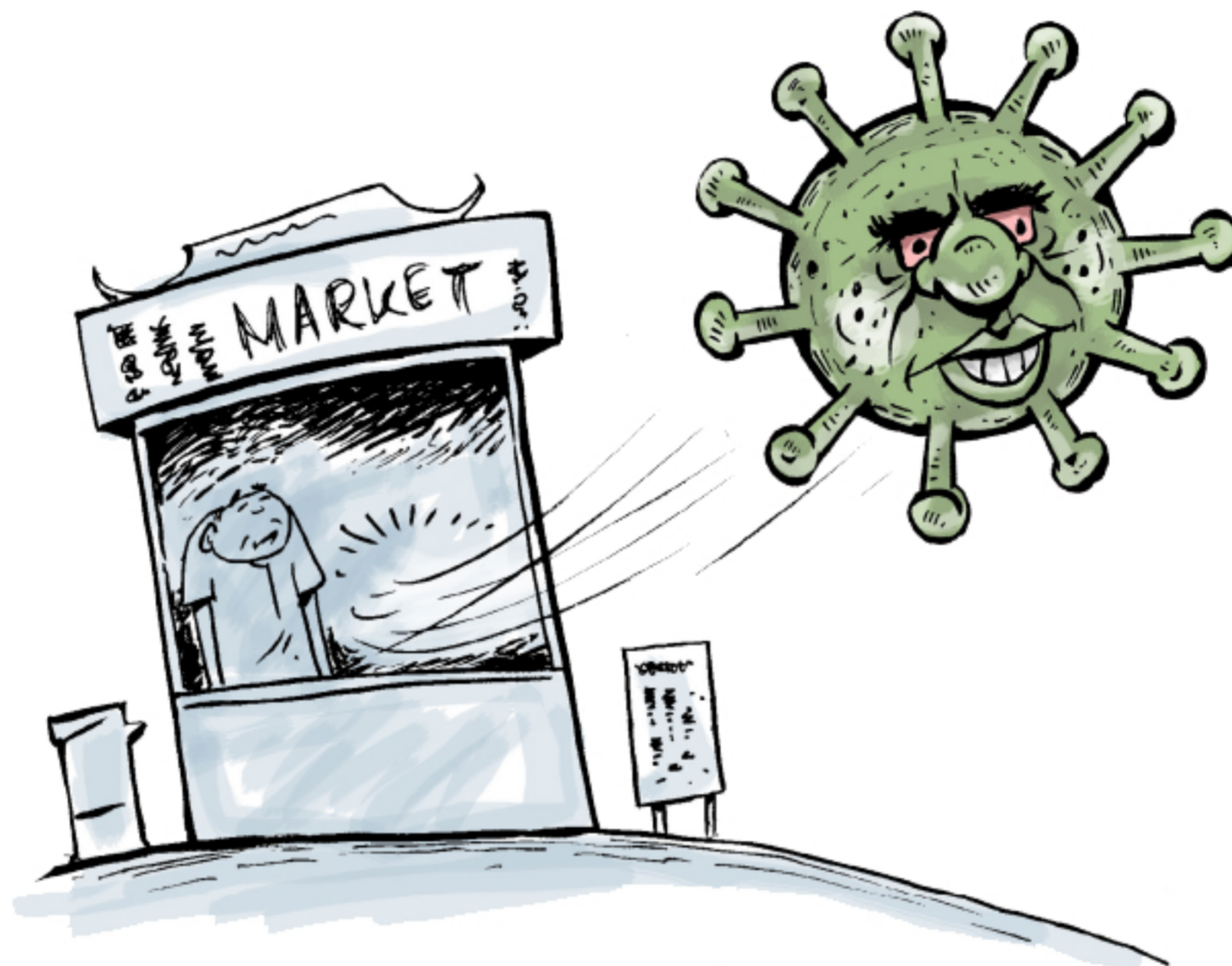
It is important to not spread myths about the virus. Weather does not have any effect on the spread of the virus. Substances like alcohol, chlorine, or garlic cannot kill the virus. A simple mask is sufficient, you do not need a N95 mask unless you are a healthcare worker or doctor.



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# Naming

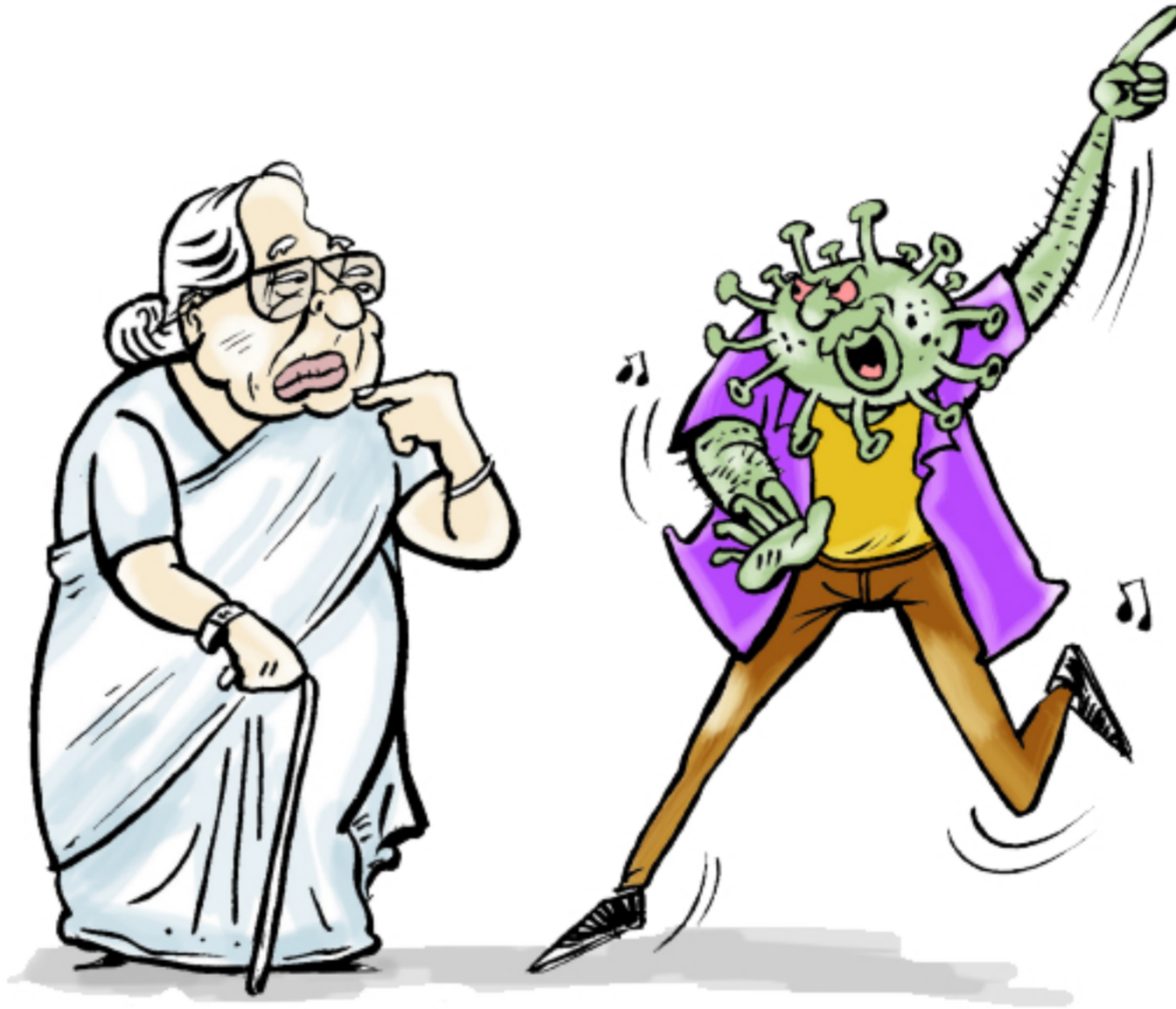
WHO announced "COVID-19" (previously known as 2019 novel coronavirus) as the name of this new disease on February 11, 2020. Guidelines were developed with the World Organization for Animal Health (OIE) and the Food and Agriculture Organization of the United Nations (FAO).



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# Old and Young

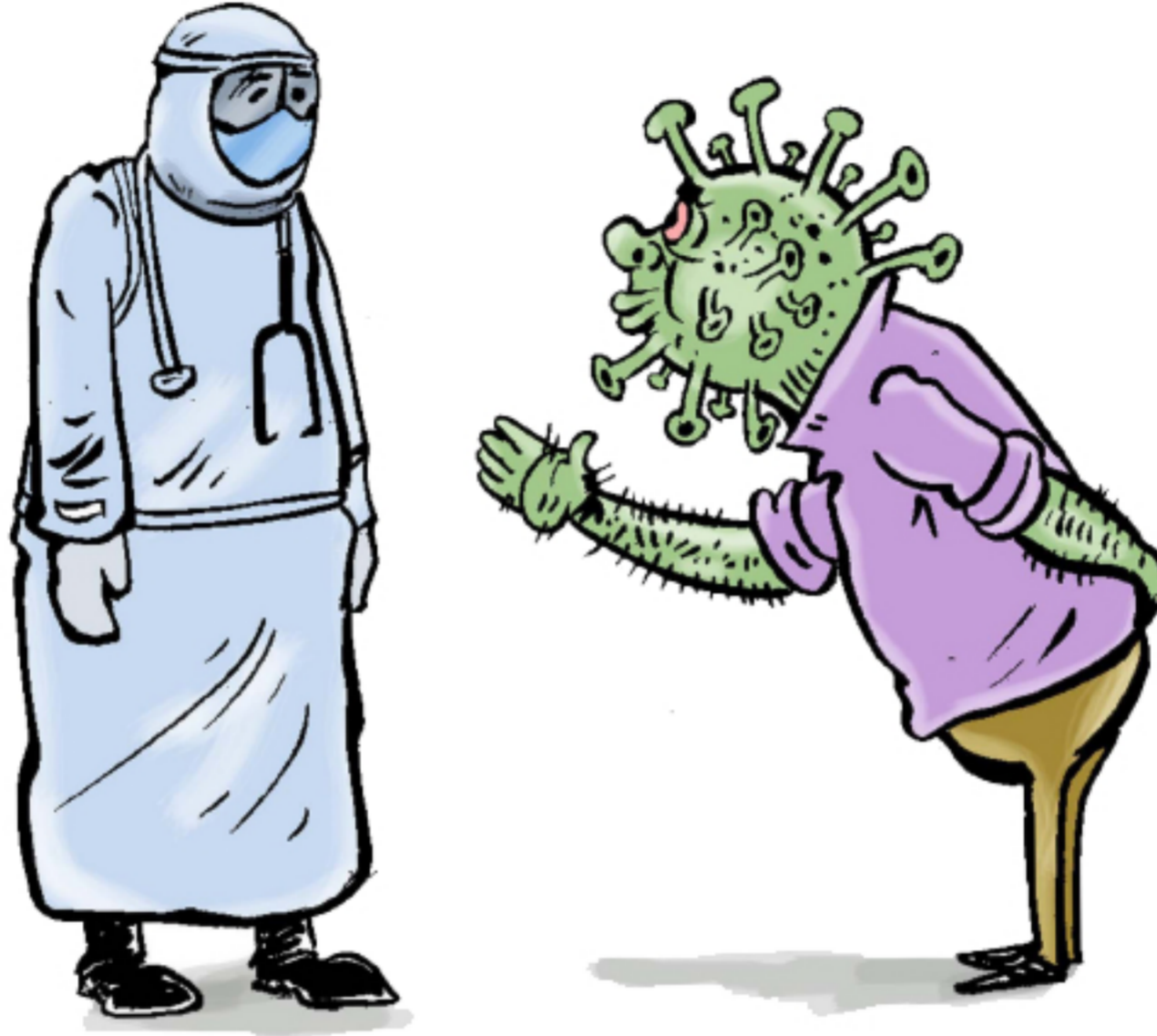
Older people and people with medical problems like high blood pressure, diabetes, heart disease, lung disease, or cancer are at high-risk. Even young children are very vulnerable to the virus. These groups may experience severe symptoms and illness.



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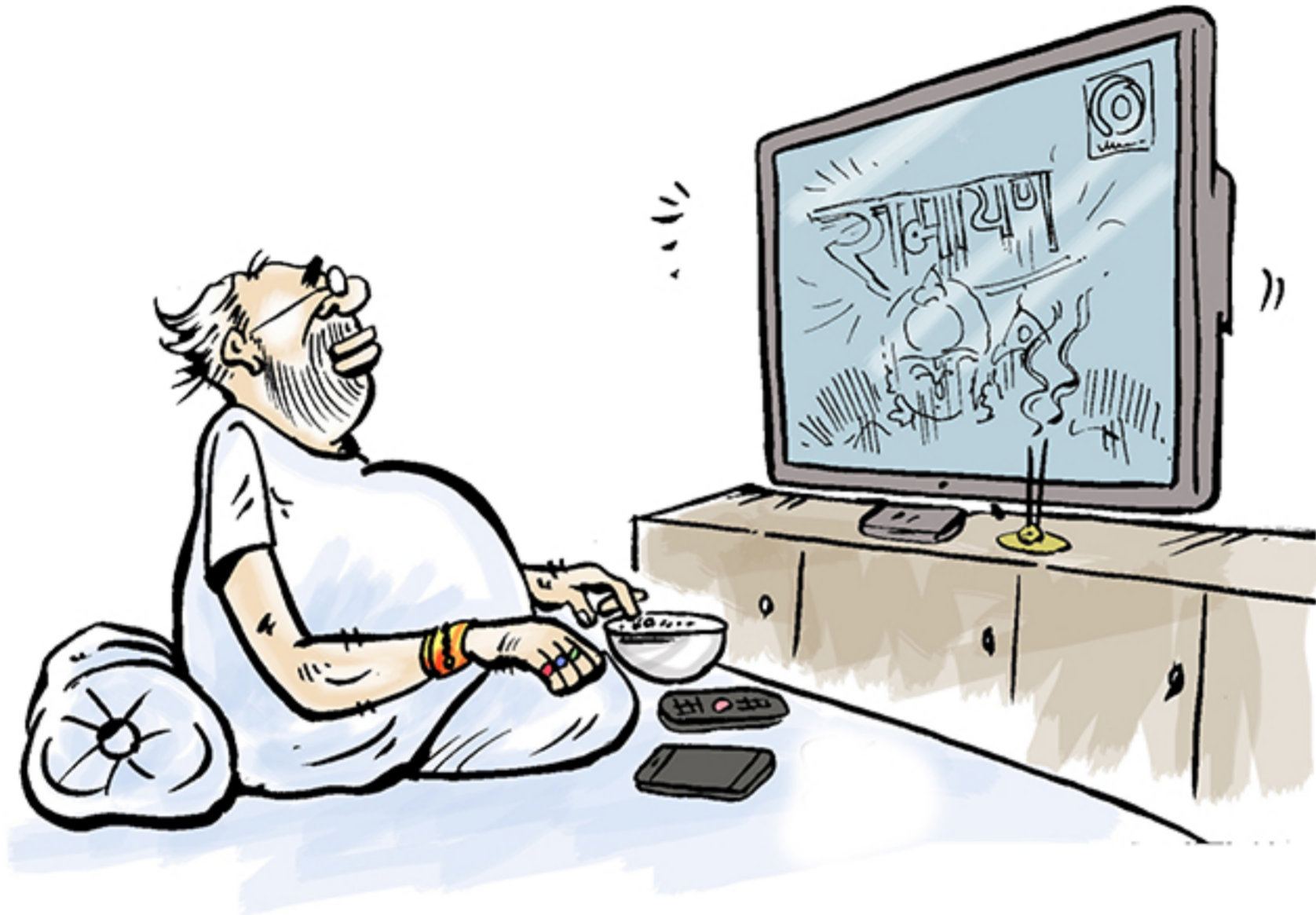
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# PPE

PPE stands for Personal Protective Equipment. It is a set of garments worn by healthcare workers to protect themselves from the virus. They consist of gloves, mask, and a gown.



# Quarantine

People who have been travelling or have been around infected people must self-quarantine for 2 weeks. In quarantine, you isolate yourself from the outside world. When self-quarantining at home, stay at least 1 meter away from other people. If no symptoms appear in 2 weeks, one can return to normal life.



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# Risk & Response

RCCE (Risk Communication and Community Engagement) Action Plan Guidance COVID-19 Preparedness and Response tool is designed to support risk communication between frontline workers, health authorities, and other partners to plan effectively against COVID-19.



# Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients might have aches and pains, nasal congestion, runny nose, sore throat, or diarrhoea. Some patients show no symptoms, too. 1 out of 6 patients fall severely ill and have difficulty breathing.



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# Track, Trace, Test

Finding the place and people infected and testing them can be done through this chain of track, trace, and test. This can contain the spread of COVID-19. All three parts are equally important.



# Understanding Stress

Too much stress makes your body vulnerable to sickness. The best way to reduce stress is meditation as it calms the nerves and mind. Participating in hobbies like reading, games, or art are good ways to be engaged.



# Vaccination

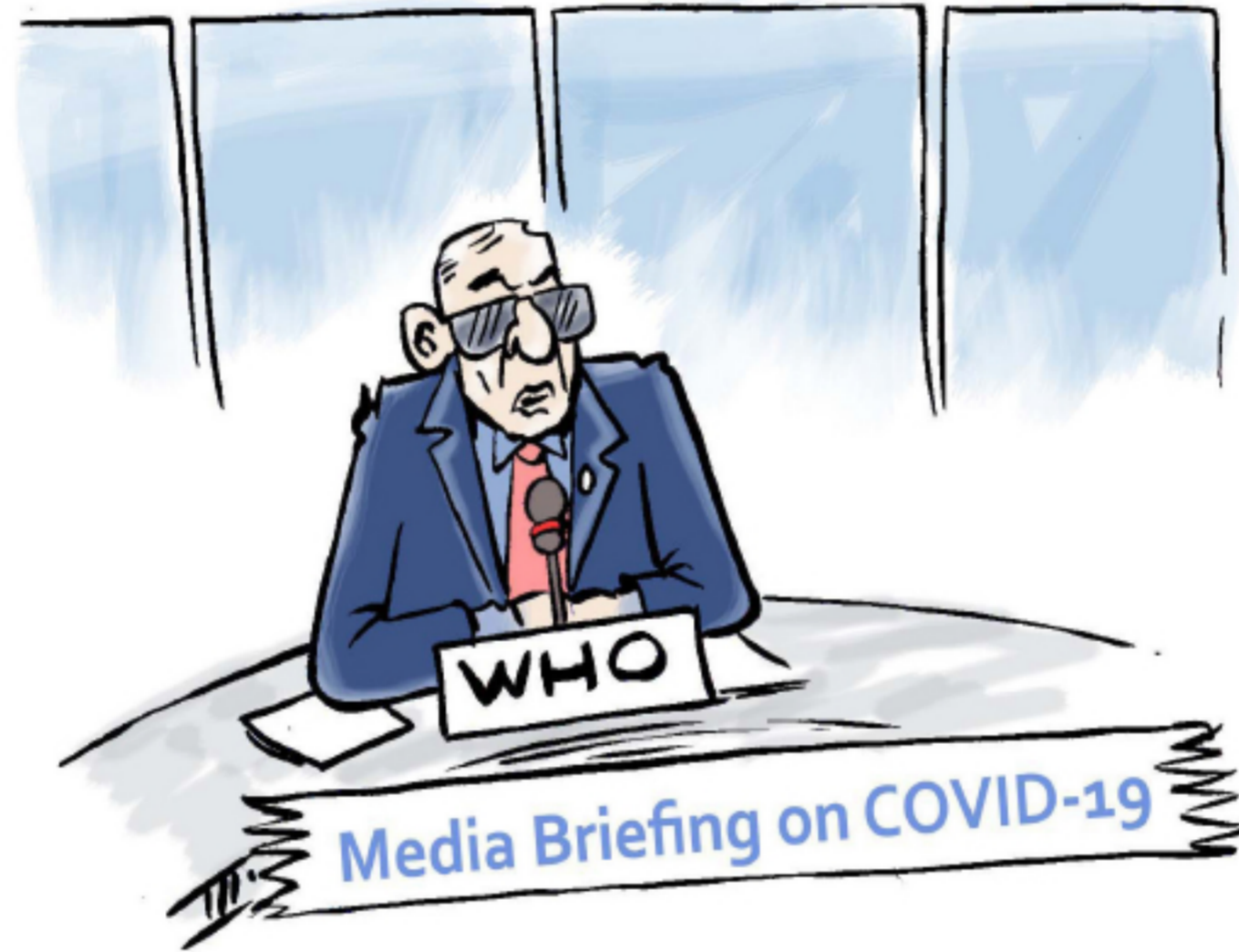
Right now, there is no vaccination or medicine to prevent or treat COVID-19. Possible vaccines and specific drug treatments are under investigation. They are being tested in clinical trials before they can be widely used.



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# WHO

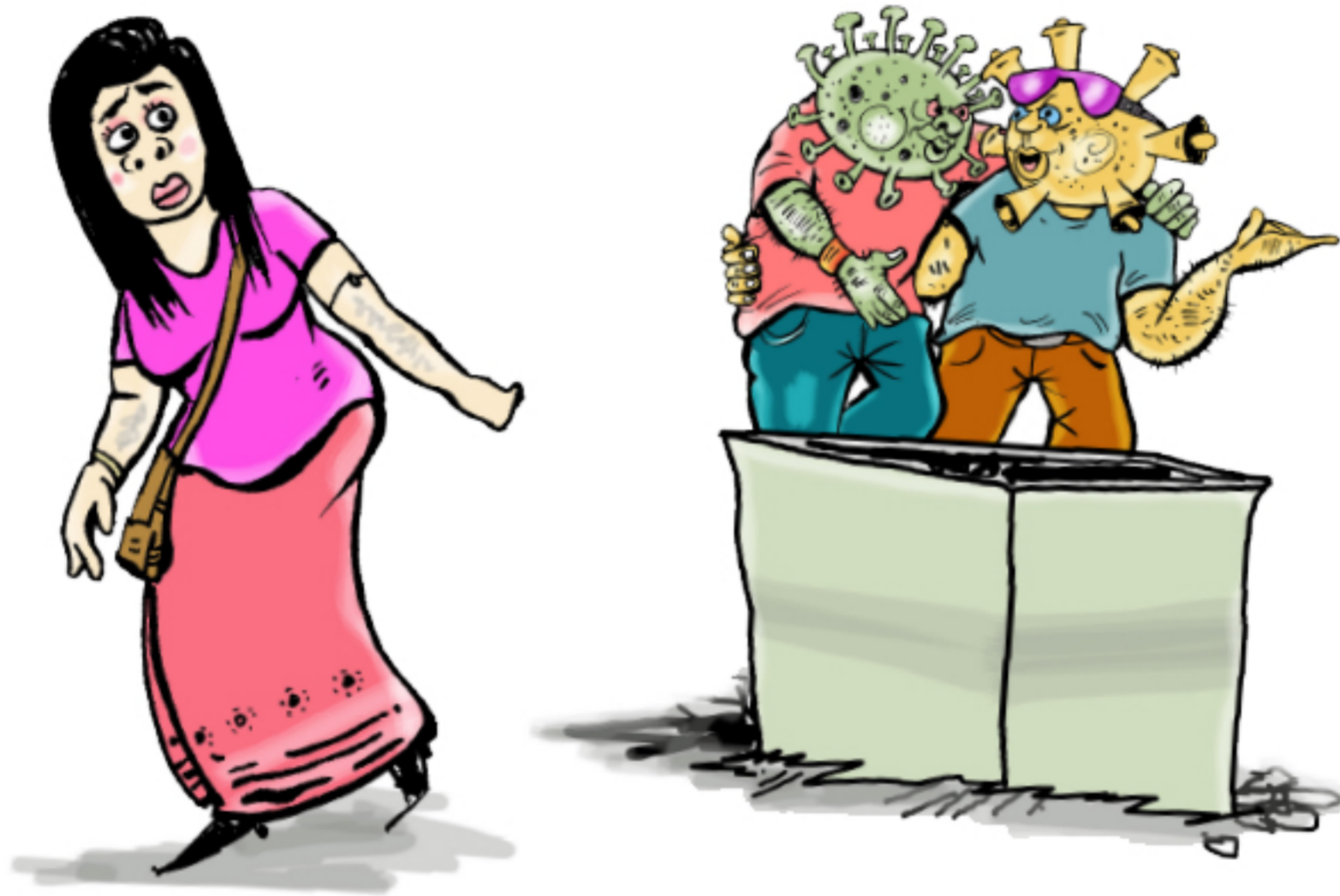
WHO is the World Health Organisation. It is at the forefront of the global fight against COVID-19. It provides updated information about the virus as clinical trials keep happening. WHO is responsible for coordinating and sharing timely and correct information to overcome this global health crisis.



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# Xenophobia

Xenophobia is the dislike of people outside your community or country. It has increased worldwide against certain people since this crisis began. The impact of verbal xenophobia has become very negative especially during such uncertain times.



# Yoga

This crisis has reducing access to coping methods for many people. This leads to increased stress. Yoga is a good stress management tool that we can do in our homes. It needs little or no equipment and can be practised alone.



# Zoonotic

Zoonotic diseases are caused by germs spread between animals and people. COVID-19 is assumed to have zoonotic origins. Animals can appear healthy even while carrying these germs but can make people sick.