**Dr. K . Reddemma, President ISPN– Brief Outline for COVID19 Counselling for/by the nurses.**

1. **Avoid fear and Panic**

Act responsibly based on the fact

Awareness issues

Be socially responsible

Enough information is available in the media- See what known is practical

Personal protection for Nurses while caring for the COVID Positive

Don’t leave any stone unturned to follow rigid protocol meant for containing infection

Remove fear by giving accurate information

Do not believe or forward information that comes to you, which you feel inaccurate

No relaxing or careless attitude

Do what is supposed to be done for your satisfaction.

Following social distancing and PPE will benefit you and others.

If you notice any signs of COVID positive report to appropriate authority

1. **Social Isolation**

Isolation is only to protect you and others

There were pandemics in the past, which were handled and this too will be handled.

1. **What to do at home**

Make time to be with each other/ Improve bondages

Stay connected with family members

Spend time to improve positivity among family members and share responsibility at home to reduce domestic violence.

Mobiles in hand is the whole world is with you.

Practice indoor exercises/ yoga/ meditation

1. **How to boost immunity**

Food intake, hygiene, practice of meditation and pranayama to boost your lung capacity