

Government of Odisha

Department of Women & Child Development and Mission Shakti

No. WCD-ICDS-N-MISC-0007-2020/ **8170**

/WCD, Date. **14.05.2021**

From

Aravind Agrawal, IAS

Director, ICDS & SW

To

All Collectors

Sub: Covid- 19: Monitoring of key interventions on Maternal nutrition & care, Infant and Young Child Feeding (IYCF) practices, Management of Severe Acute Malnutrition (SAM), Nutrition for youth and adolescents and conduct of VHSND/UHND & immunization services etc.

Ref: This Department letter No.5194 dated 09.04.2020

Madam/Sir,

1. You are aware with the surge in second wave of Covid-19 pandemic has necessitated the need for Covid appropriate behaviours and practices by all, including the children, youth and adolescents and pregnant & nursing women across the state.

2. The basic Covid appropriate behaviours and practices suggested are:

2.1 Wearing face masks:

i. Wearing face masks in the correct way (covering the nose & mouth well) at all times during interaction with people and while going out, is mandatory both for the frontline functionaries and beneficiaries.

ii. Since many children are getting affected by the virus in the second wave, children must always wear masks when they move out of their homes. Parents must ensure that children above 2 years must always mandatorily wear face masks when they step out of their houses.

2.2 Majority of children with Covid-19 infection may be asymptomatic or mildly symptomatic. In case of cold, cough, fever, diarrhea, vomiting, stomach pain, loss of smell/taste, poor feeding in infants, and other medically indicated conditions, children, pregnant & nursing women, adolescents and youth must go for testing, treatment, isolation, and medical advice. Children with underlying comorbid condition may also be managed at home, if they have features of mild disease and there is easy access to health facility in case of any deterioration. In case there is lack of proper arrangement to manage

these children at home/ access to health facility is difficult, such children may be admitted.

2.3 Children 0-19 years or pregnant & nursing women who have tested positive for Covid-19 or asymptomatic but has a close/household contact with a Covid-19 case, need to be suggested isolation and referred for Covid-19 testing/ medical advice in case of any symptoms.

2.4 Physical distancing of 6 feet (dui gaja) must be ensured while interacting with another person. This should be the norm even while distribution of SNP, observance of VHSND, Routine Immunization sessions and home visits by AWWs.

2.5 Handwashing with soap and water (or hand sanitization with alcohol-based sanitizer) for at least 40 seconds, avoidance of unnecessary touching of face, nose, eyes must be avoided to keep the infection at bay.

3. Pregnant & nursing women and children must be counselled to avail optimal nutrition for improved immunity. Consumption of SNP (HCM & THR) and IFA/calcium supplementation by the targeted beneficiaries only must be ensured. Food rations meant for pregnant women must not be shared by other family members.

3.1 Pregnant women should consume nutritious food, take adequate rest, wear masks appropriately, practice handwashing with soap, social distancing, and seek medical advice/ self-isolate in case she notes any of the symptoms. Details of care during pregnancy during Covid-19 given in **Annexure 1**.

4. In case a nursing mother or the child (0-2 years) is found positive, breastfeeding must continue in either case, as breast milk strengthens the immune system by directly transferring antibodies from the mother. However appropriate precautions are to be followed during breastfeeding and handling of the child.

4.1. Children should be given freshly prepared nutritious complementary food (which are not high in fats, sugar, or salt); which will aid in their growth and development and improve their immune systems. Details of IYCF during Covid-19 are given in **Annexure 2**.

5. Children identified as SAM/MAM/SUW should be given special focus and adopted by CDPOs/Supervisors/ AWWs as per earlier guidelines sent by the Department. The health & nutrition status of these children are to be strictly monitored and followed up. Children with SAM and with clinical conditions are to be referred to NRCs for treatment. Detailed guidelines on management of children with SAM during Covid-19 is given in **Annexure 3**.

6. Establishment of kitchen gardens may be promoted at household level particularly in households with pregnant & nursing mothers and SAM/MAM/SUW children, to ensure availability of fresh vegetables at all times.

7. Weekly dose of IFA supplementation through observed administration for adolescent girls is to be continued at doorstep of the beneficiaries (through AWWs, ASHAs) every Saturday. Similarly, adolescent girls who are in schools will be provided IFA tablets by

their teachers along with their MDM rations. Adolescent girls found with symptoms of cold, cough, fever, gastrointestinal-tract infection, loss of smell/taste and other medical conditions are to be referred for Covid-19 testing and be suggested for isolation or medical advice.

7.1. Since the youth have maximum contacts, they also carry sizeable risk of infection. Eating nutritious foods to build immunity, wearing masks and washing hands frequently with soap and water or using an alcohol-based hand sanitizer, leading healthy lifestyle and exercising daily are some of the healthy practices during this time. Details of promotion of nutrition among youth and adolescents during Covid-19 is given in **Annexure 4**.

8. Growth monitoring of children is extremely important during these critical times (to address growth faltering early and prevent severe malnutrition) and needs to be ensured during VHSNDs, in a staggered manner. Wearing masks during weighing of children shall be mandatory for both frontline functionaries and beneficiaries. The growth monitoring devices are to be appropriately sanitized after every use. However, children/caregivers with any kind of symptoms like cold, cough, fever, loss of taste/smell, gastrointestinal-tract infection, any other medical conditions are to be referred for immediate Covid-19 testing and health advice.

8.1. If the VHSND/ UHND is discontinued in a containment zone, it will be resumed after the containment is over and measures will be taken so that no child is left unvaccinated or does not receive services. Details of VHSND/UHND/ Immunization services during Covid-19 is given in **Annexure 5**.

9., vaccination against Covid-19 must be ensured for all eligible beneficiaries at the earliest which is the most effective protection against this deadly virus. If feasible, Arogya Setu App should be downloaded.

10. Last but not the list, the advisory of the Health & Family Welfare Department on children, adolescents and pregnant & nursing women, contained in their letter No 14255 dated 13.05.2021 (copy enclosed) may also be followed scrupulously.

Yours faithfully,



Director, ICDS & SW

Memo No.8171

/WCDMS

Dated 14.05.2021

Copy forwarded to the DSWOs for information & necessary action. They are to ensure that, the above instructions are scrupulously followed and that, all the stakeholders are intimated timely about the same.


Director, ICDS & SW

Memo No. **8172**

/WCDMS

Dated **14.05.2021**

Copy forwarded to the MD, NHM for kind information & necessary action. She is requested to kindly get the above components incorporated into the COVID-19 training modules for FLWs.

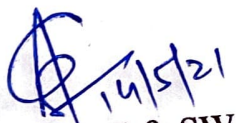

Director, ICDS & SW

Memo No. **8173**

/WCDMS

Dated **14.05.2021**

Copy forwarded to PS of the Principal Secretary to Govt., H & FW Department for kind information of Principal Secretary, H & FW Department.


Director, ICDS & SW

Nutrition & Care in pregnancy

1. Currently there is no evidence that pregnant women are at higher risk of Covid-19 compared to the general population. Thus, pregnant women must take the same precautions to avoid Covid-19 infection as other people, avoid unnecessary exposure, and report possible symptoms to their healthcare provider, which may include, fever, cough, difficulty in breathing, vomiting, stomach pains, loss of smell/taste, severe body ache, sudden breakout of rashes in the body etc. In case of any of these symptoms, pregnant women must immediately get tested for Covid- 19 and seek medical advice or self-isolate.

2. Nutrition recommendations for pregnant women remain unchanged, even during Covid-19:

i. Eat at least three main meals, with one nutritious snack (in first trimester) and two nutritious snacks in the second and third trimester).

ii. Each meal must comprise one item from energy giving foods (cereals, fats and sugar), body building (pulses and legumes, nuts, milk and milk products, eggs, meat, fish and poultry) and protective foods (vegetables and fruits)

iii. Continue daily dose of micronutrient supplements (iron and calcium)

iv. Check status and seek appropriate advice for low/high gestational weight gain and severe anemia during antenatal visit

v. Stay hydrated (Drink at least 8-10 glasses of water or fluids per day)

vi. Take rest for 2 hours in the day and sleep for 8 hours at night

vii. Do at least 20-25 minutes of physical activity every day

viii. Intake of caffeine, alcohol, tobacco and other addictive substances should be restricted. They are harmful for the baby and also negatively influence immunity

ix. Family members to help in ensuring adequate nutrition, rest, and psychosocial support to keep her happy and healthy during the course of her pregnancy period

x. Avoid unnecessary travel and socializing. In case of a family member getting Covid-19 positive, s/he must maintain strict isolation and avoid any kind of contact with the pregnant woman

xi. Attend VHSND for regular ANC with all precautionary measures. However, in case of any of experiencing any of the symptoms mentioned above, avoid attending the session and inform AWW/ASHA/ANM immediately for necessary medical advice and referral

3. Most important precaution in addition to respiratory hygiene (through proper wearing of masks at all times covering the mouth & nose, covering mouth while sneezing or coughing), is maintaining personal hygiene by practicing hand washing with soap and observing necessary physical distance (6 ft or dui gaja)

4. Pregnant women can continue to eat non-vegetarian food and egg. It does not increase risk of acquiring Covid-19 infection. Precaution is to be exercised to ensure non-vegetarian food is thoroughly cooked

5. No food can be designated as a super food to prevent or cure Covid-19 in pregnancy. Although several foods rich in antioxidant nutrients (Vitamin C, Vitamin E and Vitamin A), Iron, Protein, Zinc and Selenium and omega 3 and omega 6 fatty acids boost immunity. These include:

Dark green leafy vegetables	Amaranth leaves, fenugreek leaves spinach
Vitamin C rich foods	Lemon, amaranth leaves, orange, melon gooseberries (amla)
Yellow-orange fruits & vegetables	Carrot, papaya, mango
Whole pulses and legumes	Bengal gram (whole), horse gram (whole), greengram (whole), rajma, soyabean
Egg & Non-Veg	Meat, chicken, fish and egg
Milk and milk products	Curd, paneer

Annexure 2:

Promotion of IYCF during COVID-19 pandemic

1. Breastfeeding protects babies from infection and is important for their survival.
2. Breastfeeding is particularly effective against infectious diseases because it strengthens the immune system by directly transferring antibodies from the mother.
3. Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of the respiratory viruses, mother with symptoms of or infected with Covid-19 can breastfeed with precautions.
4. All breastfeeding mothers who have symptoms of cold, cough, fever, sore throat, loss of smell and taste, diarrhea, vomiting, stomach pain, rapid breathing, or have come in contact with and or tested positive for covid-19, should seek medical care early and follow instructions of the health care provider.
5. Mothers with symptoms of Covid-19, who have come in contact with Covid-19 positive cases or infected with Covid-19 can safely breastfeed with following precautions
 - i. Use masks properly (covering nose and mouth) when near the child including while feeding and proper disposal of the mask after use/ wash with soap and water after use and dry in an airy space under sunlight
 - ii. Wash hands for at least 40 seconds with soap and water before and after contact with the child including feeding
 - iii. Routinely cleaning/disinfecting any surface they touch by cleaning with soap or alcohol-based sanitizer
6. If mother is too ill to breastfeed, she can express her milk and feed it to the child with a cup or spoon.
7. While expressing breast milk the mother should wash hands with soap and water, collect milk in a container washed with soap and water. While expressing breast milk, the mother should wash hands with soap and water, collect milk in a container washed with soap and water.
8. While feeding expressed breast milk the mother should follow all the precautions to prevent infections.
9. If mother is too unwell to breastfeed or express breast milk, she should explore the possibility of wet nursing (another woman who is Covid negative, breastfeeding or caring for your child) or using donor human milk or restarting breastfeeding after a gap.
10. Mothers should continue breastfeeding should the infant or young child become sick with suspected, probable, or confirmed Covid-19 or any other illness.

11. Caregivers should start complementary foods along with breast milk on completion of 6 months. At this age, a baby's rapid growth of body and brain requires more energy and nutrients than what breast milk alone can provide.

12. Delay in introduction of complementary foods affects the child's physical and brain growth and increases the risk of malnutrition. Children often need along with nutritious small and frequent meals and a snack or two during the day to keep them going. Rather than giving kids sweets or salty snacks, opt for healthier options like nuts, cheese, *chaanch*/yoghurt (preferably unsweetened), chopped or dried fruits / salad vegetables / sprouts spiced with lemon, boiled eggs, or other locally available / home-made healthy options. Dry healthy and low-cost snacking options include roasted nuts, pulse, fox nuts (makhana), shrouded pulse, wheat and corn flakes, muesli, etc. These foods are nutritious, satiating and help build healthy eating habits that last a lifetime. Feed the child a variety of foods such as pulses, milk and milk products, yellow, orange and green vegetables and fruits to support the child's physical growth and brain development. Children have a small stomach, therefore ensure that every bite of food count

13. Due to lock down, if access to fresh produce is difficult, identify healthy food options to replace fresh produce, limit highly processed foods that are typically high in saturated fat, free sugars and salt, and avoid sugary drinks.

14. Wash hands with soap and water before cooking, feeding and eating. Also wash child's hands with soap and water before feeding.

15. Feed the child from a separate bowl. Use a properly cleaned bowl and spoon to feed the child.

16. Feed children usual amount of foods and fluids more often during illness.

17. There should be minimum exposure of children as they are more susceptible to Covid-19 infection.

18. Ensure mandatory mask use for children above 5 years of age.

Key messages for AWWs/Health Workers

1. Breastfeeding counselling, basic psychosocial support and practical feeding support should be provided to all pregnant women and mothers with infants and young children, whether they or their infants and young children have suspected, probable or confirmed Covid-19. AWWs/ Health workers should always wear masks properly (covering mouth and nose) during these interactions, practice hand hygiene and physical distancing (6 feet or dui gaja).

2. Health facility staff should ensure that mother and infant remain together, and practice skin-to-skin contact especially straight after birth to establish breastfeeding, whether or not the mother or child has suspected, probable, or confirmed Covid-19.

3. Health facility administrators should not promote breast milk substitutes, feeding bottles, teats, pacifiers or dummies in any part of their facilities, or by any of their staff

Management of severe acute malnutrition in children

1. Intensify the public awareness, protection, promotion and support of appropriate and safe feeding for all breastfed and non-breastfed children and use all opportunities to include hygiene messages, key messages on Covid-19 symptoms, and Infection, Prevention and Control (IPC) measures.
2. Children who are identified as severe acute malnourished requiring facility-based care (illness or related complications) need to be referred to the nutrition rehabilitation centers using health referral facilities.
3. At the NRCs children may be provided the required health services observing hygiene protocols and physical distancing (6 ft or dui gaja) norms. The caregivers/ NRC staff should always wear masks appropriately (covering nose and mouth).
4. Any child who is currently undergoing treatment at the NRC should not be discharged back to the community without getting cured; similarly, any child who has been cured should be discharged back to the community using health transport facilities.
5. Follow-ups can be conducted over phone; physical visits should be discouraged as far as possible.
6. Advisories for management of SAM Cases during the pandemic issued to all districts vide letter no.494 dtd.06.04.2020 from DFW(O) and the message reiterated during videoconference on 03.05.2020 are to be followed.

Promotion of Nutrition among youth and adolescents during Covid-19

Maintaining Healthy Eating & Lifestyle during Covid-19 outbreak

Covid-19 outbreak is upending life for families around the world. Disruptions to food systems resulted in some foods can now be difficult to find. For many people, unemployment and lost income has made food purchase an additional financial challenge. While many families are looking at ready meals and processed foods as a quick and low-cost way to feed their families, there are convenient, affordable, and healthy alternatives. A healthy diet boosts our body's immunity and resistance to several infections and illnesses.

Here are few ways to help families especially the youth and adolescents have a nutritious diet that will support building their immunity while overall building healthy eating habits.

1. Eat fresh and minimally processed foods and stay hydrated

- Watch the types of foods and colours on the food plate as it is the food plate, which determines whether the diet is healthy or not. A healthy diet comprises of three types of foods (energy rich, body building and protective foods). While the plate should have an item from each of these groups, it is the protective and body building foods that are growth and immunity boosters
 - **Energy rich foods-** cereals and millets (such as wheat, rice, ragi, bajra, jowar), fats (nuts, oilseeds, cooking oil, butter, ghee, etc.), sugars (table sugar, honey, jaggery etc.)
 - **Body building foods–** pulses (all *dals*, beans, legumes), eggs, flesh foods (meat, poultry, fish), milk and milk products (curd, paneer, *chaanch* etc.)
 - **Protective foods–** seasonal fruits and vegetables (dark green leafy, yellow and orange coloured, citrus and other fruits)
- There is no evidence that consumption of meat, chicken or eggs leads to a higher risk of acquiring COVID-19 infection. Ensure non-vegetarian food is cooked properly as a precaution.
- There is no evidence to support that virus spread through pet animals/pets. The virus spreads from human to human. Those who rear chicken and goats are encouraged to consume thoroughly cooked eggs and meat.
- Certain foods such as oils, nuts, herbs, spices and condiments, citrus fruits, ginger, garlic, black pepper, turmeric, cloves, tulsi or basil, broccoli, amaranth leaves, fenugreek leaves, spinach, almonds, walnuts, coconut (dry), gingelly seeds, safflower seeds/oil, sunflower seeds/oil, pumpkin seeds, flaxseeds, chia seeds, poppy seeds, Niger seeds, mustard seeds have antioxidant properties and reduce burden of toxins in the body. While taking these foods is good for overall health,

there is no evidence from the current outbreak that eating such foods has protected people from coronavirus.

- Limit intake of sugar, fat, and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer. These diseases are co-morbidities that increase the severity of any infection including COVID-19 and may even increase mortality from COVID-19.
- Avoid overeating to prevent overweight and obesity and associated conditions.
- Limit salt intake to <5g (approximately 1 teaspoon) per person per day. Salt consumed must be iodized (with 15 ppm of iodine).
- Keep the body self-hydrated. Drink at least 8-10 glasses of water or warm water and other fluids daily preferably unsweetened beverages (like Lemon water, home-made vegetable/fruits juices/ sattu). Be careful not to consume too much caffeine (tea/coffee), and avoid sweetened fruit juices, syrups, fruit concentrates, fizzy and still drinks as they may contain added sugar. Check food labels to confirm.
- Swap in healthy dried/frozen alternatives when fresh fruits and vegetables are not available/accessible. Fresh produce is almost always the best option, but when it is not available there are plenty of healthy alternatives that are easy to store and prepare.

2. Ensure physical activity

- Ensure exposure to 30- 40 minutes of sunlight, within the boundaries of the household/ balconies. Daily exposure to sunlight between 11am to 1pm will help to increase Vitamin D levels in human body. Vitamin D is produced by the body in response to sunlight and is often lauded for its health benefits, including benefits to immune system. Physical activity is important for bone, muscle, cardiovascular and lung health. Adolescents should do at least 60 minutes and adults 30 minutes of physical activity daily. These could include simple stretching exercise or yoga that can be done in the room, in balcony and verandah/courtyard. 8 hours of sleep among adults and 10-14 hours of sleep among children is known to improve immunity. Significant change daily routine is observed among adolescents due to closure of schools/pre-schools/day care centres. It is important for the parents to maintain a schedule for children with recommended sleep, physical activities in and around the house and other engaging learning activities.

3. Weekly IFA Supplementation for Adolescent girls

- Out of school Adolescent girls will continue to be provided IFA Large Blue tablets by AWWs at their doorstep on every Saturday. In containment zone also, the AWWs will continue the doorstep delivery of IFA tablets for all out of school Adolescent girls. Similarly, in-school adolescent girls will be provided IFA tablets along with MDM ration by their teachers. The precautional measures of physical distancing (6 feet) and wearing appropriate face mask should be followed while

distribution of IFA tablets. Adolescent girls having any symptoms of cold, cough, fever, sore throat, loss of smell and taste, diarrhoea, vomiting, stomach pain, rapid breathing, or have come in contact with Covid-19 positive individuals must be referred for Covid-19 testing and medical advice.

4. Ensure Covid-19 appropriate behaviours

- Covid-19 appropriate behaviours that need to be promoted includes maintaining physical distance of 6 feet (dui Gaja), wearing appropriate face masks at all times, avoid touching eyes, nose or mouth, washing of hands regularly and thoroughly, refraining from spitting in the open and keeping house and surrounding clean and well ventilated.
- When to ask for medical advice-Symptoms of cold, cough, fever, sore throat, loss of smell and taste, diarrhea, vomiting, stomach pain, rapid breathing, or have come in contact with and or tested positive for Covid-19.

VHSND/UHND and Immunization services during Covid-19

Village Health Sanitation and Nutrition days (VHSND) will be conducted every Tuesday and Friday as per health microplans. It must however be ensured that the community is informed beforehand to come to the Anganwadi Centre in a staggered manner to avoid overcrowding and observing physical distancing. During the VHSND, necessary checkups and counselling of pregnant women, weighing of underweight children, referrals will take place.

Growth monitoring activities will help the workers identify the most vulnerable children (SUW, SAM). However, after every use of weighing scale, thermometer etc. such equipment shall be adequately sanitized.

The beneficiaries coming for the session, must clean hands with soap and water and observe necessary physical distancing (6 feet or dui gaja). They should mandatorily wear appropriate face masks covering the face and nose throughout the session. Beneficiaries with fever, cold, cough flu like symptoms, gastrointestinal complications, loss of taste or smell, tested Covid-19 positive or have come in contact with Covid-19 positive cases should not come to the session and remain indoors/ isolate/ obtain medical advice with requisite precautions. During the entire session the ANM, AWWs and ASHA should always strictly follow the Covid-19 protocols and use face masks properly covering the face and nose.

Routine Immunization will take place every Wednesday without interruption. The precautional measures (physical distancing, staggered attendance, use of face masks and personal hygiene and sanitation, must be put in place to ensure that Anganwadi Centre do not get crowded. ASHAs will ensure mobilization of beneficiaries in phased manner to avoid gathering. Beneficiaries coming for session must mandatorily wear face masks, clean hands with soap and water/ use alcohol-based hand sanitizer before entering the session site.

Beneficiaries with symptoms of cold, cough, fever, sore throat, loss of smell and taste, diarrhea, vomiting, stomach pain, rapid breathing, or have come in contact with and or tested positive for Covid-19 shall be discouraged to come to the session site and they should be monitored regularly.

ANM shall clean her hands with soap and water or alcohol-based hand sanitizer after providing services to each beneficiary. ANM, AWW and ASHA shall always wear face masks properly (covering nose and mouth) during the session.

Adequate sanitizer shall be provided to the ANM for sanitizing weighing scale, thermometers other equipments after every use.

ANM shall sensitize the beneficiaries on the preventive measures of COVID-19.

Urban Health and Nutrition Days (UHND)- The fixed day Immunization sessions and UHND in Bhubaneswar/ Cuttack/ Rourkela/ Berhampur/ Sambalpur Bhubaneswar Urban

shall also continue as per the micro plans and by adhering to COVID 19 protocol. The UHND and fixed day immunization sessions shall be conducted by following all the instructions given under VHSND and Routine Immunization.

However, VHSND, RI, UHND and fixed day immunization will be suspended in containment zones. The children due for vaccination shall be enlisted by the ANMs to ensure vaccination after the discontinuance period is over to ensure no child is left unvaccinated. However, birth dose vaccination for institutional deliveries should be continued uninterruptedly as these beneficiaries are already in the health facility. The resumption of the VHSND, RI, UHND and fixed day immunization sessions shall happen after the containment of the area is over.

Advisories for continuity of all non-COVID essential RMNCAH+N services, such as, VHSND, Routine Immunization, all maternal & child health programmes, adolescent and family planning programmes, etc. in compliance with COVID-19 guidelines issued to the districts during May-June, 2020 from Mission Directorate, Directorate of Family Welfare & Ministry of Health & Family Welfare (vide letters no. 3981 dtd. 2/5/2020 from MD NHM, 4590 dtd. 26/5/2020 from MD NHM, 1272 dtd. 27/5/2020 from DFW(O) and 12015 dtd. 16.6.2020 from MoHFW, GoI) re-iteration of the same in view of the second surge of the pandemic vide letter no. 1342 dtd. 28/4/2020 from Directorate of Family Welfare, Odisha are to be followed.



GOVERNMENT OF ODISHA
HEALTH & FAMILY WELFARE DEPARTMENT

File No. HFW-FW-FWMISC-0011-2020 14255/H. Dated 13-05-2021

Advisory for children, adolescents, pregnant and lactating women in the State
In the wake of the second surge of COVID-19.

In view of the second surge of COVID-19 pandemic witnessed by the state, the Health & Family Welfare Deptt., Odisha proposes the following points to be incorporated in the advisory proposed to be issued by W&CD Deptt. to the districts for taking care of healthcare needs of children, adolescents and pregnant & lactating women in the State :

1. Continuation of all advisories previously issued by this Deptt., i.e., those relating to all non-COVID essential RMNCAH+N services, such as, VHSND, Routine Immunization, SAM Management, all maternal & child health programmes, adolescent and family planning programmes, etc. in compliance with COVID-19 guidelines, which had been issued to the districts during May-June, 2020 from Mission Directorate, Directorate of Family Welfare & Ministry of Health & Family Welfare (vide letters No.3981, dated. 2.5.2020 from MD NHM, No.4590, dated.26.5.2020 from MD NHM, No.1272, dated. 27.5.2020 from DFW(O) and No.1201, dated.16.6.2020 from MoHFW, GoI). The districts have been instructed vide letter No.1342, dated.28.4.2020 issued from the Directorate of Family Welfare, Odisha, to continue with the same in view of the second surge of the pandemic.
2. Special advisories for management of SAM Cases during the pandemic had been issued to all districts vide letter No.494, dated.6.4.2020 from DFW (O) and the same has been reiterated to all NRCS via a video conference held on dt. 3.5.2021 with required modifications.
3. (a) Since it has been observed that many children are getting affected during the second wave of the pandemic, all children above 2 yrs may be advised to wear masks as per recommendation of Indian Academy of Pediatrics mandatorily before stepping out of their houses and parents should ensure the same.

(b) The newer symptoms such as, diarrhoea, vomiting, stomach pain, etc. in addition to the earlier noted symptoms of cold, cough, fever, loss of smell/ taste, poor feeding in infants, and any other medically indicated conditions in children, pregnant & lactating women and adolescents may be considered for suspecting COVID-19 case.

(c) Persons belonging to any age group (including children) having any symptoms of COVID-19 must go for testing, isolation and medical advice as per WHO guidelines.

(d) Hand washing with soap and water must be advocated for at least 40 secs. instead of 20 secs. And unnecessary touching of face, nose and eyes must be discouraged at all levels in all age groups.

(e) Use of Arogya Setu App, wherever possible may be encouraged.

(f) Vaccination against COVID-19 must be ensured in all beneficiaries **above 18 years of age.**

4. All adaptations from the guidelines of Ministry of Health & Family Welfare on protocol for management of COVID-19 in the Paediatric age group may be considered for reiteration in the district advisories.



Additional Chief Secretary to Government