Mechanism of Community Health & Service Management Leading to Breakdown of Lockdown

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Idea Originator: Jv'n Dr Panckaj Garg

Acknowledge to the Idea Originator: The idea is to suggest a procedure for the Breakdown of the Lockdown and analyze the service, health and daily needs management during Nationwide Lockdown due to Corona Virus (COVID–19). The idea Originator Jv'n Dr. Panckaj Garg always strives for equal distribution of community needs and through this paper he provides an advisory for the breakdown of the Lockdown. The author also suggests the Health, service and daily requirements management to save the humans from this fatal Corona pandemic.

Publication Ideology:

The University initiative behind this publication is to exhibit the uniqueness of the research work done in which the reviewers were actively involved where Jv'n Dr. Panckaj Garg acted as the chief mentor and all other authors as mentors, under the aegis of **"Centre of Planning, Integration and Correlation"** which acts for integration of research and planning being done at "University Thought Process Lab" and to correlate the same with Indian literature. The work done in this paper "**Mechanism of Community Health & Service Management Leading to Breakdown of Lockdown**" is outcome of "University Thought Process Lab" which is integrated and further correlated with the ancient literature, invention and science & technology.

Abstract

Research Concept: To suggest the procedure to be adopted by the Government and the citizens for the Breakdown of Lockdown and the mechanism to manage the health, service & daily needs of community to **"Fight & Safeguard"** and make India **"Corona Free".**

The idea behind this paper is to suggest the procedure and application to breakdown the Lockdown. The Government should declare the procedure and color coding of the card immediately to start the lockdown so that people must be aware and do not exit from their house, eat healthy and do regular exercise leading to Immunity boost for availing Green/Yellow Card. Government should ensure that after the completion of Lockdown people should be allowed to travel only if they have Green/Yellow pass with them (with mentioned name of boundaries).

Keywords: Health Disaster, COVID-19, Quarantine Centre, Shelter Home, Self-Discipline, Panchayat, Urban Ward, Nagarpalika, Disaster Management

Introduction

Coronavirus disease (COVID-19) is a contagious disease caused by a novel discovered coronavirus. Most of the people affected with the COVID-19 virus will experience mild to moderate respiratory discomfort.

The Jayoti Vidyapeeth Women's University, Jaipur has been established by the Government of Rajasthan through Act No. 17 of 2008 as per UGC Act 1956 dated April 21, 2008. The University is NAAC Accredited having Recognition & approvals from related statutory councils. The University has established. Non Granted Innovation Centre, Incubation Centre, R&D Centre, Research Laboratories with sufficient Research Resources & integrative supportive units.

At Present, Dr. Panckaj Garg, Founder & Advisor along with his Team is fully involved in thinking & finding the ways how to eradicate Corona Virus. The University has also been declared as "500 Bedded Quarantine Centre" by the Government of Rajasthan for the containment of COVID-19. This paper is the outcome of **'University Thought Process Lab'** for containment of Corona Virus and other disasters.

This study can be a useful basis for policy planning in the direction of smooth functioning of services and health disaster management. This paper suggests an idea to initiate the process of breakdown of Lockdown. The author suggests the Government to issue color based gate passes to its citizens to allow them cross the boundaries of their region and also suggests the citizens to follow a healthy life and increase their immunity during lockdown so that they can get specific color gate pass to be allowed to travel. With the application of author's suggested digital software and colored gate passes, Government could initiate to breakdown the lockdown to completely open to restore the routine life of citizens.
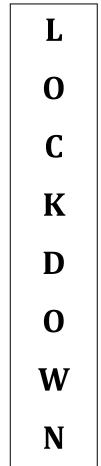
Community Health Management

Through various research articles and online portals author shares their viewpoints to implement to safeguard against the spread of COVID 19 virus, necessary points to follow during Lockdown and advisory that could be beneficial after the Lockdown; if followed. Highlights of previous shared views are as follows:

- At the Entry point of each District of the Country, Quarantine Centre should be established for observation of suspected or outsiders coming from other places.

- Each Government School should be covert into temporary shelters homes for safe living and providing food and medical care to needy by the AYUSH Doctors.

- Government should take the initiative of local purchasing from farmers for agricultural products, dairy products and other perishable food items at market rate and distribute in temporary shelter homes, Quarantine Centers and poor/ labor class people during the lockdown.

- Government should constitute Local Health Disaster Committee consisting Head of SDM/ADM, with representation of local MLA or MP, Doctor, Social workers, Media and others for proper and transparent functioning.

- Give license to local shopkeepers to sell grains, vegetables, grocery & medicines and allow them to deliver door to door in their local areas.

- To take proper care of patient suffering from any disease and undergoing treatment at other place outside their area, they should be given facility during lockdown to go to PHC/ CHC for medical consultation where local PHC/CHC doctors can consult with their doctors telephonically and get further medical consultation/ treatment.

- Everyone follow No Entry-No Exit from their Home, division, Panchayats, District, State and Country during lockdown.
- During Lockdown Government sanitize all areas, offices, public places to welcome citizens after lockdown.
- Every citizen except Emergency staff should upload a certificate on Government portal before joining their duties stating that, "I and my family followed 'No Entry-No Exit' from my house during lockdown and we did not spread infection to others".

Community should
- Stay safe at home
- Follow No Entry-No Exit
- Eat healthy
- Do regular exercise
- Increase Immunity
- Upload a certificate stating that, "I and my family followed 'No Entry-No Exit' from my house during lockdown and we did not spread infection to others".

L O C K D O W N

Government should
- Establish Quarantine Centre at the Entry point of each District
- Convert Government Schools into temporary shelters homes and provide medical care by the AYUSH Doctors.
- Initiate local purchasing from farmers at market rate and distribute in temporary shelter homes, Quarantine Centers
- Constitute Local Health Disaster Committee for proper and transparent functioning.
- Permit local shopkeepers to deliver door to door in their local areas.
- To take proper care of patient suffering from chronic disease
- Sanitize all areas, offices, public places to welcome citizens after lockdown.

Community Health Management during Lockdown

The objective of this research article is to provide actionable guidance to implement effective strategies which will help protect the community's health and stop the spread of virus in the early stage of Covid 19. The author suggests to:

- **S**eal each Panchayat/ Urban Ward/ Nagarpalika/ District/ State boundaries. Outsider must not be allowed in the Ceased area without screening. If symptoms shown in anyone, he/she must be admitted in local quarantine center.

During lockdown, each Panchayat/ Urban Ward/ Nagarpalika/ District/ State boundaries should be sealed to eradicate and fight Corona successfully and ensure not to spread the virus. The entry of outsiders must be strictly banned in the ceased areas without screening. During screening, if anyone shows the symptoms of COVID 19, he/she must be admitted to the nearest Local Quarantine Centre. As discussed by the author in earlier published article at the Entry point of each District/

Panchayat/ Urban Ward of the Country, Quarantine Centre should be established as temporary basis for observation of suspected or outsiders coming from other places.

- Grant in aid institutions, Research Lab/Non Granted Institute should work as a voluntary with their staff on residential basis to start research or Health Management planning to provide Government for Observation and implementation.

As the cases of Covid 19 are increasing day by day worldwide, each one of us is worried as till yet there is no medicine invented for the cure of the disease. The world is in urgent need of conducting research on the COVID 19 virus, its transmission patterns, severity, clinical features and risk factors for infection. Grant in aid Institutions, Research Labs, Non Granted Institute and other associated institutions should take the initiative and work as a voluntary with their staff on residential basis to start research or Health Management planning to provide Government for Observation and implementation. World Health Organisation (WHO) also encourages any and all countries and study centres to contribute to this effort regardless of resource availability or patient volume.

- Institutes, Shops, Offices, Shops may be open with local staff (10-25% only) for continuing their work with health precautions to provide needy items /Goods & Services

The institutions, shops, offices, departmental stores and other institutes may operate and continue their business with their local staff up-to a limited extent (10-25%) taking proper care and health precautions to provide necessity items, goods and services. Operating with limited staff would ensure the flow of necessary services to the community during lockdown.

- Uploading of Digital Certificate

One day before the discontinuation of lockdown, all the heads of the households must upload a Digital Certificate on Government Portal as follows. (University Researchers are also developing a prototype for this purpose namely **Lockdown digital Gate way**). The digital certificate must mention that "I and my family followed 'No Entry-No Exit' from my house during lockdown and we did not spread infection to others".

The digital certificate Performa for each person must have following details-

G- No Exit from house during lockdown– No sign & symptoms of sneezing, cough, cold and fever.

Y - Exit from house during lockdown– No sign & symptoms of sneezing, cough, cold and fever.

R- Exit from house during lockdown and having symptoms.

The Certificate must be certified by Head of the house.

- Issue of Different color passes by the Government through Digital Software

It should be initiated to start break of lockdown leading to completely open until the regular routine life of the citizens can be restored.

Government should issue online different color based passes on the basis of Certificate details with authentic barcodes. Various color coding could be Red (R), Green (G) and Yellow (Y):

R - Rest and go to quarantine; check up by Doctors and do not allow crossing sealed boundaries.

G –Medically fit and allowed to cross sealed boundaries. (With Mentioned names of boundaries)

Y - Go to Doctor for checkup. After checkup, if found fit, then allowed to cross the sealed boundaries. (With Mentioned names of boundaries)

The procedure and color coding of these cards should be declared immediately to start the lockdown so that people must be aware and do no exit from their house, eat healthy and do regular exercise leading to Immunity boost for availing Green Card. Government should ensure that after the completion of Lockdown people should be allowed to travel only if they have Green/Yellow pass with them.

- After following all the steps, security checks and confirmation, lockdown should be open. But highly infected or sensitive areas should again be lockdown as per requirement of the Nation.

The Government should ensure and confirm from all the prospects of security before opening the lockdown. In the interest and safety concerns of the Nation and its citizens the Government should identify the infected/ sensitive areas and extend their period of Lockdown or declare new schedule.

- Emergency staff/ Doctors should go for their checkup for tests. After that they should go for rest at home for next 10 days.

During this period when the whole World is struggling with COVID 19, a Nation's medical and emergency system is the only hope to successfully defeat this pandemic. Our life saving medical experts and other emergency staff is facing the greatest challenge of their lives as they wrestle with the dilemma of caring for their patients even though this risks exposing their loved one. Doctors are the first point of contact with the medical system for many patients. The author suggests performing the medical checkup for Emergency staff/ Doctors and then they should be given rest at home with their loved ones for next 10 days so that they can rejuvenate and perform their duties well afterwards.

Conclusion

- If the Government declares the Breakdown procedure in advance the people will stay at their home and do exercise leading to Immunity boost for availing Green/yellow Card. If this process is adopted the Lockdown will be successful. Successful implementation of Lockdown will eventually eradicate the Corona epidemic.

- Grant in aid institutions should utilize this time along with their residential staff and researchers to engage in some fruitful research beneficial for the Nation.

- Through the suggested digital application, every citizen will be connected to the Government. This database of citizens could be helpful for the management of any disaster in future. India can also provide this solution to other Nations also including Isolation and Quarantine facility.

- During this crucial pandemic worldwide there is a need that everyone ensures their participation to successfully defeat COVID 19. However, there is yet a need to integrate and mainstream optimally emergency medical assistance, local governance, institutions, social workers etc. within the primary health care system and fulfillment of community needs. Apart from this each and every citizen of the Nation should understand and undertake their responsibility to follow the rules issued from time to time and help the mankind to fight against Corona and other disasters successfully.

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