

Government of Jammu and Kashmir
Health and Medical Education Department
Civil Secretariat-Jammu/Srinagar

Subject: Setting Up of Health Clubs at Village / Town Level in the Union Territory of Jammu & Kashmir.

Government Order No: 720 JK (HME) of 2020
Dated: 18 - 09-2020

Sanction is hereby accorded to the setting up of Health Clubs at Panchayat Level in collaboration with Panchayat Raj Institutions to help in screening and identification of suspects & managing suspects/ pre-symptomatic / asymptomatic / very mild cases of COVID-19 infection at Village / Town level in the Union Territory of Jammu & Kashmir. The guidelines for setting up of Health Clubs are annexed as **Annexure -A**.

By Order of the Government of Jammu & Kashmir

Sd/-
(Atal Dulloo) IAS,
Financial Commissioner,
Health & Medical Education Department

No: HD/Plan/39/2020

Dated: 18-09-2020

Copy to the:-

1. Financial Commissioner, Finance Department
2. Joint Secretary (J&K), Ministry of Home Affairs, Govt. of India.
3. Accountant General, J&K, Jammu/Srinagar.
4. Administrative Secretary, Rural Dev. & Panchayati Raj Department.
5. Mission Director, National Health Mission, J&K.
6. Director Health Services, Jammu.
7. Director Health Services Kashmir.
8. Managing Director, J&K Medical Supplies Corporation, J&K, Jammu.
9. Pvt. Secretary to Chief Secretary, J&K.
10. Pvt. Secretary to Financial Commissioner, H&ME Department.
11. Govt. Order File (w4scs)
12. Stock file.
13. Concerned file.


Director Finance 18/09/20.
Health Medical Education Department.

Guidelines for Setting up of Health Clubs at Village /Town Level

1. **Introduction** The community living in villages may be advised to create Health Clubs at Panchayat level in collaboration with PRIs. This may be more acceptable to the residents and will help in screening and to identify the suspects for COVID-19 Infections and for managing suspect / pre-symptomatic / asymptomatic / very mild cases of COVID-19.
2. **Scope of document** This guidance document has been prepared to help Health Club Members to enforce the behavioral changes amongst the population for preventing the spread of COVID 19 as well as to detect suspects and monitor for the vitals.
3. **Guiding principles:** Health Clubs shall follow the basic prevention and control practices for COVID-19 as enunciated in the Advisory- Annexure I
4. **COMPOSITION OF HEALTH CLUB:**
 - i. Sarpanch (Chairman)
 - ii. Panchs
 - iii. Volunteers from the Community
 - iv. Auxillary Nurse Midwife (ANM) from the Sub Centre (**Member Secretary**)
 - v. Accredited Social Health Activist(ASHA)
 - vi. Anganwadi Workers (AWW)
 - vii. Booth Level Worker (BLW)
 - viii. Self Help Groups/ NGOs.
 - ix. Panchayat Secretary

About 8 - 14 Members with representation of 50 percent females can constitute Health Club.

5. ROLE AND RESPONSIBILITIES:

Teams of the Health Clubs will be imparted training for the following areas

- i. Monitoring Temperature of persons under Quarantine/Isolation.
- ii. Monitoring Oxygen Saturation with Finger Pulse Oxymeters of persons under Quarantine/Isolation
- iii. Surveillance activities in coordination with health authorities
- iv. Screening and surveillance of travelers arriving in the village.
- v. Informing Block Medical Officer of any suspected case of Covid 19.
- vi. Monitoring Home Quarantine/Isolation.
- vii. Awareness generation of community related to Covid 19
- viii. Installation and use of Arogya Setu App shall be advised to all.
- ix. Dissemination of 108 Ambulance Services.

6. Logistics

- i. Non Contact Thermometers-One (1)
- ii. Finger Pulse Oxymeter Ten (10)
- iii. Triple Layer Masks
- iv. Gloves
- v. Hand Sanitizers

Logistics will be made available with designated ANM/FMPHW of the area.

7. Record and Reports

All Health Clubs will work in close coordination of concerned Block Medical Officers and will be linked with the nearest Sub-Centre/ PHC for support and logistics.

- i. Weekly Report of No of people screened.
- ii. Weekly Reports of Quarantined Persons.
- iii. Weekly Report of Isolated Positive Cases.
- iv. No of Referrals

8. AWARDS

Best Performing Health Clubs will be suitably awarded by the respective District Administration

9. Trainings

Health Clubs will be given proper training and orientation by the Health and Rural Development Departments.

ANNEXURE I

A. The generic measures include simple public health measures that are to be followed to reduce the risk of COVID-19. These measures need to be observed by all residents in these places at all times.

These include:

- i. Physical distancing of at least 6 feet to be followed as far as feasible.
- ii. Use of face covers/masks to be made mandatory.
- iii. Practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be made wherever feasible.
- iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
- v. Self-monitoring of health by all and reporting any illness at the earliest to state and district helpline.
- vi. Spitting shall be strictly prohibited.
- vii. Installation & use of Aarogya Setu App shall be advised to all.
- viii. Dissemination of utilization of 108 Ambulance Services

B. Specific preventive measures for Villages/Towns:

- i. Provisions must be made for display of Posters/standees/AV media on preventive measures about COVID-19, common signs and symptoms, need for early reporting and sanitization of premises, etc. prominently at entry points of Village as well as at Panchayat Ghars.
- ii. Provisions for hand hygiene (sanitizer dispenser) should be made available at entry points and in work areas.
- iii. Thermal screening of visitors/staff is to be carried out at entry points and only asymptomatic individuals shall be allowed to enter the premises. Vendors, household helps, car cleaners, delivery personnel etc. will also undergo such screening daily.
- iv. Physical distancing of at least 6 feet to be followed as far as feasible at all locations at all times in all common areas.
- v. Large gathering, parties, functions, prayer meetings, etc. shall be avoided.
- vi. Specific markings may be made with sufficient distance to manage the queue and ensure social distancing in the premises.
- vii. Seating arrangement, in common areas like parks etc. to be made in such a way that adequate social distancing is maintained.
- viii. Frequent sanitization of the common facilities, and all points which come into human contact, e.g. door handles, benches, elevator buttons, electric switches, railings, etc. shall be ensured
- ix. Ensure regular supply of hand sanitizers, soap and running water in the common areas and washrooms, as applicable.
- x. Health Clubs will encourage all residents to inform them in case any resident reports symptoms suggestive of COVID-19.
- xi. Health Clubs will be an important stakeholder in COVID-19 prevention, control and containment activities.

C. Health Clubs should:

- a. Follow Central Government / State Government advisories for the citizens available on their respective websites and disseminate

it further through notice board or the social media / chat groups to the members.

b. Maintain suitable linkages with nearest health facilities to handle any health contingencies such as any person developing symptoms of COVID-19.

c. Address myths and misinformation / rumors / fake news on the social media by verifying the facts from government sources.

d. Address COVID-19 related stigmatization.

e. If feasible, maintain and oversee availability of masks, pulse oximeter, sodium hypochlorite solution, soaps & water supply in common areas, drugs like paracetamol, ORS

D. Measures to be taken on occurrence of case(s)

- i. Health Clubs shall encourage residents to self-report symptoms and facilitate their testing, isolation and quarantine of contacts.
- ii. Provide counseling, guidance and support to COVID-19 affected individuals and families. Special attention is required in such households which have no family member to take care of the dependants.
- iii. A risk assessment will be undertaken by the designated public health authority (district RRT/treating physician) and accordingly further advice shall be made regarding management of case, his/her contacts and need for disinfection.
- iv. If a decision is taken by the public health authority for home quarantine of contacts/ home isolation of patient, Health Clubs shall facilitate those under home quarantine / home isolation to remain within their homes.
- v. Provide social support and avoid stigmatization of those under home quarantine / isolation.
