

# PERSONAL HEALTH LITERACY: DURING LOCKDOWN

Dr. KISHOR V.

MPED, MPhil, PhD, PGDY, PGDSM

Physical Education Director, Vidyodaya Law College, Tumakuru. Karnataka, India.

Email: kishorped@gmail.com

**Abstract:** *In times of crisis people want to be well informed, so they know what individual preventive measures they must take and how they can deal with the consequences. With respect to COVID-19, there is an abundance of information available, with official and unofficial websites continuously updating recommendations and instructions, and news media covering the situation around the clock. The question is, however, whether all this information is useful. The present paper is highlighting health education awareness and is very important for an individual, society, family, socially during COVID-19 lockdown. Also, it presents on how people are facing psychological, physical, economic and social challenges. Even RBI has observed that during the lockdown period in future India and other countries will face recession, and it will affect all over the world which will be major issue of public health. My paper will try to analyze an individual health during the lockdown and further analyze the impact on their livelihood. One should be engaged in day-to-day activity. It's a necessary in order to create stability in mind and body.*

**Key Words:** *Health, Importance, Awareness, Lockdown, Psychological, Physical.*

## 1. INTRODUCTION:

### Definition and Meaning Health Education:

At the time I am writing this editorial, the world is overwhelmed by the pandemic caused by the SARS-CoV-2 virus. In a desperate attempt to contain the further spread of the virus and the diffusion of the COVID-19 disease it causes, governments across the world have taken measures that are unprecedented. Entire cities, regions and countries are sealed off, travel is banned, schools and universities are closed, shops are running out of stocks, and all economic, cultural and social activities have come to a stop. The World Health Organization defined Health Education as "comprising of consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health." The education which is related to health is also known as health education. Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education.

## 2. IMPORTANCE AND AWARENESS OF HEALTH EDUCATION:

Health education is important because it helps in self-awareness. Health education main impartial is to educate and deliver knowledge and skills to promote well-being and physical fitness. Health education includes all features related to health like environment health, mental health, and physical health. Diseases spread when healthy person come into interaction of infectious patient through cross infection and droplet infections, routes are many, but through our alertness we can create barriers to avoid infections. Hygiene plays major role. We should wash our hand after we touch any surface or once we done with our work, we should also teach our children to wash their hands. We should start greeting people by bringing palms together that is Namaskar, instead of shaking hands.

In the current situation like Pandemic COVID-19 Some people not understanding how to keep their house clean and don't take responsibility for surroundings and public places, and in vegetable markets people avoid social distancing and not co-operating government as well not following law and order, people roaming outside unnecessarily, avoid taking safety measures(Masks, Hand gloves, etc.) after imposing Section- 144 people are still coming together as we saw during Janta Curfew Hon. Prime minister request nation to appreciate those people from balcony, doors who are putting their life on risk and working for the nation but there were many people who gather in mass and bring their and others health in danger zone because government advise to maintain social distance and even in some places hooligans are arguing with police officials in wrong way current scenario world-wide its very critical for e.g. China, Italy, USA, Spain, Iran and many countries. The Indian citizens should take lesson from these countries. In the current situation people are not aware about their health say, that this is not our responsibility, this is governments job to hire people for this work but being the part of society at least one must not throw garbage here and there, government should provide dustbins in every 100-meter area. We should also avoid unnecessary visit to the hospital, calling guests and relatives home during these days.

As we can see Government also found many challenges in slum areas. “How can we get it, why are you here to test us... because we are poor and live in slums?” These were the words the son of the 68-year-old domestic help, who tested positive for COVID-19 on March 18, confronted civic officials with when they came knocking at his door in a 250 sqft home in a central Mumbai slum. The first case possibly in India where a slum-dweller has contracted COVID-19 infection has thrown open the challenges of community tracing in a dense slum where over 23,000 people are huddled in less than a square kilometer of land. On March 7, a 49- year-old man returned to his home in Mumbai’s central suburbs from the US. The 68-year-old help, who lives a lane away, would come and clean his house daily. After ten days, on March 17, he tested positive for COVID-19. The help, his mother and two more close contacts were tested. The help was the only one to test positive. While contact tracing remains a relatively easier task among the developed boroughs and localities of Mumbai, health officials are fighting suspicion and huge population as they undertake contact tracing in slum. Dr Avdhoot Kanchan, a BMC official, said the woman was prohibited to use cellphone in isolation ward, as Kasturba hospital staff feared if the phone was given to her son, the infection would transmit outside. “When Kasturba doctors asked her who her close contacts were, she couldn’t reply properly. She was scared, didn’t understand what was happening, we think,” Kanchan said. So, health workers reached out to her son, a daily-wager. Her son was not ready to get tested. “He kept saying he had no symptoms, questioned whether we were admitting him because he is a slum-dweller. We had to counsel him about how it spreads, the risk his family is in if they don’t get tested,” Kanchan said. After persuasion, he spoke – his mother worked in three more flats apart from the 47-year- old’s house. Civic officials managed to trace in total nine people- five from help’s family and two couples in two of the houses where she worked. All were sent to Kasturba hospital for testing. The help’s family of six lives in a tiny 250 sqft room. Like matchboxes, several houses stand next to one another, each sharing a common wall. The houses were fumigated. Nearly 500 households were visited by officials to look for slum- dwellers with cough, cold or fever, but no symptomatic case was found. The 68-year-old used a public washroom to bathe, but civic officials say they can only hope nobody caught the infection from there. The bathroom is washed daily. (Barnagarwala, 2020) As everyone should avoid meeting patient in hospitals because, patient immunity is low during their recovery period. It is safe for the visitor and for the patient as well. Minimum relatives should be there for speedy recovery that’s why hospital maintains strict policy for minimum visitors. Everyone should be aware about the reasons. Health education teaches everyone that ‘prevention is better than cure’. Mental health is also very important, family plays vital role and it teaches how to react in difficult situation. Health education is quite vast topic need to cover in depth. I have shared my day to day experience during this lockdown period.

**3. SITUATION DURING LOCKDOWN:**

**Meaning: - A state of isolation or restricted access instituted as a security measure.**

India’s Hon. Prime Minister ordered all 1.3 billion people in the country to stay inside their homes for three weeks starting Wednesday. “There will be a total ban of coming out of your homes,” the prime minister, Narendra Modi, announced on television Tuesday night, “Every state, every district, every lane, every village will be under lockdown,” “If you can’t handle these 21 days, this country and your family will go back 21 years,” Hon. Prime Minister said. “The only option is social distancing, to remain away from each other. There is no way out to escape from coronavirus besides this. “Without being specific, Hon. Prime Minister said “all the steps to ensure essential commodities will be maintained.” (Schultz, 2020) Lockdown will help in breaking chain of COVID-19, as per directed by WHO, COVID-19 can transmit by community. In this Pandemic COVID-19 many countries are affected and they impose lockdown, In India Government have completely closed all the transportations, sealed border of all states, closed Air-lines, temporarily shut down all the work places, restrict entry of foreigner and impose section- 144 and will fine those who will breach. During the lockdown Doctors, Nurses, Sanitation workers and police are working for their nation and put their life on stake. In the lockdown there are many people who face survival issues for e.g. people who are homeless, daily wagers. There are various NGOs, Political parties who provide food packets to them.

**Data as on 30.10.2020:**

The coronavirus COVID-19 is affecting **216 countries and territories** around the world and 2 international conveyances. **The day is reset after midnight GMT+0.**

**Top leading countries affected by COVID-19**

Country	Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases	Total Tests
USA	9,223,187	+10,420	234,350	+173	5,986,309	3,002,528	141,761,677
India	8,089,728	+1,682	121,144	+13	7,373,375	595,209	107,728,088

Brazil	5,496,402		159,033		4,954,159	383,210	21,900,000
Russia	1,599,976	+18,283	27,656	+355	1,200,560	371,760	59,866,561
France	1,282,769		36,020		115,287	1,131,462	15,592,956
Spain	1,238,922		35,639		N/A	N/A	16,690,076
Argentina	1,143,800		30,442		946,134	167,224	2,947,344
Colombia	1,053,122		30,926		950,348	71,848	4,940,714
UK	965,340		45,955		N/A	N/A	33,089,838
Mexico	912,811	+5,948	90,773	+464	668,667	153,371	2,365,584

**World-wide Data**

Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases
45,514,770	+198,181	1,188,719	+2,986	33,073,059	11,252,992

(Pandemic, 2020)

**4. PSYCHOLOGICAL:**

In this situation of lockdown people are facing issue of what to do while they are sitting home? In this situation mental health needs to be in good condition or it can cause health issues for example psychologically, physically. During the lockdown people face psychological issues such as people have fear of Pandemic COVID-19 and they fear about hygiene also they are under stress all the time due to lack of knowledge of health awareness and education as well psychological education. In such situation they tend to feel negative, and their confidence level goes down. For instance, there was one patient who was completely recovered from COVID-19 and later on died due to cardiac arrest because of mental stress. As per research on COVID-19 mental health resources 24 March 2020 by Department of psychiatry Armed Forces Medical College, Pune COVID-19 has different psychological effect on citizens.

**General Population:**

- Anxiety and worry about uncertain future.
- Fear of contamination
- Hypochondriacal fear regarding cough, sore throat or fever
- Anger/ irritability regarding irresponsible behavior in society.

**Infected Cases:**

- Fear & avoidance of reporting due to stigma/ isolation
- Guilt on being responsible for spread of infection
- Anxiety and panic about worst possible outcomes
- Worry about safety and well-being of family members

**Quarantined & Suspected Case:**

- Boredom and loneliness
- Fear about health of family members
- Guilt of being a source of infection / possible infection
- Guilt of not being able to perform duty/ assigned role in crucial times

**Health Care Workers:**

- Anxiety about magnitude of cases and ill-equipped working environment
- Anxiety about individual role and competence/training for the same
- Burnout due to long working hours, critically ill- patients and deaths (sense of failure, frustration, poor self-care, blaming, irritability, giving up etc.)
- Secondary traumatic stress (Undue worry about something bad happening, exaggerated startle, anxiety, nightmares etc.)

In this situation AFMC tells to practice following ABC of mental well-being to stay mentally fit.

- Acknowledge feelings and share
- Awareness of realistic information and reliable sources
- Avoid speculations and rumours
- Adherence to hand hygiene and social distancing

- Be physically active
- Balanced diet
- Balance work and leisure
- Break chain of rumours
- Communicate with empathy and allow expression of feelings
- Care for elderly (more risk of infection)
- Cultivate hobbies and routine to tide through tough times
- Cautious approach towards spread of infection

By maintaining Social distance, by keeping our neighborhood clean, by doing some physical activity, by reading books, watching good comedy movies, spend quality time with family, these are the steps we can take to avoid mental stress. Avoid too much use of social media, (fake news, fake post) as it creates over thinking which leads to depression and anxiety, laziness.

#### 4. PHYSICAL:

Sitting idle for an entire day without physical activity and over-eating will have an adverse effect on your health as well as on your BMI. Due to over thinking, these will convert into hypertension, obesity, over-weight and blood pressure. People should perform some physical activity so that they remain fit. There are various ways to stay physically fit like exercise, meditation, yoga. During the lockdown, it is also important to understand how to take care of your physical health and use exercise to prevent atrophy and muscle discomfort. People who spend long hours in front of the computer, irrespective of whether they are at home or work, are at a higher risk of certain problems. Miguel Soro, the vice-president of the Galician Physiotherapy Association, says that the most common ailments occur in “the cervical area and lumbar area,” although the lower body also suffers from spending so much time seated. People who work from home must perform a series of physical routines to prevent future ailments.

#### 5. PHYSICAL ACTIVITY GUIDELINES:

The WHO Guidelines on the amount of physical activity include:

- Infants under the age of 1 year need to be physically active several times a day.
- Children under 5 years of age should spend at least 180 minutes a day in physical activities, with 3-4-year-old’s being moderately or vigorously active for an hour a day.
- Children and adolescents aged 5-17 years.
  - all children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity, including activities that strengthen muscle and bone, at least 3 days per week.

Adults aged 18 - 64 years:

- should do a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, including muscle-strengthening activities 2 or more days per week.

Adults aged 65 years:

- should do a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, including muscle-strengthening activities 2 or more days per week.
- older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week

#### First: where to sit

The privacy of the home can mean that we sit in postures that are less upright, and this can be harmful in the long term. Montserrat Ruiz-Olivares, the secretary general of the Madrid Physiotherapy Association, says that “it is better [for your body] to be seated than lying down.” But, she adds, “*it’s better to be standing than seated, it’s better to be moving than standing still, and it’s better to do more exercise than less.*” The impression that the physiotherapist is trying to get across is that, more than having the correct posture, the key to avoiding muscular pain is movement.

#### Posture Changes and Breaks

Ruiz-Olivares continues that “there is no perfect posture; the best posture is to change it.” This is backed by Soro, who explains that, for years, scientific research has not focused on maintaining one, correct posture since “everyone has (different) *physiological curves.*” For this reason, recommendations now center on “the need to move

and exercise after work.”

Ruiz-Olivares says the key is to stop working at least every hour to take a walk and allow the body to stretch and change position. Soro believes this should be done “every 15 or 20 minutes.” But he adds: “If their work doesn’t allow them to get up so often, they should at the very least stand up and take a couple steps.”

### **Exercises During Breaks**

“If you go to the bathroom, you can do some pushups, stretch a little and sit back down,” says Ruiz-Olivares. This is an example of a simple workout that can be done during these breaks. “People have to go up and down on stairs, so as to not lose strength in their legs,” she adds. The same effect can be achieved with a few squats.

### **Stretches for The End of The Day**

With work done and the workday over, these stretches can be expanded to more extensive exercises on the floor. For an example, you can stretch your back with the exercises.

### **More Exercises to Do at Home**

In addition to the lower back and upper body, the lower limbs are also going to be stiff from sitting for so long. “Because we limit our movement, the lower limbs lose muscle mass,” explains Ruiz-Olivares. “That’s why you should do a series of exercises such as strides.” (Romerales, 2020) According to Gharote of the Lonavla Yoga Institute opines that “Every human is in fact one organism. This organism has different aspects of personalities. They are physical, mental, emotional, social and spiritual. All those aspects of personalities works together. Thus if one aspect is disturbed all other aspects are started getting trouble. So, in simple words the concept of Health is perfect coordination between all the aspects of personalities. Why yogic practices are important? Because they are not simply physical as they performed through body. But they are more Psycho-physical in nature. Practitioner perform the practices through body but they get results at mental and emotional levels. Especially in this stressful situation in Lock down, common lay man must perform yogic practices such as asana, pranayama, bandha- mudra, shuddhi kriyas or meditation etc. by which they get fitness at Physical level, stability at Mental level, harmony at Emotional level, maturity at Social level and upliftment at Spiritual level. In that sense this situation is an opportunity for everyone to develop all-round personality.”

## **4. CONCLUSION:**

On the basis of the foregoing discussion, it may be concluded that Health Education is very important in every aspect of life whether it is about any emergency situation or about our day- to-day life. Health education teaches every person about how to take care of their health whether physically or mentally. Health education also helps in facing this kind of tough situation. As we saw yet many people have not taken seriously this lockdown and put life of themselves, their family, friends and their neighbors in danger. After the strict instruction from government, advisory by health department and celebrities uploading videos on various social media platforms for social awareness yet many people not understand the seriousness of this Pandemic COVID-19. While many people have taken the proper measure to maintain social distance to avoid spread of this deadly disease, like there are many shopkeepers, vendors in various states of India they have drawn circles in distance of 1 meter so their customers will maintain distance while shopping. Health education is also important because it teaches to stay calm and to stay in good mental condition during this kind of situation which is very important. With the continuing coronavirus pandemic, Sport has the power to change the world; it is a fundamental right, a powerful tool to strengthen social ties and promote sustainable development and peace and well as solidarity, and respect. Through our unique individual skills and collective power, we can come together and share creative ways to improve our health and well-being through sport and physical activity – even from the confines of our own homes.

## **REFERENCES:**

1. Byrne A, Byrne DG. The Effect of Exercise on Depression, Anxiety and Other Mood States: A Review. *Journal of Psychosom. Res.* 1994; 37:565-574.
2. Centers for Disease Control and Prevention. Interim guidance for persons who may have 2019 Novel Coronavirus (2019-nCoV) to prevent spread in homes and residential communities. Available at:
3. [en.wikipedia.org/wiki/Health\\_education](https://en.wikipedia.org/wiki/Health_education).
4. <https://english.elpais.com/verne/2020-03-18/how-to-protect-your-physical-health-while-working-from-home-during-spains-coronavirus-lockdown.html>
5. <https://indianexpress.com/article/cities/mumbai/coronavirus-covid-19-in-mumbai-slum-civic-officials-face-challenges-in-way-of-contact-tracing-6324711/>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent->

6. <https://www.nytimes.com/2020/03/24/world/asia/india-coronavirus-lockdown.html>
7. <https://www.worldometers.info/coronavirus/>
8. Research on COVID-19 Mental Health Resources 24 March 2020 by Department of psychiatry Armed Forces Medical College, Pune.
9. Retrieved from: <https://theconversation.com/how-to-stay-fit-and-active-at-home-during-the-coronavirus-self-isolation-134044>. [Accessed 10.05.2020] .
10. World Health Organization. Global Recommendations on Physical Activity for Health; World Health Organization: Geneva, Switzerland, 2010.
11. World Health Organization. Novel coronavirus (2019-nCoV) advice for the public. Available at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>. [Accessed 10.05.2020].
12. [www.quora.com/What-is-the-importance-of-health-education](http://www.quora.com/What-is-the-importance-of-health-education).