



CoviDB

CoviDB Speaker Series on COVID-19

Covid Tips for Everyday Situations in India

A Guide for Teachers and Students



Featured Speaker:
Dr. S. V. Mahadevan
Professor of Emergency Medicine
Director of Global Affairs and Strategy
Stanford University School of Medicine



Hosted By:
Amala Akkineni
Indian Actress
Social Entrepreneur

TeachAids

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International Studies



Dr. S.V. Mahadevan completed his medical education at the UCLA David Geffen School of Medicine, and then chose a career focused on emergency medicine both in the United States and abroad. Dr. Mahadevan joined the Stanford University emergency medicine department in 1999 and founded Stanford Emergency Medicine International (SEMI) in 2000 “to bring Stanford’s emergency medicine expertise to underserved areas of the world.” He has since helped create infrastructure to support India’s EMS system, specifically focusing on the provision of timely and quality medical care to those experiencing emergent medical crises. Dr. Mahadevan was the founding chair of Stanford's Department of Emergency Medicine and now serves as the Director of Global Affairs and Strategy at the Stanford University School of Medicine.

Amala Akkineni is an Indian actor who has done films in five Indian languages (Tamil, Telugu, Kannada and Malayalam and Hindi). She is the Director at the Annapurna College of Film and Media. Amala is also a renowned social entrepreneur, the co-founder of Blue Cross of Hyderabad, an NGO working on animal welfare, and a trustee of TeachAids India. Amala has also served with organizations like UNICEF, Greenpeace India, Animal Welfare Board of India, WWF, and United Way Hyderabad. In 2017 she received the Nari Shakti award for service from the Department of Women and Child Welfare, Government of India.

The purpose of this guide is (1) to provide information to review prior to the viewing of the interview; (2) to suggest guiding questions to consider while viewing the interview; and (3) to recommend debriefing activities.

Information to review prior to the viewing of the interview

This interview introduces the basics of COVID-19 and focuses on five topics. For teachers' information, each topic is listed below with a summary of the question asked by Amala Akkineni. During the interview, important terminology is used. A list of the terms and definitions is included on the next two pages. A review of the terms and definitions is recommended prior to the viewing of the interview.

Topic 1: Keeping Safe from COVID-19—What are three important ways to keep ourselves safe from COVID-19?

Topic 2: Educational Spaces—How do we make educational spaces safe again?

Topic 3: Large Gatherings—What are the COVID-19-related risks of large gatherings like weddings?

Topic 4: Guests in Our Homes—How do we welcome guests to our homes safely?

Topic 5: Package Delivery—How do we handle and receive packages?

Topic 6: Tipping Point—When do we know when illness due to COVID-19 is getting worse and one needs to rush to a hospital?

Topic 7: Natural Therapies—What is Ayurveda?

Topic 8: Vaccines—What can we do to highlight the value of vaccinations?

Topic 9: Hope—After all of the terrible loss of life, economic losses, and frustration due to isolation and uncertainty, do we have hope?

Definitions

Asymptomatic—Someone who has an illness (like COVID-19) but does not have any symptoms; they may appear healthy even though they can still spread COVID-19 or become sicker later on as their illness progresses.

Ayurveda—A holistic, natural form of medicine originating from India. Focusing on both physical and mental health, Ayurvedic medicine integrates practices related to diet, herbal remedies, exercise and meditation, physical therapy, and other alternative treatments.

Droplets—A very small drop of a liquid. In this case, droplets refer to the tiny drops of water that are exhaled with breathing, talking, singing, laughing, coughing, and sneezing. They can travel through the air while carrying the Coronavirus inside. Someone nearby can breathe it in and become infected. This is the reason that masks are helpful in preventing the spread and why people are recommended to stand six feet apart from each other (especially indoors where the air circulates less).

Fever—Body temperature of 38.0 C or higher when taken with a thermometer by mouth.

Good-hand hygiene—Wash your hands with soap and water for at least 20 seconds before eating, after touching surfaces that others have touched, and when using the restroom. Avoid touching packages or potentially contaminated surfaces and then touching your face. If no soap and water is available, use an alcohol-based hand sanitizer instead of washing your hands.

High-risk individual—In this context, someone who may be more likely than others to become seriously ill from COVID-19. Some examples of individuals who may be classified as high-risk include older adults and individuals with certain chronic medical conditions such as diabetes, heart disease, lung disease, immunodeficiency, asthma, cancer, stroke, stomach and intestinal diseases, high blood pressure, and many other conditions. Consult your doctor with any questions you may have about whether you are at high risk for falling seriously ill with COVID-19. Higher risk people may want to take extra precautions or others may want to take extra precautions around them.

High-risk spaces—Spaces that are the most high risk for catching and giving others COVID-19 are crowded and indoor with poor air circulation and/or closed windows and doors. Some examples are elevators, bathrooms, airplanes, automobiles (with the windows up), dormitories, and indoor parties and gatherings.

Inhaled steroids—Medications that can reduce inflammation and help breathing. These medications may be taken by breathing in through an inhaler, by mouth or intravenously. They are commonly used to treat asthma but can also be helpful when one is infected with COVID-19. Please use these medications only with a doctor's prescription.

Oxygen saturation—Percentage of oxygen that one has in their bloodstream as measured by a device such as a pulse oximeter. Normal oxygen saturation is greater than 95%. Oxygen saturation levels below 94% can be cause for concern and should prompt you to call your doctor and/or seek medical care.

Pulse oximeter—A device that one places on their finger to gauge how much oxygen they have in their bodies.

Reasons to go to the hospital—High fever (>39.4 C), trouble breathing, low oxygen saturation, shortness of breath, chest pain, changes in vision, and numbness or tingling in body parts are some indications of severe or worsening COVID-19 and indicate that you should seek medical care. If you aren't sure whether or not to seek medical care, err on the side of caution and call your doctor or go to the hospital.

Respiratory—Having to do with breathing.

Respiratory rate—The number of breaths one takes per minute. Taking too many breaths per minute (>30) can mean that there is a problem with someone's lungs or that they have an infection that is becoming more severe. High respiratory rates and difficulty breathing are reasons to urgently call your doctor and seek medical treatment.

Shortness of breath—When someone is struggling to breathe during activities that normally would not leave them out of breath. In severe cases, they may seem to be gasping for air.

Superspreader event—An event where many people catch COVID-19 all at the same time. Usually these events are crowded indoor gatherings where a sick person is in attendance and unknowingly breathes, coughs, laughs, or sings near many other people who then get sick. The person who is sick and infects others may not even be aware that they are sick because they don't have symptoms or don't yet have symptoms. Superspreader events are less likely to occur when precautions are taken such as holding events outdoors, staying six feet apart, and wearing masks.

Transmission—When one person is infected by coming into contact with another person who is ill.

Guiding questions to consider while viewing the interview

For teachers who share this interview with a class, consider dividing the class into five small groups and distributing one set of questions (below) to each group.

Topic 1: Keeping Safe from COVID-19—What are three important ways to keep ourselves safe from COVID-19? Were any of these a surprise to you? If so, why?

Topic 2: Educational Spaces—How do we make educational spaces safe again? What comments were made about masks and visors? What are the advantages of being outdoors versus indoors?

Topic 3: Large Gatherings—What are the COVID-19-related risks of large gatherings like weddings? What are some alternatives to make large gatherings safer?

Topic 4: Guests in Our Homes—How do we welcome guests to our homes safely? What are some actions we should pay specific attention to?

Topic 5: Package Delivery—How do we handle and receive packages? What are some myths about receiving packages (as related to COVID-19)?

Topic 6: Tipping Point—When do we know when illness due to COVID-19 is getting worse and one needs to rush to a hospital? What specific advice does Dr. Mahadevan offer?

Topic 7: Natural Therapies—What is Ayurveda? What are some things to consider with a natural therapy like Ayurveda?

Topic 8: Vaccines—What can we do to highlight the value of vaccinations? What are some specific reasons that Dr. Mahadevan encourages viewers to get the COVID-19 vaccine?

Topic 9: Hope—After all of the terrible loss of life, economic loss, and frustration due to isolation and uncertainty, do we have hope? What are your personal thoughts on this question?

Recommended debriefing activities

1. After viewing the interview, allow groups 10 minutes to develop a short two-minute summary of its notes to share with the rest of the class.

2. Allow each group two minutes to share its summary. Encourage questions and answers and encourage other groups to share how its topic may be related to the topic being discussed.

3. The following are suggested extension activities:
 - a. Develop a poster or webpage that highlights the three important ways to keep safe from COVID-19.
 - b. Develop an op-ed piece that highlights information from that video that focuses on ways to keep educational spaces safe.
 - c. Design two graphic stories that focus on hosting a large event: (1) hosting a large event without taking the risk of COVID-19 into consideration; (2) designing an alternative to the same event keeping the risk of COVID-19 in mind.
 - d. Film and edit a short two-minute video on safe ways to entertain guests at your home.
 - e. Develop a chart that illustrates facts and myths about home deliveries.
 - f. Develop a poster that highlights the reasons to go to the hospital due to illness caused by COVID-19. High fever (>39.4 C), trouble breathing, low oxygen saturation, shortness of breath, chest pain, changes in vision, and numbness or tingling in body parts are some common indications of severe or worsening COVID-19 and indicate that you should seek medical care. If you aren't sure whether or not to seek medical care, err on the side of caution and call your doctor or go to the hospital.
 - g. Research Ayurveda, which originated in India. How does Ayurveda compare with a natural therapy that originated in another country? What are similarities and differences?
 - h. Write a short article about the benefits and risks of one COVID-19 vaccine.

- i. Write a response to Dr. Mahadevan's comment that focused on hope. Do you agree or disagree? If you could ask him a question or two, what would they be?
- j. Write your thoughts on Dr. Mahadevan's response to the question, "Which vaccine is the best vaccine?" He stated, "Many of the available vaccines have been shown to be very effective. So get the vaccine that is available to you. The best vaccine is the one that is in your arm." Do you agree or disagree? If you could ask him a question or two, what would they be?
- k. Write a response to Amala Akkineni's statement: "So we must project the vaccination drive as a safety and prevention program and not as a medicine. We need to appeal to everyone to join the vaccination drive if they want their community to be safe because even if they have strong immunity, the virus can use them as a carrier to infect others. Vaccination creates safe zones that will enable us to return to normal. Vaccinations will ensure that the illness does not get the better of us or our loved ones." Do you agree or disagree? If you could ask her a question or two, what would they be?