

## **Press Release by the Indian Scientists' Response to CoViD-19 (ISRC) Group**

25 May, 2020

### **The four pillars of CoViD-19 spread**

As the lockdown is being relaxed in many parts of the country, we need to remind ourselves of the four pillars of reducing Covid19 spread: *physical distancing, wearing masks, hand washing and home quarantine when needed*. These are essential to keep the entire community safe. ISRC offers a range of resources that remind people to not let down their guard. We look into the details of these measures, with suggestions based on scientific evidence, even as we learn more and more about the virus. We have updated several of our resources over the last month and added short videos.

In the Daily life and CoVid-19 series, we take a look at **masks and gloves**: why should we wear them, who should wear what type of mask and when. Read a story about Jay, who is bored at home and his Ajji teaches him to stitch cloth masks. We provide information about the various types of masks along with videos of how to make different types of cloth masks.

As lockdown conditions are relaxed throughout the country, numbers of people who get exposed to the virus may very well increase. they may need to be isolated or quarantined to contain the spread. This week, the **mental health** module from ISRC focuses on helping these people, with tips on how they could take care of themselves and their loved ones who live in isolation during this period.

The ISRC '**Ask a Scientist**' series invites members of the public to *call in live* with their questions and get answers in Indian languages. The answers we provide are based on the latest scientific evidence - what we know about the novel coronavirus and CoViD-19 disease. These sessions, held on Tuesdays and Fridays at 6 pm: the sessions ahead are in Hindi, English, Marathi and Bangla. The questions can also be sent in advance during the registration process.

The **Sunday Webinars** of ISRC provide an in-depth analysis of the rapidly evolving situation related to CoVid-19, with an opportunity for the public to interact with experts in specific areas.

The ISRC modelling & data analysis team is providing a **Daily Dashboard** with data on how the infections are spreading in different parts of the country.

### **General ISRC Resources for the Media and Public**

Indian Scientists' Response to CoViD-19 Website

<https://indscicov.in/>

Sunday Webinars and Ask a Scientist series

<https://indscicov.in/category/events>

Hoax Busters, Be Covid wise

<https://indscicov.in/busting-hoaxes/>

<https://indscicov.in/qnacovid/>

Life after lockdown for download:

<https://drive.google.com/drive/folders/15kXm-rS5wCrqGRBmnsRjOppvnpf90scl>

Daily Life and COVID - 19

<https://indscicov.in/popularization-resources/>

Mental Health

<https://indscicov.in/popularization-resources/#mentalhealth>

Modelling

<https://indscicov.in/daily-dashboard/>

<https://indscicov.in/online-symposium-modelling/>

<https://indscicov.in/indscisim>

<https://indscicov.in/explaining-models/>

**ISRC YouTube Channel**

[https://www.youtube.com/channel/UCiBKoITAvx1\\_aZq1oeGcZhw](https://www.youtube.com/channel/UCiBKoITAvx1_aZq1oeGcZhw)

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