



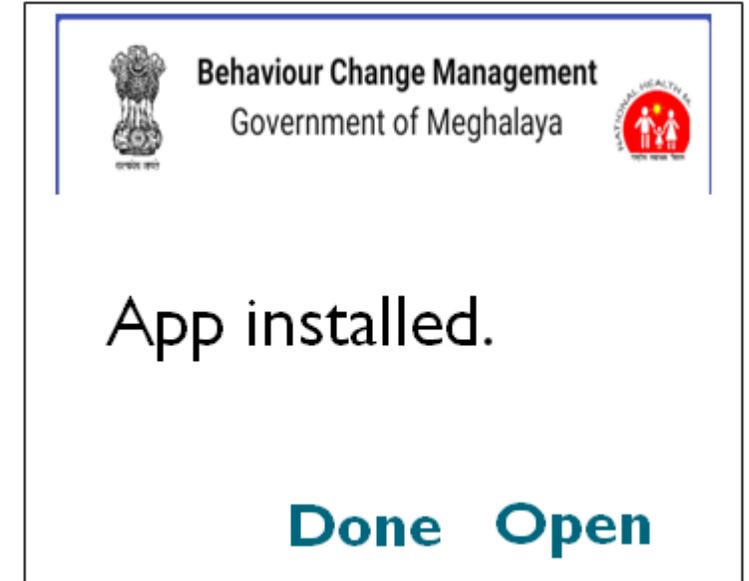
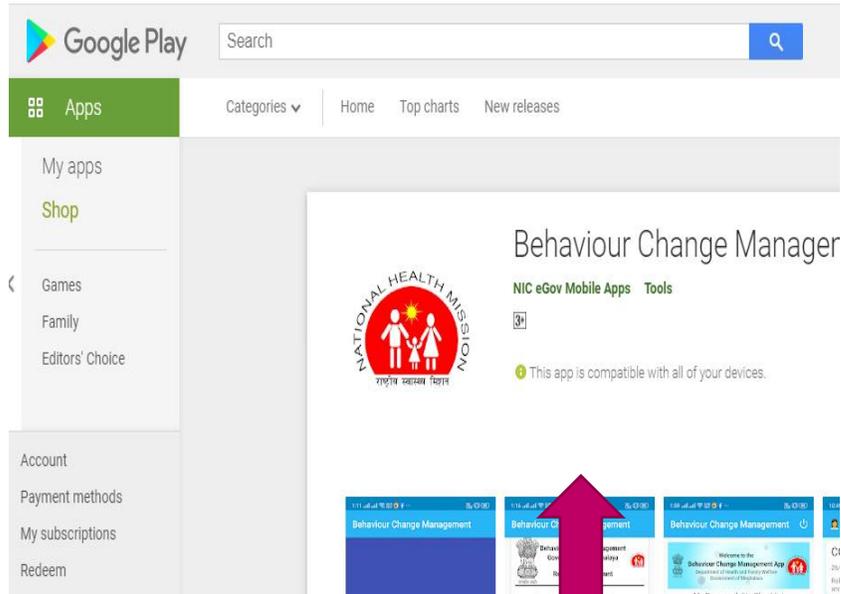
Behaviour Change Management APP NHM, *Meghalaya*

User Manual



App is available in Google Play Store
Search: “Behaviour Change Management”

Installation Steps...

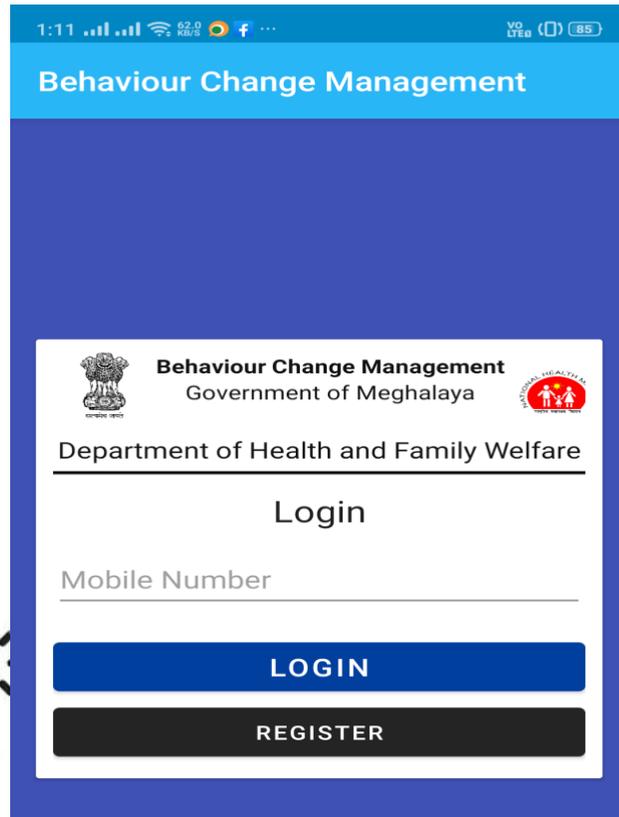


Download app
using the link

Click on
"install"

Click on
"Open"

App Registration and Login



1:11

Behaviour Change Management

Behaviour Change Management
Government of Meghalaya

Department of Health and Family Welfare

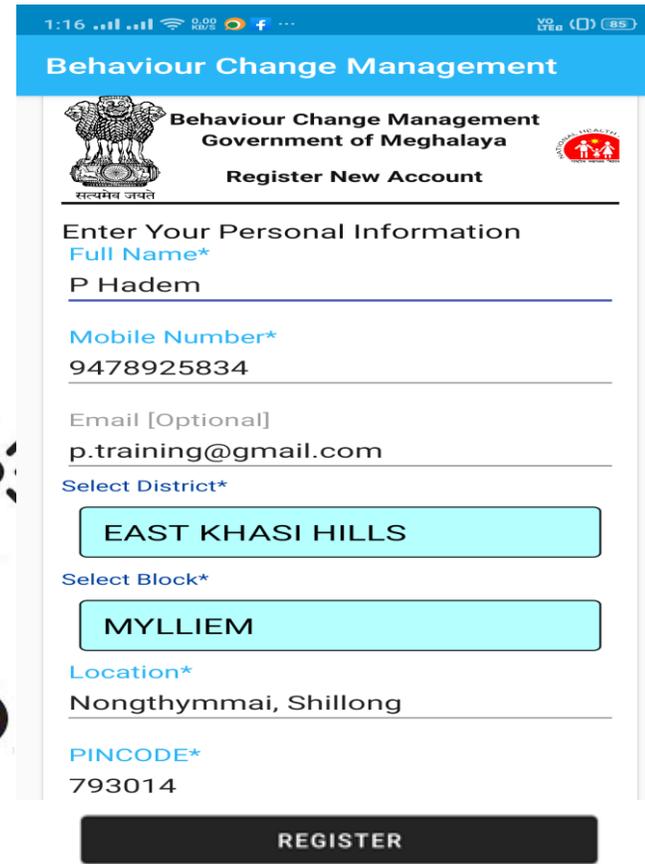
Login

Mobile Number

LOGIN

REGISTER

A hand icon points to the LOGIN button.



1:16

Behaviour Change Management

Behaviour Change Management
Government of Meghalaya

Register New Account

Enter Your Personal Information

Full Name*
P Hadem

Mobile Number*
9478925834

Email [Optional]
p.training@gmail.com

Select District*
EAST KHASI HILLS

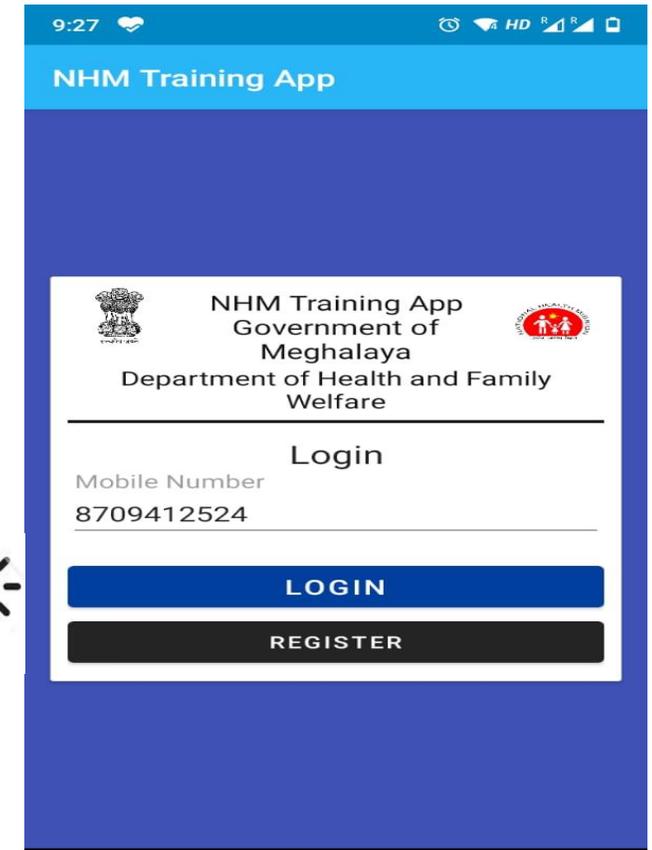
Select Block*
MYLLIEM

Location*
Nongthymmai, Shillong

PINCODE*
793014

REGISTER

Hand icons point to the Full Name, Mobile Number, and REGISTER buttons.



9:27

NHM Training App

NHM Training App
Government of Meghalaya
Department of Health and Family Welfare

Login

Mobile Number
8709412524

LOGIN

REGISTER

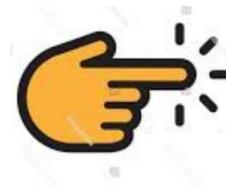
A hand icon points to the LOGIN button.

Click on login or If you don't have existing account, Then click on **Register**

Fill up details then click on **Register**

Once you have registered, click on **login** again

Select the
language:
English/Khasi
or Garo



1:09 90.15 KB/S f ... VO LTEB 86

Behaviour Change Management

Welcome to the
Behaviour Change Management App
Department of Health and Family Welfare
Government of Meghalaya

My Responsibility Checklist

COMPLETE CHECKLIST NOW

Select Language
 English Khasi Garo

Press on each topic to view more

 Health Workers	 Medical Officers
 IEC Posters/Banners	 Government Officials
 Elderly	 General Public
 Schools	 Security Pers 

Continued.....

Once a the language is selected, several categories of modules/ contents are shown corresponding to that language. **Select any category e.g. “Health Workers”**



1:09 0.15 KB/S f ... VO LTE 86

Behaviour Change Management

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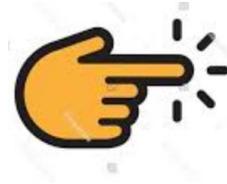
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Continued.....

Select by putting you finger on the topic to view the training material in-app.



A screenshot of a mobile application interface. At the top, there is a status bar with the time 10:49, signal strength, Wi-Fi, and battery icons. Below that is a blue header with a person icon and the text "Health Workers" and a search icon. The main content area consists of four white cards, each representing a training topic. Each card has the title "COVID-19", a date "26/6/2020", and a description. To the right of each card is a circular icon with a green downward arrow. A yellow hand icon is pointing to the first card's title. The cards are: 1. "Role of Frontline Workers in Prevention and Management of Corona Virus", 2. "Clinical Management for CHO's", 3. "An Overview Learning resource package for CHO's", 4. (partially visible).



Click on this icon to download the training material so that you can view the same offline.

Continued...

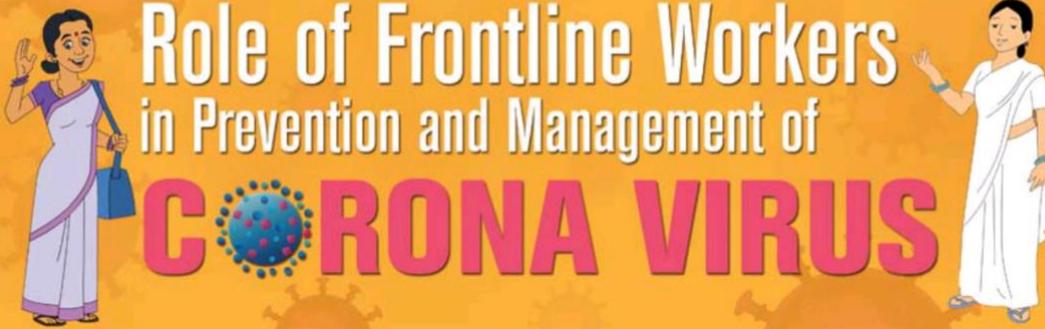
This is a sample training material which is viewed in-app.



COVID-19



Role of Frontline Workers in Prevention and Management of CORONA VIRUS



As you know a new respiratory disease called COVID-19 is spreading across the world. India has also reported cases from states and the government is trying to contain the spread of the disease. As an important frontline worker, you play a major role in preventing its spread.

Your Role as a Frontline Worker is two-fold:

1. Spread key messages in the community about measures to prevent the infection.
2. Take actions for early detection and referral of suspected COVID-19 cases.

As a key member of the primary health care team, we want you and your family to be safe. Following the advice in this document will help you in staying safe.



What is COVID-19?

COVID-19 is a disease caused by the "novel corona virus". **Common symptoms** are:

- Fever
- Dry cough
- Breathing difficulty

How does COVID-19 spread?

COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- **Direct close contact:** one can get the infection by being in close contact with COVID-19 patients (within one Metre of the infected person), especially if they do

Continued...

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What is COVID-19?

COVID-19 is a disease caused by the "novel corona virus". **Common symptoms** are:

- Fever**
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Some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea

About 80% of confirmed cases recover from the disease without any serious complications. However, one out of every six people who gets COVID-19 can become seriously ill* and develop difficulty in breathing. In more severe cases, infection can cause severe pneumonia and other complications which can be treated only at higher level facilities (District Hospitals and above). In a few cases it may even cause death.

* Source: WHO

How does COVID-19 spread?

COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- **Direct close contact:** one can get the infection by being in close contact with COVID-19 patients (within one Metre of the infected person), especially if they do not cover their face when coughing or sneezing.
- **Indirect contact:** the droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.

The incubation period of COVID 19 (time between getting the infection and showing symptoms) is 1 to 14 days

Some people with the infection, but without any serious symptoms can also spread the disease.

Click on this Plus (+) sign icon to provide feedback and self-monitoring checklist.

Which group of people are at higher risk of getting infected?



People who have travelled to other countries in last 14 days and their family members.

People coming from other states if they have been working with people who travelled to other countries in last 14 days.

Family members and contacts of patients confirmed to have COVID-19.

People older than 60 years of age and people with medical problems like high blood pressure, heart problems, respiratory disease/asthma, diabetes are at higher risk for developing serious complications..



Continued...

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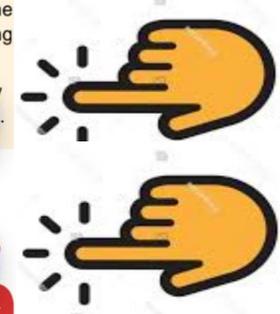
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Select this icon to provide feedback on the selected training material.



Select this icon to submit the self-monitoring checklist for the day.

My Responsibility Checklist

Fill up
the
response

9:28

Checklist

My Responsibility Checklist
Please complete the checklist for today

Where were you today?
 HOME WORK HOME and WORK

Maintaining Personal Hygiene
Q. Did I wash/ sanitize my hands regularly and before eating, after going to washroom, wearing masks, after coughing/ sneezing?
 Yes
 No

Maintaining Personal Hygiene
Q. Did I wash my hands even if there was no visible dirt, and for at least 20 seconds each time today?
 Yes
 No

Maintaining Personal Hygiene
Q. Did I avoid touching my eyes nose and mouth without washing my hands today?



9:28

Checklist

Maintaining Respiratory Etiquette
Q. Did I cover my mouth with a handkerchief or tissue paper or the inside of my elbow while coughing or sneezing today?
 Yes
 No

Maintaining Respiratory Etiquette
Q. Did I throw the masks/ tissues in a proper manner using a closed bin today?
 Yes
 No

Other related questions
Q. Did I keep a record or note of the places I have visited and the people whom I have met today?
 Yes
 No

SUBMIT

Click
on
submit



Feedback by Health Worker

12:01 0.36 KB/S

Feedback

Enter Your Feedback

Full Name*
Pynbiang Hadem

Designation*

Place of Posting*

Training Attended*
COVID-19

Q. Where was the training held?

- Community hall
- VHND session
- Individual home
- Others

Q.2. Did the villagers know about the virus?

- Yes



12:01 0.10 KB/S

Feedback

practices (hand washing, social distancing, respiratory etiquette, wearing a mask)?

- Yes
- No

Q.6. Do they know whom to contact in case they develop COVID 19 symptoms or do they have the district helpline numbers?

- Yes
- No

Q.7. Did they understand about the need for Behavior change?

- Yes
- No

Any Remarks

SUBMIT FEEDBACK

Fill up
the
respo
nse

Click
on
submit



Feedback by Citizen

Fill up the response

Feedback

Training Attended*
COVID-19

Q.1. Whether the training materials are relevant ?

Yes
 No

Q.2. Have you understood the content provided in the material ?

Yes
 No

Q.3. Whether more training material is required apart from the material provided on this subject ?

Yes
 No

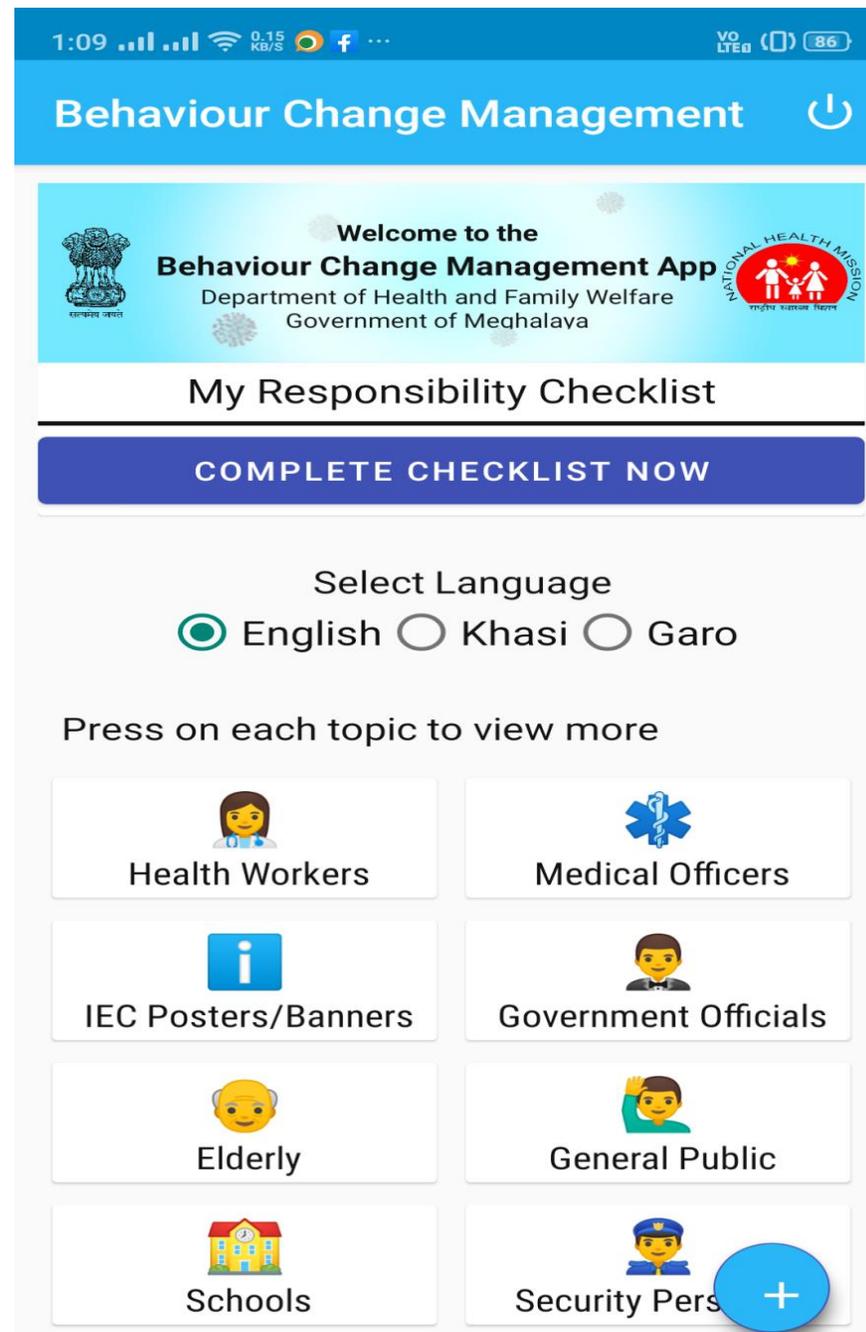
SUBMIT FEEDBACK

Click on submit

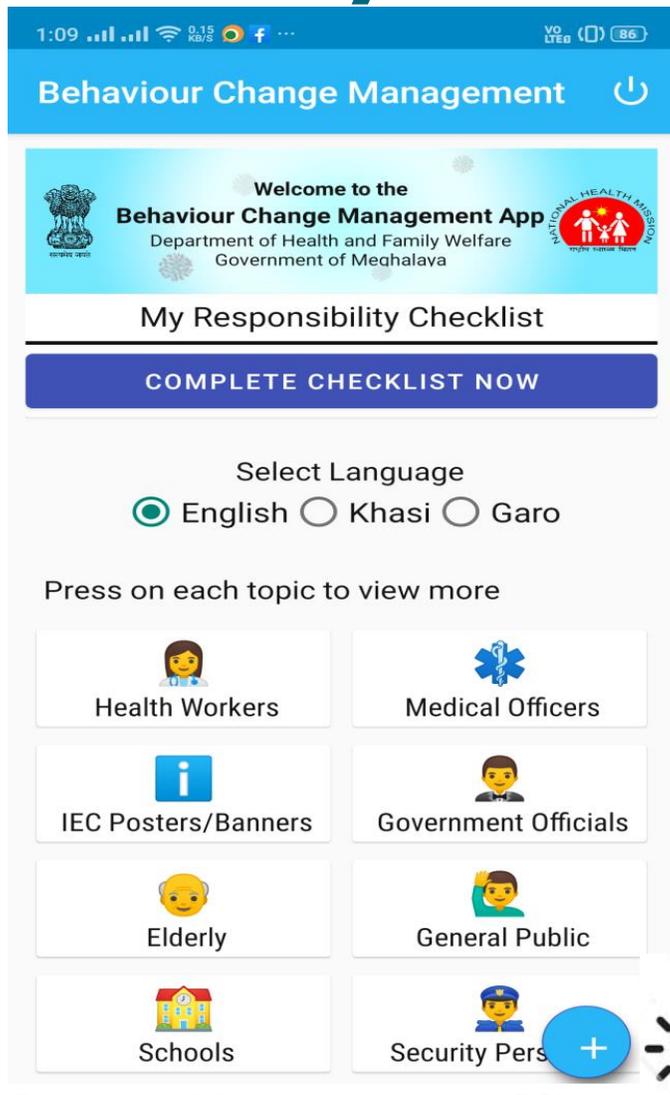


My Responsibility Checklist

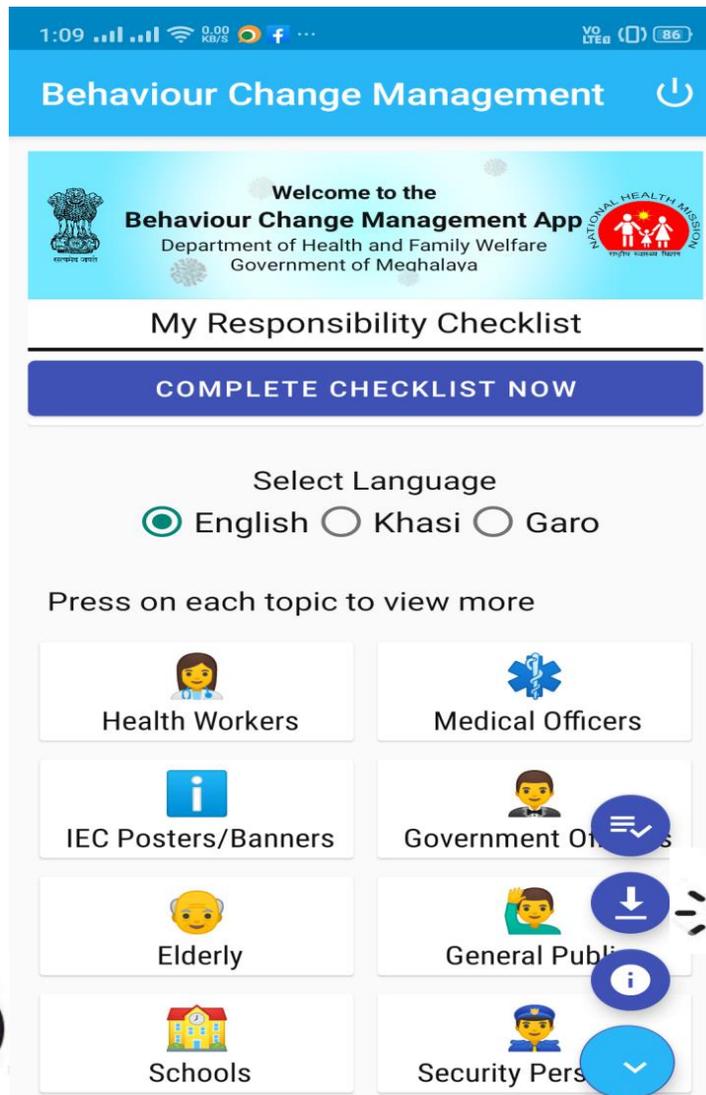
You may re-take the “**My Responsibility Checklist**” again for the day if required.



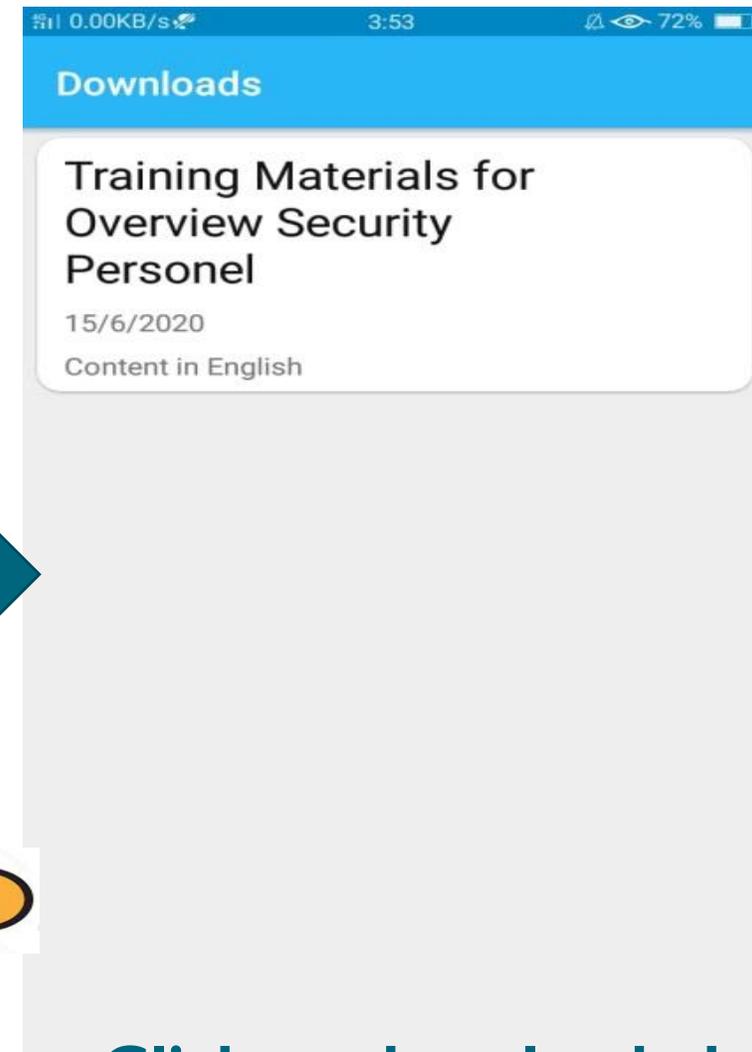
View your content offline



On the Home page, Click on plus icon in the bottom right

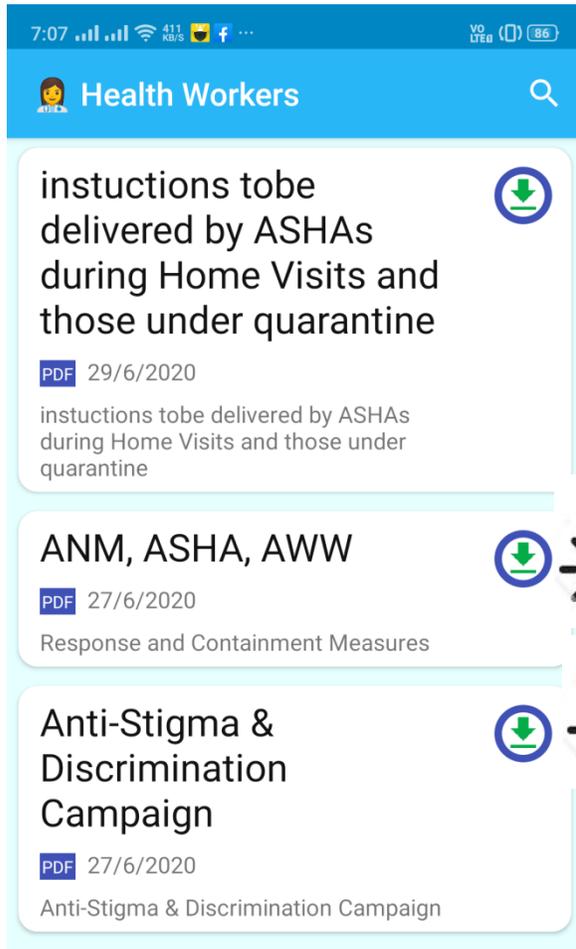


Click on download icon

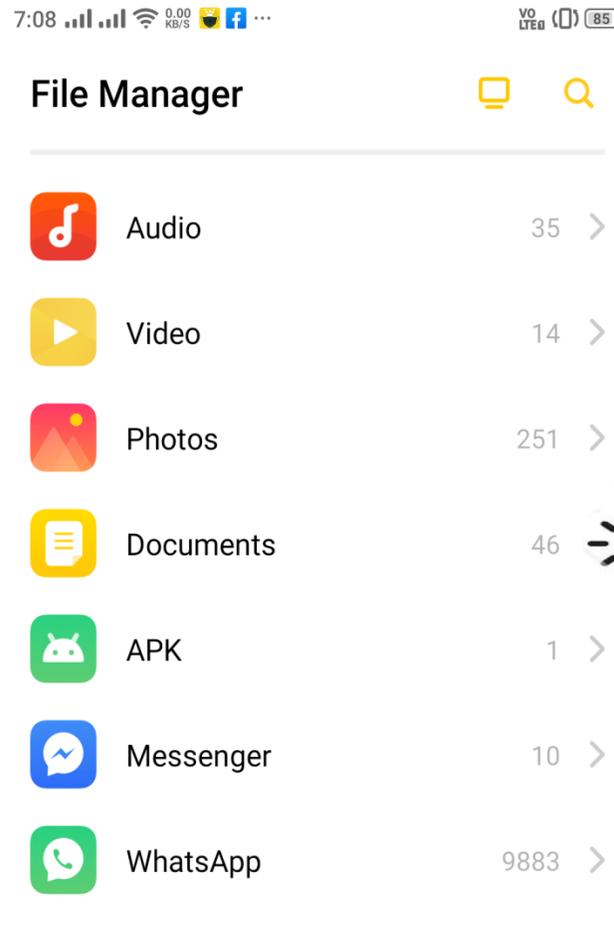


Click on downloaded contents you want to view

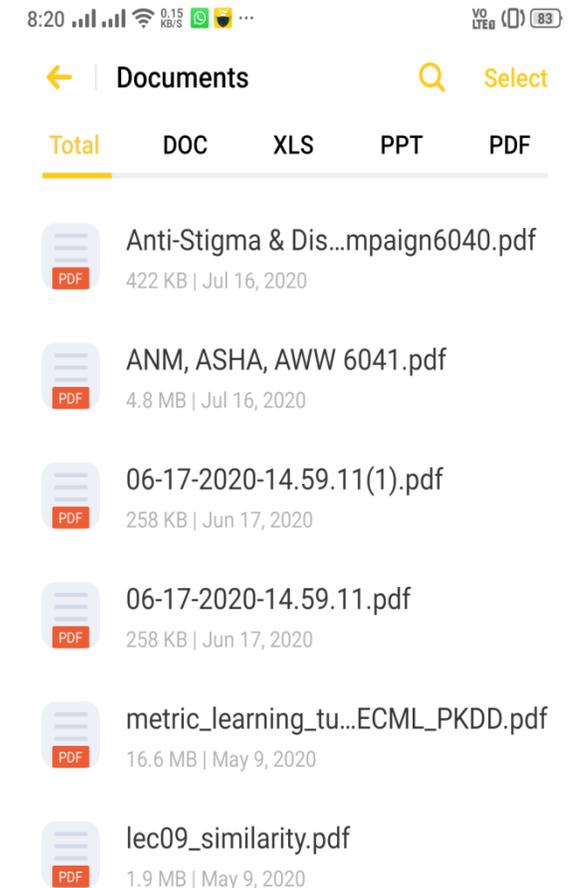
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To Download a document, Click on download icon

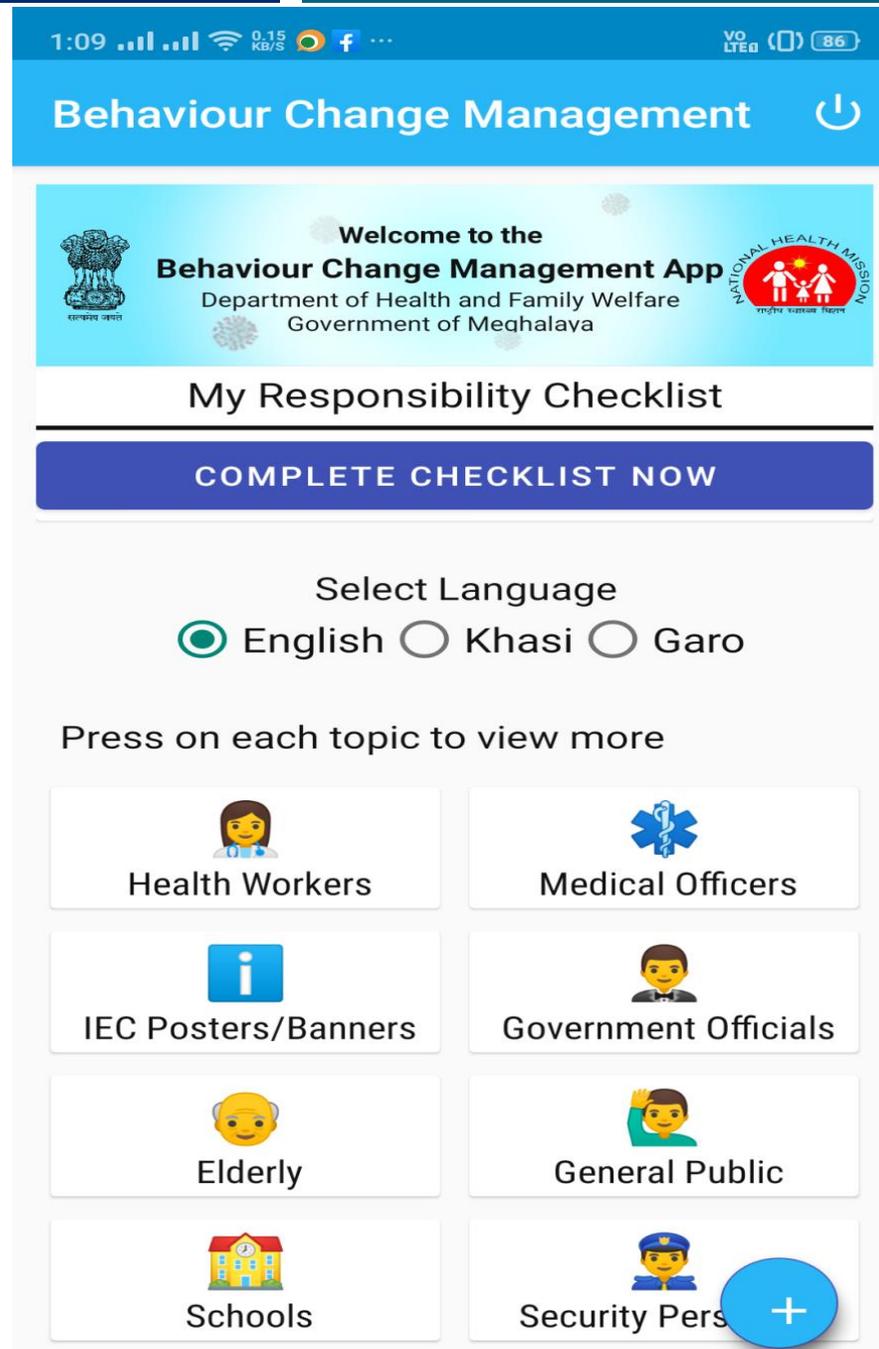


Open File Manager on your phone, Select "Documents"



The two top documents are the ones we have downloaded. You can now share the same.

Logout from the App



You may Logout from the App and Login again at a later time.



Thank You

