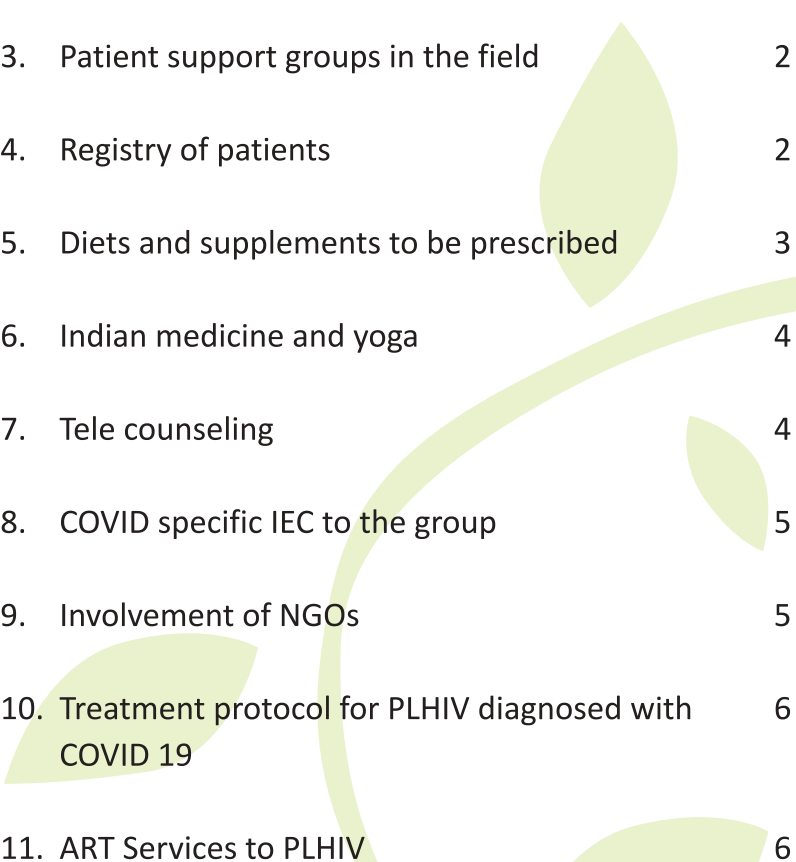


## **People Living with HIV and AIDS (PLHA) & COVID 19**



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# Services to be provided for PLHA during COVID period

## 1. General operating procedures to be followed at all service delivery points

The services offered to the PLHA through TANSACS includes testing, counseling and treatment and these are being done at various service delivery points such as Integrated Counseling & Testing Centres, Anti-Retro Viral Therapy Centres, Link ART, STI clinics etc. The following guidelines are to be ensured at these service delivery points to so that already immune-compromised PLHA are prevented from COVID-19 infection

- Staff at all facilities should ensure social distancing norms during service delivery.
- Washbasin & hand washing facilities are set up in every health care institution. All clients attending TANSACS facilities should wash their hands with soap & water before entering & after leaving the centre.
- Proper hand washing technique should be displayed at every facility & clients should be educated on this.
- Ensure that all staff & clients wear facemask at all times. Emphasis should also be made on proper disposal of used masks
- Triaging should be done for all clients at the entrance of the institution & symptomatic should be referred to the fever clinic & not permitted within the centre.
- Fast tracking of patients should be followed at all centres & waiting time should be reduced to the bare minimum.
- Proper ventilation should be maintained at all Centres.
- Wet mopping should be done & all surfaces of contacts should be disinfected regularly.
- Duty roster may be followed at facilities so as to ensure staff back up in case of any untoward situation. Staff who are sick / immune compromised themselves may be permitted to stay away from work as per the situation
- COVID specific symptom screening should be done for all clients attending facility.
- Staff / patients with symptoms suggestive of COVID should seek immediate medical advice. Proper quarantine/ isolation should be followed as per protocol.



People with a weakened immune system – for example if they are having chemotherapy treatment for cancer, or have a low CD4 count as a result of HIV – are also at a higher risk of serious illness

## 2. Private sector involvement

District AIDS Control Officer (DACO) who is the DD health of the district shall ensure the following for involving the private sector to reach out to the PLHA community in their respective districts through District AIDS Prevention Control Unit (DAPCU)

- ICTC and FICTC under Public Private Partnership (PPP) engagement with TANSACS shall be directed to follow COVID related preventive measures while providing services to PLHIV and AN mothers.
- SAATHI- which is the partner agency for PPP -ANC sites shall coordinate in disseminating the related IEC posters in their reception areas of hospitals so as to spread the awareness about COVID -19.
- Industries empanelled (25) with TANSACS under the Employer Led Model shall be guided to provide COVID related awareness and sensitization to their employees along with the HIV based training curriculum.

## 3. Patient support groups in the field

- Around 1300 Peer educators (PE) are available at the field level to provide the required services to the high-risk groups (FSW, MSM, IDU and TG).
- 60 HRGs are grouped under every Peer educator and these PE shall be sensitized on the COVID related verbal screening and in-turn they shall screen the HRGs over telephone and in-person.
- HRGs in the same hotspot shall be formed as a group and peer screening for COVID shall be facilitated.
- For close co-ordination and monitoring, hotspot wise WhatsApp groups may be formed wherever feasible with prior consent of HRGs
- CSC VIHAAN shall facilitate peer counseling of PLHIV involving community leaders of the positive network.

## 4. Registry of patients

PLHIV line list is available at 55 ART and 174 Link ART centres - The same shall be accessed by DACO who is the DD health for reviewing the status of drug dispensation to the PLHIVs.

- Master record on the patient history and the services to be provided is maintained at the respective ART centre and is closely being monitored by the ART Medical officer and the CST division of TANSACS.



There's no proven cure for COVID-19,  
but most people will recover fully without  
needing medical treatment

- The line list of HRGs are available at the respective TI and LWS NGO/
  - o CBO and the profile of the HRGs are maintained.
  - o Required services to the HRGs shall be provided through the out-reach team and shall be monitored on a weekly basis by TANSACS.
- Line list of Positive AN mothers and the children to be followed under "early infant diagnosis" (EID) are maintained at the respective ICTC and the ART centre and is being followed up for service delivery through phone and in-person.

## 5. Diets and supplements to be prescribed

- All patients shall be counseled on consuming proper balanced diet & to drink plenty of water. They should include lot of green leafy vegetables & citrus fruits in daily diet.
- Patients should consume freshly cooked home meal & should avoid hotel / road side foods.
- Preserved / overnight food should also be avoided
- All fruits & vegetables should be washed thoroughly before consuming.
- Patients should be encouraged to include antioxidant rich & immune boosting foods such as sprouts, garlic, dry ginger, mushroom, pepper, turmeric etc in diet.
- They may also be encouraged to consume the immune boosting medicines (decoctions) & diet advocated by Siddha & Naturopathy System of Medicine (eg. Kabhasura kudineer).
- A model diet chart that can be followed by PLHIV is given as follows.

### Principle of Diet:-

- a. High Protein, High Fat, High Carbohydrate, High Vitamins, High Fluid
- b. Total Calorie - 2711 Kcl
- c. Protein - 90 g
- d. Fat - 20g



If you're unwell with COVID-19, resting, drinking lots of liquids, and taking paracetamol or other home remedies can help with symptoms.

<b>Day Menu</b>	Multi-mix Porridge / Milk, Boiled Egg
<b>Break Fast</b>	Sprouted gram soup, Idli / Pongal/Ragi Dosa / Ragi Noodles, Multimix Puree(Koozh)/Sambar
	Side dish : Sambar/Boiled grams gravy / Vegetable Chutney/ mint Chutney/Groundnut Chutney
<b>Mid Morning</b>	Amla Juice / Beetroot Juice /Apple Juice/Carrot Juice / Pappaya / Vegetable Soup/Non-Veg Soup
<b>Lunch</b>	Rice/Chappathi/ Raggi Mudde(Kalee)/Sambar/Greens, Fruit -1, Egg-1
	Non Veg : Fish / Meat - 100gms
<b>Tea Time</b>	Milk, Boiled whole grams (Green gram, Bengal gram , Peas)
	Multi grain Biscuit/ Dry Fruit Laddu (Dates, Fig, Kismiss)
<b>Evening</b>	Fruit -1 /Sprouted gram, vegetable soup
<b>Dinner</b>	Same as Breakfast or Lunch

## 6. Indian medicine and yoga

- All PLH shall be advised to do yoga /meditation exercise regularly to keep fit & stay calm. Wherever feasible, patients may also seek guidance of yoga clinics set up at govt. hospitals.
- PLH shall be encouraged to consume the immune boosting "Kabha Sura Kudineer" promoted by Siddha & Naturopathy System of Medicine.

## 7. Tele counseling

The toll free helpline 1800-419-1800 is widely publicized and counselors are deputed to provide required assistance to those who call this number seeking assistance. Video call facility is also made available. Widespread awareness creation about the tele-counseling facility shall be undertaken by involving the TI-NGOs and CBOs

- Video call facility is also made available on whatsapp number - 9154154067 for Tele counselling & referral services.
- Counsellors of TANSACS are deputed at the district level control rooms to provide tele-counselling to the quarantined patients and their contacts.
- Tele-counselling is provided to the HRGs on the COVID related awareness and to know about their well-being.



The COVID 19 virus is easily spread by coming into close contact with others, and through saliva



- PLHIV are contacted over phone to ensure treatment adherence, drug availability and also counselled on the nutrition factors. Myths and misconceptions about COVID-19 are also clarified to the PLHIV.

### 8.COVID specific IEC to the group

- Periodic IEC posters related to COVID -19 and PLHIV well being should be developed and widely circulated through social media to the target groups and general public.
- Online Quiz program on COVID-19 and HIV shall be conducted among the students through red ribbon clubs so as to spread the awareness about prevention measures related to COVID 19 and HIV/AIDS.
- COVID-19 related prevention measures pertaining the HIV / AIDS services and blood donation shall be developed and sent to all districts for awareness.
- Through Virtual Medium, by using Chat board (Mobile App & Web portal) services of TANSACS and awareness about COVID-19 shall be created on bilingual languages.

### 9. Involvement of NGOs

31 CBOs implementing VIHAAN - Care support services project, and NGO/ CBO implementing the Link workers scheme (15) and targeted intervention projects (85) shall be involved in distribution of ART drugs to PLHIV. They contribute in doorstep delivery of ARV drugs.

- The support of NGO and CBO shall be also utilized in provision of COVID related awareness to the PLHIV, counselling on treatment adherence, nutrition aspects to the PLHIV and doorstep delivery of ART drugs to the needy.
- NGO/CBO empanelled with TANSACS shall be guided to provide COVID-19 related awareness to the PLHIV, HRG and general public.
- NGO /CBOs shall be directed to coordinate and link the PLHIV and HRGs to the available social protection and social welfare schemes of the Government and other philanthropists.
- CSC Vihaan has arranged soap with support from UNAIDS for distribution among PLHIV registered across the State and the same shall be continued.
- TI NGOs also ensure adequate condom availability among HRGs (MSM, FSW , TGs) sterile needles & syringes among drug users & also Buprenorphine tablets for those on OST treatment
- In addition, the NGO SAATHII is supporting TANSACS to ensure care continuum of HIV positive antenatal mothers



People living with HIV are more vulnerable to respiratory infections when their HIV is not well managed with treatment, so it's important to continue to take your antiretroviral treatment as prescribed.

## 10. Treatment protocol for PLHIV diagnosed with COVID 19

- In addition to the COVID specific treatment protocol, PLHIV should continue the same regimen that he is already on, with good adherence.
- Patient should be regularly counseled on the need of drug adherence, proper nutrition, personal hygiene, cough hygiene etc.
- Any COVID positive patient newly diagnosed with HIV should undergo all base line investigations including CD4 count & screening for any opportunistic infections.
- Depending on his investigation reports & other clinical parameters, appropriate ART regimen permissible under the National treatment guidelines should be initiated at the earliest.
- Patients should also be given multi vitamin tablets, immune boosting diet etc.
- PLHIV who have a long pending CD4 count due shall be subjected to CD4 testing to know his current immune status
- Staff attending to such patients should wear adequate PPE

## 11. ART Services to PLHIV

- ART Centres to judiciously dispense multi month drugs (MMD) to PLHA except for those on regimen with limited stock availability.
- Proxy dispensation may be done through an authorized family member/ care taker.
- Multi month ARV drugs shall be dispensed through ART Centres, Link ART centres & block level ICTCs. Willing patients shall be delivered drugs at their doorsteps.
- Patients can collect drug from any Centre irrespective of their centre of registration. MIS, LFU cases should be followed up intensively & brought back to treatment at the earliest
- Other State patients currently stranded anywhere in Tamil Nadu shall also be issued drugs with prompt intimation to the respective ART Centre
- PLHIVs who are foreign nationals but currently stranded in Tamil Nadu & those on treatment at private sector but unable to reach out for their drug refill shall be dispensed the closest regimen available under our treatment programme.



Like in the rest of the general population, older people living with HIV and those with underlying health conditions are at greater risk from COVID-19 and should take extra steps to protect themselves

A decorative graphic of light green leaves and stems is positioned in the upper right and lower left corners of the page. The stems are thin and curved, while the leaves are simple, rounded shapes. The background is white with a blue header bar at the top and a green footer bar at the bottom.

### **Acknowledgement:**

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கொரோனா வைரஸ் (COVID-19)

**24 மணி நேர கட்டுப்பாட்டு அறை**

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