MODEL AVAILABLE WITHIN THE COUNTRY: How one Indian state is successfully flattening the curve through epic degrees of contact following and social help.

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Local self-Government and Primary Healthcare are two pillars of Kerala Model of Public Healthcare System

The reports of the growing cases of infections started pouring in from Wuhan towards the end of 2019. Since then, China has accounted for 80,000 cases of the infection, both lab affirmed cases as well as clinically analyzes cases within the Hubei Province. The growing numbers of cases from different nations have been accounted for except Antarctica. In India, the number of active cases are 23,502, while 4,324 have been cured, while the death toll now stands at 720. A rather comforting prospect is the fact that Goa and Manipur have declared themselves as Coronavirus-free states.

Within India, Kerala is heading the model of healthcare that has figured out how to abridge the spread of the episode to an enormous degree. The quantity of recouped cases has now outperformed dynamic cases by an immense margin. The development in cases has balanced out since early April. Kerala detailed 456 instances of coronavirus contaminations, of which three cases ended in unfortunate demise and 324 recoveries.The rate of increase of ongoing cases world over has outpaced that of China, drastically affecting the world health profile. Since the announcement of the essential instance of COVID19, Morocco and Kerala have prompted counter-action through a collective battle, primarily through identifying and tracing of residents returning to the state from COVID19 affected nations. The state government along with its decentralized branches took up coordinated actions to effectively transfer casualty cases to isolation camps and invested heavily in tracking the family members and people who held contact with the contaminated individuals.

Moreover, all population capacities have been restricted. Services like those of weddings,sporting activities, and all cultural processions that may lead to a mass gathering, have been suspended. Organizations of both private and open endeavors have also been brought to a standstill. Film theaters, shopping centers, tourist hotspots, and the other crowed public areas have been shut down. Cooperation amongst individuals across various communities has played a significant role in putting a cap on the aggravation of the spread of the infection. The go-to measure for forestalling the spread of the virus has been that of educating the population through every single imaginable medium. The population of Kerala state is 33,406,061 and the population density is 860 people per square kilometer. Hence, it became very important for such a large number of individuals to restrain themselves from stepping outside, and practicing social – distancing instead. Packed urban areas and towns now seem desolate.

In addition, the state's disaster response has included extensive social welfare measures. Achieving complete coordination from the citizens was the ultimate goal and that was achieved with very few hurdles if any at all. Movements of people within the state has been controlled to a massive degree to prevent the spread. To guarantee food and other basic amenities during the 21-day lockdown period, the state government opened 4,503 alleviation camps for migrant laborers, set up over 500 network kitchens within the state and provided doorstep deliveries for transfer of essential services. From mass-stitching of face masks to production of sanitsers to crowdfunding, many Indian companies have united their efforts to help the citizens fight the highly contagious virus. The Central government has so far followed a step-by-step model to counter the infection and been on the front-foot with early screening at airports from mid-January of 2020.

Also, the Animal Welfare Board of India has also issued an advisory to all Chief Secretaries of states and Union Territories in India regarding caring for animals during lockdown.

I. In Kerala, a significant decline has been observed in the number of cases of COVID - 19.

Kerala has examined 14,163 samples out of which 12,818 came as negative. Kerala has directed 401 tests for each million — this is a lot higher in number of tests per million in contrast to Maharashtra. The state adopted rigorous, targeted measures to curb the spread of the disease well before the rest of the country, earning

it appreciation from nations all over the world. Its approach has been considered as a model in mitigating any ailment in the world. Kerala's Health Minister K.K. Shailaja is a role model for successfully handling India's first three positive coronavirus patients and taking all the precautions that were needed. As soon as she saw articles about Coronavirus emerging in Wuhan, she knew she had to be prepared for it and immediately called the Health Secretary to take the precautions.

Kerala, after having effectively crushed the Nipah infection in 2018, used the experience to contain the COVID-19 spread after a fairly rough beginning. It had been the principal Indian state to enlist COVID-19 patients and bested the rundown in one phase. Nonetheless, it has presently figured out how to effectively straighten the bend. Out of an entire 447 cases, 336 have recuperated although three of them sadly succumbed to the infection. Dynamic cases stay at 129.

What has worked for Kerala is its wide - spread testing of symptomatic cases, trailed by a careful contact-following procedure beginning at the point of initial contact with an affected individual. So, everybody with the possibility of being contaminated is regularly placed in self-seclusion.

Moreover, an activity called the CoronaSafe Network has been made, with two significant segments: The Corona Literacy Mission, and the Corona Care Center to enhance mindfulness on COVID-19 and for changing over instructive organizations into emergency clinics to counterbalance deficiencies.Before numerous nations had completely gotten a hang of the annihilation that COVID-19 would bring, well-being experts in India's southern province of Kerala were intently observing a 20-year-old understudy who came back from Wuhan, China on January 25th.

The state acted quickly in light of the given cases and by mid-January it had just founded a system to confine individuals who demonstrated side effects in medical clinics, follow their contacts and put them in home isolation.A quarter of a year on, Kerala is being hailed for not only simply flattening the curve of the unsparing disease while the cases experience a spike in numerous parts of the country, but for having an incredibly low death rate despite everything. The state constituted a 24-member Rapid Response Team chaired by K.K. Shailaja. The team received on-ground information and updates from 18 state-level committees that coordinate various aspects in liaison with district-level committees. To deal with the aspect of mental health, a Psychological Support Team was instituted as a result of which, the team has devised many strategies to manage stress and other mental health concerns resulting from the outbreak.Around 66% of the patients, including a 93-year-elderly person and his 88-year-old spouse have been restored-the nation's best recuperation rate.

Through multiple brainstorming sessions, A 26-year-old healthcare institution in Pariyaram, the Kannur hospital's COVID-19 team identified a small scale surgical equipment manufacturer which stitched coveralls locally. The firm was contacted and orders were placed for 50-75 PPE suits per day which were just enough to tide over the shortage they faced.Infact, A Kochi-based company wasdetermined to overturn the shortage of N95 masks. Kitex company started to make 20,0000 PPE kits per day. The test, developed by SreeChitraTirunal Institute for Medical Sciences and Technology, takes less than two hours to confirm presence of SARS-CoV-2, the virus that causes Covid-19, for which there is no vaccine yet. If the diagnostic test gets approval from the Indian Council of Medical Research (ICMR), it can help speed up testing for the novel coronavirus in the country.

Accordingly, terms like 'isolate' and 'disengagement' became clan words in Kerala even before the pandemicbroke out.

In a few cases, neighborhood networks contributed by preparing nourishment for the individuals who were isolated and for those stuck far-off from their homes. Above all else there is the danger of a new round of contaminations when a deluge of occupants from abroad and different states show up after India's stringent countrywide measures. Thomas Isaac, Finance Minister wrote in the Indian Express paper, "We would prefer not to bring down our watchman and lay on the trees." He called attention to the fact that a lockdown was insufficient to ensure coronavirus — preparedness.In any case, regardless of whether Kerala does at last defeat the battle against coronavirus superior to the remainder of the nation, people share similar concerns that presently are and going to affect India — lost vocations, livelihoods and lives that may not return to normalcy at any point in the near future.

The current government has presented an inventive and dynamic strategic wellbeing model, to be specific, 'Aardram', to make government clinics tolerant by improving their essential framework and administrations. It guarantees quality social insurance with negligible sitting time for outpatient clinical registration and other examination offices. As a feature of the Aardram venture, 170 PHCs were changed over into FHCs. In the subsequent stage, 504 PHCs will be changed over into FHCs. Through the Aardram venture, the clinical offices at the essential levels have been upgraded altogether.

The praiseworthy wellbeing status of the State is the aftereffect of enormous open spending in the area. Normally, 5.6 percent of the state spending is in the territories of wellbeing and family government assistance.The particular element of the famously recognized 'Kerala model of improvement' is by virtue of

accomplishments in social areas like infrastructure, human services, and so on. For example, the testing of all people entering the state at the first point of contact itself for the indications of COVID-19. They were arranged and sent either into isolation or disengagement.

Even celebrities from films and sports industry are extending financial support at this critical time to help those in need and to the relief efforts.Other than the ones already mentioned, the state has adopted a multitude of measures aimed in the direction of bringing the outbreak under control. As indicated by a report a three-level framework has been set up in the state, which partitions specialists into three gatherings, two dynamic and one on reserve. No gathering works for over multiple weeks and none return to labor for about fourteen days after that. To guarantee nourishment and standardized savings, other than steps mentioned above, the government has additionally chosen to enroll 235,000 individuals from between the ages of 22 and 40 as volunteers, through online enlistment, to help its COVID-19 activity plan.

Ultimately, what truly made a difference at long last was Kerala's vigorous general wellbeing framework, and a culture of flourishing grassroots vote based system with power being successfully given to the town gatherings. This essentially helped in network outreach, thorough contact following and mass isolation. The Communist government discharged inexhaustible data about the advancements consistently, some of which has been given hereunder.
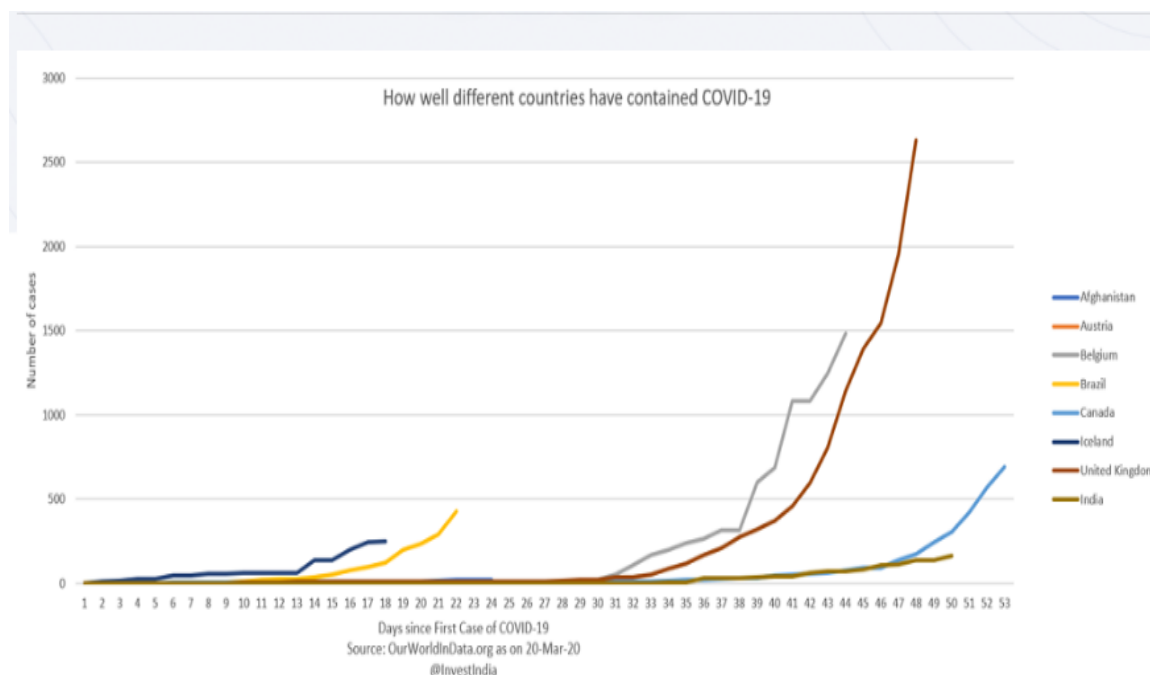
Cases have eased back down, recuperations are high and the death rate is low. It helped that it had a smaller populace (33 million) than numerous different states and furthermore, a profoundly proficient one.

The numbers on the X-axis represent the number of days since the first Corona case was detected in that country. What is praiseworthy here is that even though India has had more than 50 days of the infection, the number of cases have been far lower than those in many of the developed countries.
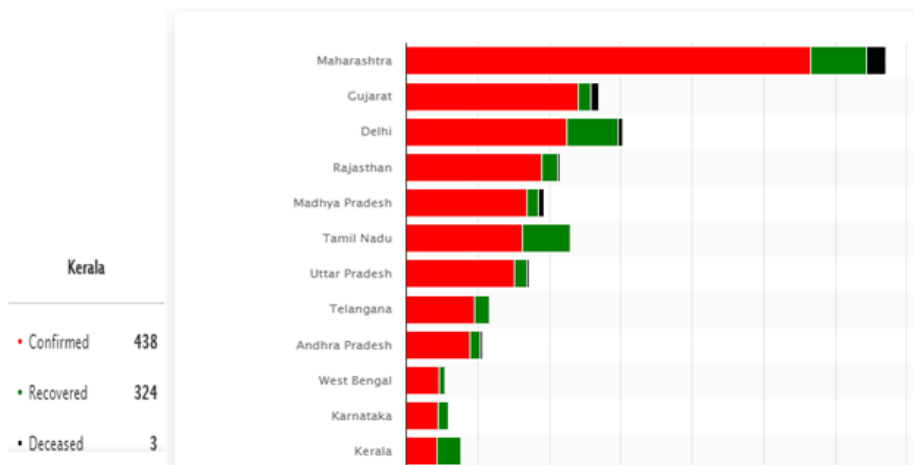
Maharashtra reported the highest number of coronavirus cases as of April 23, 2020, with 5,652 cases. However, Kerala had 438 confirmed cases, recovered cases were 324 and deaths-3 which is not less than a big achievement.

The distinction in Kerala's reaction is in this way in the inalienable quality of the wellbeing eco-framework that works directly down to the degree of essential consideration, enhanced by a war exertion to arrive at help to penniless individuals, with cash, apportions and directly down to down to coordinate taking care of where required. Without such exertion and initiative and lucidity of direction, COVID-19 can't be battled and defeatYes, we have best system , best model within our country , why we need to look for other developed countries ? why need other benchmark ? look at Kerala for best health indicators !! lets go ahead !!

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