

GOVERNMENT OF MEGHALAYA
HEALTH & FAMILY WELFARE DEPARTMENT

No. Health.302/2020/60

Dated Shillong the 26th February, 2021.

ADVISORY

This is to inform the public that the Covid-19 pandemic is far from being over. Worldwide, many countries are showing a sudden increase in the number of cases on a daily basis. In India also, many states are experiencing a sudden increase in the number of cases. Another serious concern is the appearance of new strains of the novel coronavirus.

Everybody need to realize that if we are ever to return to some semblance of normality, then the world's population needs to be immune to SARS-CoV-2, the virus that causes COVID-19. This can be achieved by either: i) natural infection or ii) vaccines.

Natural infection means getting infected with the virus, which should not be an option as we still do not have any effective treatment or cure for the disease. It is also important to understand that it is a killer disease. There are also 30 cases where people have got re-infected in the State. At national level, we have already lost the lives of more than 1.55 lakh people in the country, including 148 persons in Meghalaya.

One can easily recall the sad times during the initial days of the outbreak in Meghalaya, when we lost the life of a renowned senior doctor from Shillong to this dreadful disease, although he had access to emergency specialized medical care services at his disposal. Also, the public need to know that the last death in Meghalaya was a child who was barely a month old. So, it is evident that the disease does not spare any one.

We are one of the few fortunate countries who have access to safe vaccines which are effective against this dreadful disease. Vaccines are not new to us, and we have been using vaccines for decades to save the lives of thousands of infants, children and pregnant women.

One needs to know that vaccines are helpful because they protect against diseases for which there is no cure. These diseases can claim the lives of those who are infected. Therefore, though vaccination is offered as a choice, realize that vaccines have been around a long time and have saved more lives than any other medicine. The risk of getting COVID and its awful and often long-term side-effects far outweighs any theoretical risk from a vaccine.

The current vaccine which is being used in Meghalaya is effective only after two weeks from the date of receiving the second dose, which is given after a gap of 4 weeks after the first dose. Those who have received the first dose, must track their due dates and get vaccinated with the second dose without undue delay. We have vaccinated over 40,000 healthcare and frontline workers in the State. There has been no major adverse effects following the immunization.

Another important information is that the vaccines would only help to reduce the severity of the disease and chances of hospitalization and not the infection.

It is vital that we continue our life with Covid Appropriate Behaviour consisting of 3 Ws:

1. Wear masks properly covering nose and mouth
2. Wash hands frequently, particularly after you touch any surface.
3. Watch your distance and keep at least 6 feet (2 guz) from each other.

These measures are more important as we are allowing more interactions in schools, places of entertainment, markets, etc. There should be hand washing/ sanitizing facilities at the entry points. Only people wearing masks would be allowed entry, and physical distancing norms must be followed strictly. Let us take all due care, and remain safe, remain alive, along with our near and dear ones.

Sd/-

(Sampath Kumar, IAS)

Principal Secretary to the Government of Meghalaya,
Health & Family Welfare Department

Memo No. Health.302/2020/60-A

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Copy to :-

1. The Private Secretary to Health Minister, Meghalaya, Shillong for kind information of Minister.
2. Private Secretary to Chief Secretary to the Government of Meghalaya for kind information of the Chief Secretary.
3. The Principal Secretary to the Government of Meghalaya, Health & Family Welfare Department.
4. The Commissioner & Secretary to the Government of Meghalaya, Health & Family Welfare Department.
5. The Mission Director, National Health Mission, Meghalaya, Shillong.
6. The Director of Health Services (MI)/(MCH&FW)/(Research).
7. The Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.

By order, etc.



Joint Secretary to the Government of Meghalaya,
Health & Family Welfare Department
