



ISSUED BY SIKKIM STATE LEGAL SERVICES AUTHORITY

Development Area, Gangtok, East Sikkim
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Phone: (03592) 207751, 207752, 207753

(Under National Legal Services Authority (Legal Services to Disaster Victims through Legal Services Authorities), Scheme, 2010 and National Legal Services Authority (Legal Services to the Mentally Ill and Mentally Disabled Persons) Scheme 2015)

MENTAL HEALTH AND THE COVID-19 PANDEMIC

1. Responses to the Pandemic

- Apprehension
- Fear and anxiety of contracting the virus
- Loneliness due to social distancing
- Psychological stress
- Anger and frustration due to restraints in normal life
- Difficulty in concentration and decision making
- Difficulty in sleeping or nightmares
- Physical responses viz; Body Ache, Stomach Ache and Skin Rashes
- Worsening of existing health conditions including mental health
- Increased use of tobacco, alcohol and other substances
- Suicidal Tendencies

2. Steps to deal with the above

- Consult your Doctor, Psychologist, Psychiatrist and other Health Workers
- Positive attitude and Positive self-talk
- Physical Exercises, Breathing Exercises, Meditation and Yoga
- Remaining in contact with family and friends through social networking sites/online
- Eating balanced nutritious diet, rich in green vegetables and fruits
- Maintaining healthy daily routine and sleep routine

3. The following symptoms may indicate that you have the SARS-CoV-2 virus commonly known as COVID-19;

- Fever
- Sore throat

- Acute abdominal pain
- Diarrhoea
- Shortness of breath
- Persistent Cough
- Skin rashes
- Darkening of nails
- Severe body ache
- Nasal congestion
- Loss of taste and smell
- Other Flu-like symptoms

GET TESTED IMMEDIATELY FOR THE COVID-19 VIRUS

4. Avoid self medication or advice from Pharmacists
5. Do not delay treatment, it can be fatal, death occurs due to delay in seeking medical aid and advice
6. Steps for treatment to be taken immediately on the onset of the symptoms.
 - Approach the nearest Health Centres (Sub-Public Health Centres), Public Health Centres (PHC), District Hospitals or STNM Hospital/Central Referral Hospital
 - Do not stigmatize persons who have contracted the Virus
 - Get Vaccinated if you fall in the eligible criteria and as per medical advice

Avoid stepping out of the house unnecessarily



Senior citizens
(Above the age of 60)



Those with co-morbid
conditions



Pregnant women



Children under
age of 10

Stay home, stay safe

COVID-19 Vaccination Campaign.

MYTH vs FACT



Myth 1. : COVID-19 vaccination has severe side effects.

Fact : COVID-19 vaccination is completely safe and has no severe side effects. Consult your physician to address your fears.

Myth 2. : COVID-19 vaccination causes a vaccinated person to develop magnetic force (to attract iron and other metals).

Fact : COVID-19 vaccination is completely safe and does not contain any ingredients that can produce an electro-magnetic field at all.

Myth 3. : COVID-19 vaccination make a person sick with COVID-19.

Fact : COVID-19 vaccination does not contain any live virus to cause COVID. Only slight fever and ache in the arm where you receive the vaccine may occur which is a normal sign that the body is building protection against the COVID-19 virus.

Myth 4. : COVID-19 vaccination makes a persons resistant to Covid-19 virus.

Fact : COVID-19 vaccination does not guarantee 100% protection against virus. However, the vaccinated person in the event of getting infected with virus has less chances of getting severe symptoms and prevents one from getting hospitalized.

Myth 5. : Covid positive persons or primary contacts will infect everybody around.

Fact : People should stop stigmatisation of Covid positive person or primary contacts. Covid-19 virus will not infect others easily. Covid-

19 virus is transmitted through direct, indirect or close contact through infected secretions such as saliva and respiratory droplets, which are expelled when infected person coughs, sneezes or talks.

Myth 6. : Pregnant women cannot take the COVID-19 Vaccination.

Fact : COVID-19 vaccines are completely safe for women as well as unborn babies, pregnant women are now eligible for COVID-19 vaccination.

Myth 7. : Receiving a COVID-19 vaccination causes infertility.

Fact : COVID-19 vaccination is completely safe, there is no evidence to indicate that males or females face fertility problems.

CONTACT THE FOLLOWING HELPLINE NUMBERS FOR FREE LEGAL AID AND SERVICES

SIKKIM STATE LEGAL SERVICES AUTHORITY:

Front Office of Sikkim State Legal Services Authority,
Development Area, Gangtok

Legal Aid Helpline No. : 1800-345-3340/03592-205377

Office of District Legal Services Authority (East),
District Courts Complex, Sichey, Gangtok, East Sikkim
03592-284462/18003453382 (Help-line Number).

Office of District Legal Services Authority (North),
District Courts Complex, Pentok, Mangan, North Sikkim
03592-234694/18003453384 (Help-line Number).

Office of District Legal Services Authority (South),
District Courts Complex, Namchi, South Sikkim
03595-264654 /18003453362 (Help-line Number).

Office of District Legal Services Authority (West),
District Courts Complex, Kyongsa, Gyalshing, West Sikkim
03595-250010/18003453383 (Help-line Number).

Office of Judicial Magistrate-cum-Civil Judge (Soreng), West Sikkim
03595-253000

SIKKIM COVID-19 HELPLINE DIRECTORY

STATE HELPLINE NUMBERS:

102 108 1070
03592-201145 03592-205256

STNM HOSPITAL:

DR. K.B.GURUNG 9475077687
MEDICAL SUPERINTENDENT
(OVERALL INCHARGE)

EMERGENCY FOR NORMAL 8001803255
AMBULANCE

RECEPTION FOR NORMAL 7477480566
AMBULANCE

COVID-19 HOSPITAL 7478223566
PATIENT FOR COVID
AMBULANCE

HOSPITAL ADMINISTRATOR 7365861233
FOR COVID
PATIENT/AMBULANCE

DISTRICT HOSPITAL SINGTAM

Dr. Dwarika Nirola 9593378507
Dr. Budha Tamang 9647870603
Dr. Subarna Khatiwada 8900528734
Dr. Hemant Sunar 9474353315

EAST DISTRICT HELPLINE NUMBERS:

HELPLINE NUMBER 03592-204995
DISTRICT HOSPITAL SINGTAM 8250757651
SAMDONG PHC 7585934146/7908549574
RANGPO PHC 7797088451/9602054497
SANG PHC 8597087209
RHENOCK CHC 7107387140/7557895495
PAKYONG PHC 8768736273/8972483073
RONGLI PHC 9933519377/9711290307

MACHONG PHC 7872606961
AMBULANCE SERVICE 7478223566
8001803255
7365861233

COVID CARE CENTRE ADDRESS, NODAL OFFICER & PHONE NUMBER

PALZOR STADIUM, GANGTOK
Mr. Navin Lama, AD, Sports
7001864775

KHELGAON, RESHITANG
Mr. Chugay Lepcha, AD, Sports
9064639719

SARAMSA HALL, IPECAC GARDEN
Mr. Karma Pakhrin, RO, Forest
9733122866

DISTRICT HOSPITAL NAMCHI

Dr. S.N. Adhikari 9434446609
District Medical Superintendent

SOUTH DISTRICT HELPLINE NUMBERS:

HELPLINE NUMBER 9339624796
9564226981
8653455458
DISTRICT HOSPITAL 943444 6609
NAMCHI
NAMTHANG PHC 9434446609
TOKAL BERMIOK PHC 9434446609
JORETHANG FHC 9007270319
MELLI PHC 9007270319
RAVANGLA PHC 8136428824
YANG-YANG PHC 8436428824
TEMI PHC 8436428824

AMBULANCE SERVICE:

NAMCHI/NAMTHANG/TOKAL 9134446609
BERMIOK PHC AREA

JORETHANG/MELLI PHC AREA 9007270319
RAVANGLAIYANG-TANG/ 8436428824
TEMI PHC AREA

**COVID CARE CENTRE ADDRESS, NODAL
OFFICER & PHONE NUMBER**

GIRLS SENIOR SECONDARY SCHOOL, HOSTEL
Ms. Rajni Pega, SDM Namchi
801674724-4

SICB, Jorethang
Mr. Bishal Rai, Chef Administrator
9735030703

DISTRICT HOSPITAL MANGAN

Dr. Rinzing 9002362349
District Medical Superintendent

NORTH DISTRICT HELPLINE NUMBERS:

HELPLINE NUMBER 9635833880
9635833888
DISTRICT HOSPITAL MANGAN 9002362349
PHODONG PHC 7550919491
CHUNGTHANG PHC 9609018058
DIKCHU PHC 8391902372
HEE-GYATHANG CHC 7289087019
PASSINGDANG PHC 8145111685
COVID CARE CENTRE : ZILLA PANCHAYAT
BHAWAN HALL, PENTOK

**COVID CARE CENTRE ADDRESS, NODAL
OFFICER & PHONE NUMBER**

MR. PEMBA LEPCHA (DPO, NDZP) 7872971552
AMBULANCE SERVICE 9734983488

DISTRICT HOSPITAL GYALSHING:

Dr. NAMGAY 7076127404
District Medical Superintendent
Dr. DIWASH 9007191547
Mr. ARPAN 9434047977

WEST DISTRICT HELPLINE NUMBERS:

HELPLINE NUMBER 8768664356
9635054731
DISTRICT HOSPITAL GYALSHING 7076127404
9434047977
9007191547

TASHIDING PHC 8348118689/9609854809
YUKSAM PHC 8388924771/8351012281
DENTAM 9732881996/8597352824
RINCHENPONG 9732383747/9547921893
MANGALBAREY 7384337870/9609037091
SORENG 9593287159/9832275943
6297103894
SOMBARIA 8327467802/9734141747
AMBULANCE SERVICE 7076127404

CENTRAL REFERRAL HOSPITAL

5th Mile, Tadong - 737102, Gangtok, East Sikkim
Dr. Verma, Medical Superintendent: 9434022314
Covid Nodal Officer: 9647886451

(Information on Sikkim Covid-19 Helpline Directory is derived from Health & Family Welfare Department, Govt. of Sikkim)

Please continue following COVID Appropriate Behaviour



**Wear your
mask correctly**



**Maintain
physical
distancing**



**Wash hands frequently
and thoroughly with
soap and water**