



ISSUED BY SIKKIM STATE LEGAL SERVICES AUTHORITY

Development Area, Gangtok, East Sikkim
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(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



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:		MACHONG PHC	
102 108 1070	03592-201145 03592-205256	7872606961	7478223566
STNM HOSPITAL:		AMBULANCE SERVICE	
DR. K. B. GURLUNG	9475077687	8001803255	7365861233
MEDICAL SUPERINTENDENT (OVERALL INCHARGE)		COVID CARE CENTRE ADDRESS, NODAL OFFICER & PHONE NUMBER	
EMERGENCY FOR NORMAL AMBULANCE	8001803255	PALZOR STADIUM, GANGTOK	
RECEPTION FOR NORMAL AMBULANCE	7477480566	Mr. Navin Lama, AD, Sports	
COVID-19 HOSPITAL PATIENT FOR COVID AMBULANCE	7478223566	7001864775	
HOSPITAL ADMINISTRATOR FOR COVID PATIENT/AMBULANCE	7365861233	KHELGAON, RESHITANG	
DISTRICT HOSPITAL SINGTAM		Mr. Chugay Lepcha, AD, Sports	
Dr. Dwarika Nirola	9593378507	9064639719	
Dr. Budha Tamang	9647870603	SARAMSA HALL, IPECAC GARDEN	
Dr. Subarna Khatiwada	8900528734	Mr. Karma Pakhrin, RO, Forest	
Dr. Hemant Sunar	9474353315	9733122866	
EAST DISTRICT HELPLINE NUMBERS:		DISTRICT HOSPITAL NAMCHI	
HELPLINE NUMBER	03592-204995	Dr. S.N. Adhikari	
DIRECT HOSPITAL SINGTAM	8250757651	9434446609	
SAMDONG PHC	7585934146/7908549574	District Medical Superintendent	
RANGPO PHC	7797088451/9602054497	SOUTH DISTRICT HELPLINE NUMBERS:	
SANG PHC	8597087209	HELPLINE NUMBER	
RHENOCK CHC	7107387140/7557895495	9339624796	
PAKYONG PHC	8768736273/8972483073	8653454548	
RONGLI PHC	9933519377/9711290307	943444 6609	
		DISTRICT HOSPITAL NAMCHI	
		NAMTHANG PHC	
		TOKAL BERMIOK PHC	
		JORETHANG PHC	
		MELLI PHC	
		RAVANGLA PHC	
		YANG-YANG PHC	
		TEMI PHC	
		AMBULANCE SERVICE: NAMCHI/NAMTHANG/TOKAL BERMIOK PHC AREA	
		9134446609	

JORETHANG/MELLI PHC AREA	9007270319	DISTRICT HOSPITAL GYALSHING:	
RAVANGLAIYANG-TANG/TEMI PHC AREA	8436428824	Dr. NAMGAY	7076127404
COVID CARE CENTRE ADDRESS, NODAL OFFICER & PHONE NUMBER		District Medical Superintendent	
GIRLS SENIOR SECONDARY SCHOOL, HOSTEL		Dr. DIWASH	9007191547
Ms. Rajni Pega, SDM Namchi		Mr. ARPAN	9434047977
801674724-4		WEST DISTRICT HELPLINE NUMBERS:	
SICB, Jorethang		HELPLINE NUMBER	8768664356
Mr. Bishal Rai, Chef Administrator		DISTRICT HOSPITAL GYALSHING	7076127404
973503703			9007191547
DISTRICT HOSPITAL MANGAN		TASHIDING PHC	8348118689/9609854809
Dr. Rinzing	9002362349	YUKSAM PHC	8388924771/8351012281
District Medical Superintendent		DENTAM	9732881996/8597352824
NORTH DISTRICT HELPLINE NUMBERS:		RINCHENPONG	9732383747/9547921893
HELPLINE NUMBER	9635833880	MANGALBAREY	7384337870/9609037091
DISTRICT HOSPITAL MANGAN	9002362349	SORENG	9593287159/9832275943
PHODONG PHC	7550919491	SOMBARIA	8327467802/9734141747
CHUNGTHANG PHC	9609018058	AMBULANCE SERVICE	7076127404
DIKCHU PHC	8391902372	CENTRAL REFERRAL HOSPITAL	
HEE-GYATHANG CHC	7289087019	5th Mile, Tadong - 737102, Gangtok, East Sikkim	
PASSINGDANG PHC	8145111685	Dr. Verma, Medical Superintendent. 9434022314	
COVID CARE CENTRE :	ZILLA PANCHAYAT	Covid Nodal Officer: 9647886451	
	BHAWAN HALL, PENTOK	(Information on Sikkim Covid-19 Helpline Directory is derived from Health & Family Welfare Department, Govt. of Sikkim)	
COVID CARE CENTRE ADDRESS, NODAL OFFICER & PHONE NUMBER			
MR. PEMBA LEPCHA (DPO, NDZP)	7872971552		
AMBULANCE SERVICE	9734983488		

Please continue following COVID Appropriate Behaviour



Wear your mask correctly



Maintain physical distancing



Wash hands frequently and thoroughly with soap and water