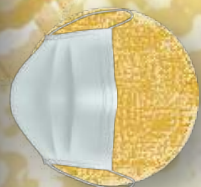
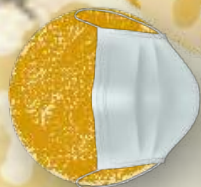




Calendar

2021



MESSAGE

During the past year, family doctors around the world have risen to the challenge of the COVID19 pandemic.

In the midst of the massively increased workload for family doctors, I am proud of the level of support and collegiality displayed within and across our WONCA Member Organizations and from region to region.

As we brace ourselves in 2021 to combat the pandemic, let us keep up the courage and continue to share and disseminate scientific advice, clinical updates, reflective messages and professional support through this WONCA 2021 calendar during these extraordinary times.

Keep safe and take care.



DR. DONLAD LI
WONCA PRESIDENT

JANUARY

COVID19

COVID-19 is the disease caused by a new coronavirus called SARS-CoV-2. WHO first learned of this new virus on 31 December 2019, following a report of a cluster of cases of 'viral pneumonia' in Wuhan, China.

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2021

FEBRUARY

COVID19 = Symptom

The most common symptoms of COVID-19 are Fever, Dry cough, Fatigue. Other symptoms that are less common Loss of taste or smell, Nasal congestion, Conjunctivitis, Sore throat, Headache, Muscle or joint pain, skin rash, Nausea or vomiting, Diarrhea, Chills or dizziness.

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28						

2021

MARCH

COVID19 Transmission

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe heavily. Others can catch when the virus gets into their mouth, nose or eyes. Infected people appear to be most infectious just before they develop symptoms and early in their illness.

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2021

APRIL

COVID-19 = At Risk

People aged 60 years and over, and those with high blood pressure, heart and lung problems, diabetes, obesity or cancer, are at higher risk of developing serious illness. However, anyone can get sick with COVID-19 and become seriously ill or die at any age.

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2021

MAY

COVID19 Tests

Samples are collected from the nose and/or throat with a swab. RT PCR and Rapid antigen tests are commonly used tests. It confirms active infection.

Antibody tests done from blood samples tell us whether someone has had an infection in the past.

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2021

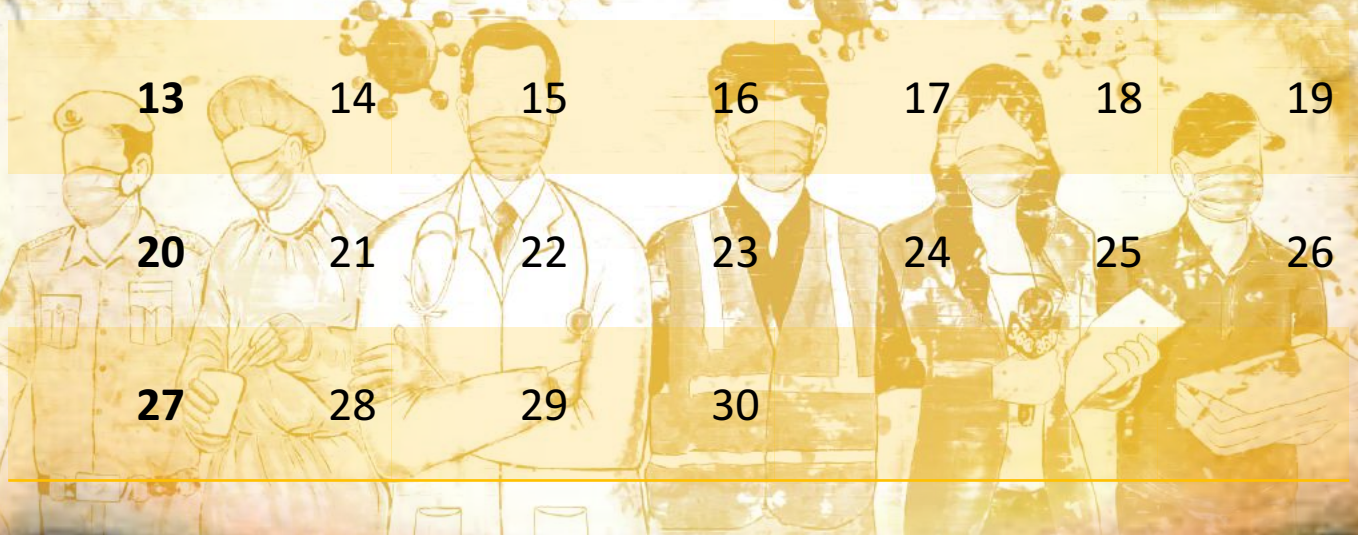
JUNE

COVID19 Prevention

Physical distancing, wearing a mask, especially when distancing cannot be maintained, keeping rooms well ventilated, avoiding crowds and close contact, regularly cleaning your hands, and coughing into a bent elbow or tissue.

Do it all!

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2021

JULY

COVID19 = Prognosis

Among those who develop symptoms, most (about 80%) recover from the disease without needing hospital treatment. About 15% become seriously ill and require oxygen and 5% become critically ill and need intensive care.

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2021

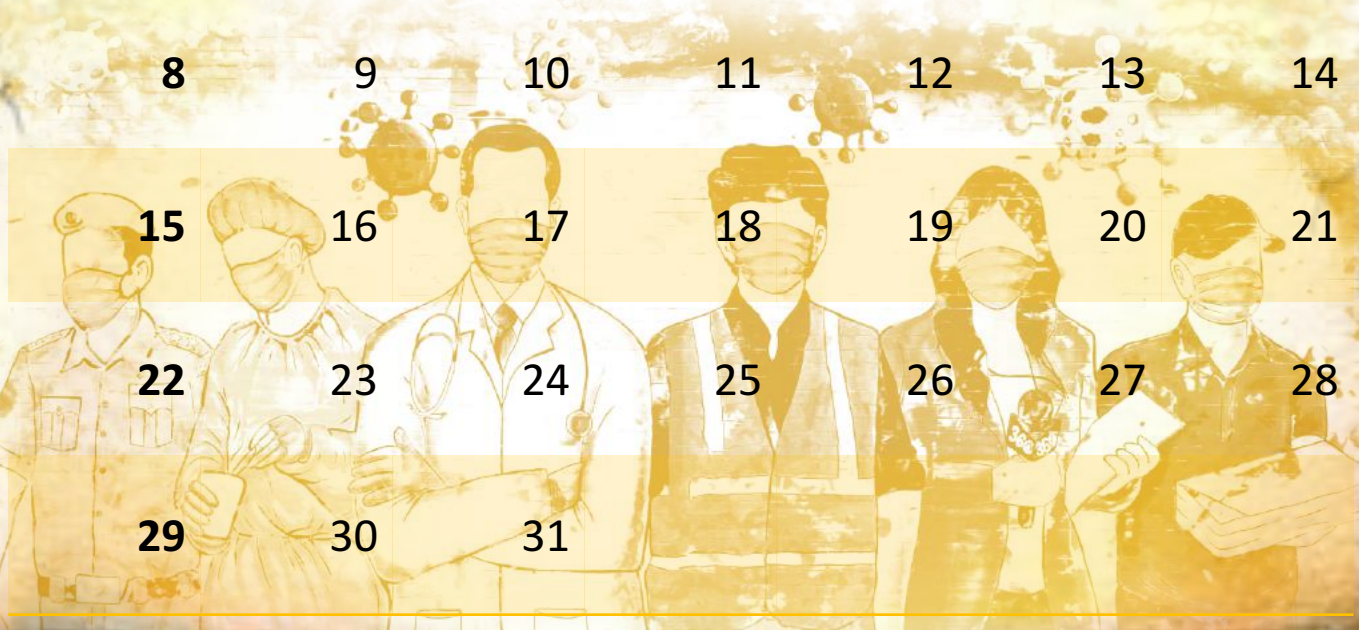
AUGUST

COVID-19 Vaccine

Vaccination is a simple, safe, and effective way of protecting people against harmful diseases. It train your immune system to create antibodies.

Currently more than 50 COVID-19 vaccine candidates in trials and some vaccines have been approved for emergency use.

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2021

SEPTEMBER

COVID-19 = Mental Health

COVID-19 is associated with fear of falling ill and dying, of being socially excluded, placed in quarantine, or losing a livelihood & stigma. Symptoms of anxiety and depression are common reactions for people in the context of COVID-19.
Be kind to one another!

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2021

OCTOBER

COVID19= Safe Workplace

Frequent hand-washing/disinfection with respiratory hygiene such as covering coughs, physical distancing, regular environmental cleaning and disinfection, and limiting unnecessary travel, fresh, clean air in all workplace. Clear policies & training on rights, duties & responsibilities

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2021

NOVEMBER

COVID19: Pregnancy

Pregnant women who are older, overweight, and have comorbidities as hypertension and diabetes seem to have an increased risk. Mode of birth should be based on a woman's preferences alongside obstetric indications. Close contact and early, exclusive breastfeeding is recommended irrespective of covid19.

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2021

DECEMBER

COVID19= Mutation

When a virus makes copies of itself, it sometimes changes a little bit. These changes are called “mutations.” Viruses constantly change through mutation. Some mutations can lead to changes in a virus’s characteristics, such as altered transmission or severity

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2021

THANKS!

This calendar is dedicated to all frontline workers across world for their dedication and service beyond call of duty. Our deepest gratitude to those who have lost their life in the line of duty.

We hope that the governments, policy makers recognise role of primary healthcare and strengthen it to manage the ongoing pandemic. Access to affordable health and equitable distribution of resources especially in rural areas should be prioritised.

- Dr. Pratyush Kumar



Credits – WHO website for the content