Concepts like work from home, masks, quarantine, sanitiser, social distancing, E-classes that are norms today were bizarre idea two years back. In the blink of an eye half of the globe’s population was clutched by the deadly claws of a crown-shaped organism of size 0.1 micrometre.

Reported in Wuhan, China in December 2019, Covid-19 quickly became a pandemic with millions of people getting and many of them dying of this disease. The world witnessed the collapse of numerous industries giving rise to unemployment, burdened health care workers, closure of schools and colleges, suspended airlines and a disrupted global supply chain. It was as if a Hollywood fiction thriller movie was being unfolded.

Globally there were almost 229,858,719 confirmed cases of Covid-19, including 4,713,543 deaths at the time this article was written. In India, around 33,563,421 were confirmed cases of Covid-19 with 446,050 deaths as reported by WHO. Domestic sources reported approximately 14,38,250 confirmed cases of Covid-19 including 25000 fatalities.

The socio-economic division in India faded overnight. Due to lack of research and knowledge on Covid-appropriate behaviour entire country suffered great losses in man and material.

Need for Study
Extensive study being done showed that sixty-five percent Indians thought that Covid-19 shall not affect India as it is a warm country. About 65 percent of respondents thought that Covid-19 spreads by eating eggs or chicken and 5.7 percent thought that disease could be cured by consum-
(i) the knowledge of Covid epidemiology of affected cases by time, place and person. The secondary attack rate was 6.0 percent. Overall, 99.0 percent of 736 districts reported testing and 71.1 percent reported Covid-19 cases.

(ii) assess the reported practice for Covid-appropriate behaviour among the selected urban population.

**Review of Literature**

A community-based study conducted by Gutu et al (2021) on assessment of preventive behaviour associated factors towards Covid-19 in Ethiopia showed that only 10.7 percent participants out of 634 displayed good preventive behaviour of Covid-19. Respondents who used social media as a source of information were more than two times likely to have good preventive behaviour compared to those who did not.

Similar results were obtained through a cross-sectional survey conducted by Devanshi Choudhury and Ankita Sharma to assess the knowledge, attitude and practice about Covid-19 among bystanders of patients visiting OPD AIIMS, New Delhi. The authors found that participants had good knowledge score but poor practice score. Although participants had positive attitude regarding the preventive practices for Covid-19. Another study by Indian Council of Medical Research (ICMR) formulated and established laboratory surveillance for Covid-19. In this study, surveillance data was analysed to describe the testing performance.

In the present study descriptive approach was used keeping in view the objectives of the study (MoHFW dashboard, 2020). Convenient sampling technique was used for collection of data from 200 participants. The sample size (n=200) was purposely. Prevalence rate was taken from the study mentioned above. The dependent variables in the study were knowledge and reported practice whereas Covid-appropriate behaviour was taken as independent variable. The knowledge and reported practice was measured using questionnaire as a tool (Munro Barbara Hazard, 2005). The validity and reliability of the tool was ascertained by experts. Pilot study was also done to check the validity and reliability of the tool. Informed consent of the respondents was taken and confidentiality regarding details of samples was maintained. Persons in the age group 10 to 85 years residing in selected setting were included. Health care professionals, paramedics and associated health care workers were excluded.

**Results**

In this survey, 200 individuals participated; their...
A significant 86.5 percent agreed that maintaining environmental hygiene plays an important role in reducing the transmission of virus.

• 43 percent knew that social distancing is to be followed in public while only 25 percent reported the practice of this norm.

• 66 percent of the sample population reported the practice of doing Namaste to greet people while 13 percent verbalised the practice of shaking hands during pandemic;

Table 1: Demographic data (N=200)

<table>
<thead>
<tr>
<th>S. No</th>
<th>Demographic Variables</th>
<th>Category</th>
<th>Freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age (in years)</td>
<td>5-25</td>
<td>35</td>
<td>17.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>26-45</td>
<td>89</td>
<td>44.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>41-55</td>
<td>53</td>
<td>26.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>56-70</td>
<td>19</td>
<td>9.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>71-85</td>
<td>04</td>
<td>2</td>
</tr>
<tr>
<td>2.</td>
<td>Sex</td>
<td>Male</td>
<td>108</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>92</td>
<td>46</td>
</tr>
<tr>
<td>3.</td>
<td>Comorbidities</td>
<td>Yes</td>
<td>73</td>
<td>36.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
<td>12</td>
<td>63.5</td>
</tr>
<tr>
<td>4.</td>
<td>Vaccination status</td>
<td>Yes</td>
<td>152</td>
<td>76</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
<td>48</td>
<td>24</td>
</tr>
<tr>
<td>5.</td>
<td>Educational status</td>
<td>Illiterate</td>
<td>42</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intermediate</td>
<td>102</td>
<td>51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Graduate and above</td>
<td>55</td>
<td>27.5</td>
</tr>
<tr>
<td>6.</td>
<td>Type of family</td>
<td>Joint</td>
<td>85</td>
<td>42.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nuclear</td>
<td>114</td>
<td>57</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Expanded</td>
<td>1</td>
<td>0.5</td>
</tr>
</tbody>
</table>

The study revealed that all (100%) of participants had heard of Covid-19 while 85.5 percent had knowledge that it spreads through air (Fig 1).

The findings related to maintaining hygiene like social distancing, hand washing, saying Namaste are shown in Figures 2, 3, 4(a), (b) and (c).

- A significant 86.5 percent agreed that maintaining environmental hygiene plays an important role in reducing the transmission of virus.
- 43 percent knew that social distancing is to be followed in public while only 25 percent reported the practice of this norm.
- 66 percent of the sample population reported the practice of doing Namaste to greet people while 13 percent verbalised the practice of shaking hands during pandemic;
giene was known to 92 percent of population but only 59.5 percent reported that they frequently washed.

• 60.5 percent stated covering of face with handkerchief while coughing or sneezing (Fig 4a).

In case of non-availability of handkerchief or

• 81 percent of population had knowledge that mask should be changed or washed on daily basis while 65 percent reported practicing the same.

• 62 percent respondents knew the correct way of wearing mask.

• Knowledge regarding importance of hand hy-

Fig 4: (a) Reported practice on (a) right manner of cough or sneeze, (b) frequency of washing hands. (c) right manner of removing mask, (c) attending social gathering (Figures arranged clockwise).

60 THE NURSING JOURNAL OF INDIA
tissue, 28 percent reported that they would sneeze or cough by covering their nose with elbow and 88.5 percent had practice of washing immediately or use of alcohol-based sanitiser after coughing and sneezing. About 75.5 percent of samples reported correct way of removing mask (Fig 4c).

• 97 percent of participants were aware of common symptoms provided and 66.5 percent verbalised that they would contact or report to nearest health centre or health care professional.

• 40 percent respondents attended social gathering in past one month (Fig 4d).

Discussion
There was significant difference in knowledge about Covid-appropriate behaviour and reported practice. Although the knowledge and reported practice of majority of population were encouraging but still there is a need for long-term educational interventions especially in knowledge and reported practice of hand washing.

Limitation
• Limited sample size for descriptive study.
• Insufficient sample size for statistical measurements.
• Sample response for reported practices was collected and questionnaire as a tool which may not fully reflect the actual response being practiced.

Recommendation
Study with a larger number of samples can be done to ascertain the Covid-appropriate behaviour and reported practice.

Implication
The usability of this study to the governing body of selected urban community should improve their Information Education Communication and Behavioural change communication activities to reinforce the importance of Covid-appropriate behaviour.

Conclusion
Covid-19 pandemic has become the universally distressing phenomenon. The enormous changes this pandemic has brought in all aspects of an individual’s life has long term implications. There was a phase of despair and hopelessness followed by hope and casual behaviour when vaccines came to fore. Nevertheless, the anxiety about unknown facts and fears about this unpredictable disease looms large on humanity. The only way to combat this is to have scientific knowledge about the correct Covid-appropriate behaviour to be followed stringently which is the only possible way to break the chain of transmission.

References
1. https://www.google.com/search?q=Coronavirus&kgs=00da669135301e3f&shnd=0&source=sh/x/kp/osrp&entrypoint=sh/x/kp/osrp
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7224694/#:~:text=SARS%2DCoV%2D2%20is%20produced%20by%20coughing%20or%20sneezing
6. Available online from: https://covid19.who.int/
7. https://www.google.com/search?q=Coronavirus&kgs=5527a1e76f1189f2&shnd=0&source=sh/x/kp/osrp
18. Munro Barbara Hazard. Statistical Methods for Health Care Research. 5th edn, Lippincott Williams & Wilkins, 2005