

## “Covid-19 Prevention. Reproductive health and healthy lifestyle ”.

The Ministry of Health prepared leaflets aimed at creating a safe environment for all educational institutions during the PANDEMIC, and set a number of tasks. There has been considered the possibilities of returning to traditional form of education in higher educational institution, and a number of tasks for the rectors of universities have been allotted.

<http://tiame.uz//storage/web/source/1/8XyoEWDP2OL-W9Wx3buVBmQ-XsW96aF7.jpg> In particular, when returning to traditional form of education in the higher education system, first of all, shall be conducted surveys among students and their parents. The university shall also analyze the capacity of the institution, the organization of educational processes in accordance with sanitary and epidemiological requirements, the possibility of restoring the activities of the students' dormitory without a threat to the health. The final decision on this matter is made by the Council of Universities on the basis of the corresponding conclusion of the Sanitary and Epidemiological Service, taking into account the proposals of students and their parents. It is well known that in connection with the organization of traditional form of education, it is necessary to familiarize the professors and teachers of the institute with information about the PREVENTION OF COVID-19, information about reproductive health. In this regard, on October 22 the remote dialogue WEBINAR has been organized by the Chairperson of the Council for Women's Affairs with qualified doctors of the Tashkent Center for Reproductive Health: Abdullaeva Gulshoda Shanazarovna and Aliyeva Adel Elmanovna. Professors and teachers were mostly satisfied about discussions and recommendations on "COVID-19 PREVENTION" report presented by Gulshoda Abdullaeva. There was stated various aspects, such as: How does the virus differ from their predecessors, SARS and MERS? According to Peter Piot, director of the London School of Hygiene and Tropical Medicine, SARS-CoV-2 has four important distinguishing features: First, a person does not experience any symptoms for several days after infection, but can already infect others. For example, in the case of SARS, everything was the opposite: the symptoms appeared immediately, but the patient's risk to others began after a few days, secondly, up to 80% of patients experience mild weakness such as a common cold or flu, almost every fifth (18%) and the fact that a person may not have any symptoms, but may inadvertently become a source of infection. Thirdly, for the reason of the symptoms of COVID-19 are so similar to the common flu, many patients do not consider themselves to be carrier of the virus, but continue to infect others. Fourthly, in the early stages of the disease the virus will be in the throat, so a person infected with the virus scatter the particles. The patient starts coughing in the first stage - all the other symptoms that can appear later were conveyed by the professors and students to our girls. Alieva Adelya Elmanovna, one of the qualified doctors in the field of reproductive health, gave a lecture on “What is reproductive health? and Healthy Lifestyles ”. She explained that reproductive health in this regard is not only the absence of disease and deficiencies in the reproductive system and all issues related to its functioning, but also the state of complete physical, mental and social well-being, the principles of reproductive health. We hope that the obtained information will be useful for us in the organization of traditional form of study. Information of Z. Ismailova, Head of the Council for Women's Affairs of the Institute Press service of the institute