COVID-19

What is coronavirus?

Coronavirus or COVID-19 is a new virus and so, our bodies have very little natural immunity to it. It spreads faster than the common cold or flu which is why it is a global pandemic.

How does it spread?

This highly contagious disease spreads through droplets from sneezing and coughing. It can spread through contact with an infected person or even contact with an object or surface that has been touched, coughed on or sneezed on by an infected person. The disease can be airborne up to two meters away from an infected person.

Symptoms

- fever
- tiredness
- sore throat
- dry cough

In severe cases:
- difficulty breathing/ fast breathing

Disease Severity

80-90% have only mild symptoms and recover.

10-20% may require hospitalisation of which
→ **5-8%** may need ICU care.

3-4% may die.

The elderly and those with pre-existing heart/lung conditions or with diabetes are at higher risk and need special care.

C💛VID-19

How to prevent coronavirus:

- **Avoid touching your face** (the disease transmits through your nose, mouth and eyelids). If unavoidable, do so with clean, washed hands.
- **Wear a mask** when outside.
- **Wash your hands (with soap)** immediately after contact with surfaces used by others.
- **Do not use your dominant hand** when touching door knobs/handles, phones, computers, lift buttons, doorbells etc.
- **Avoid long queues/crowded places.** If unavoidable, keep a safe distance (min 1-2 metres) from others.
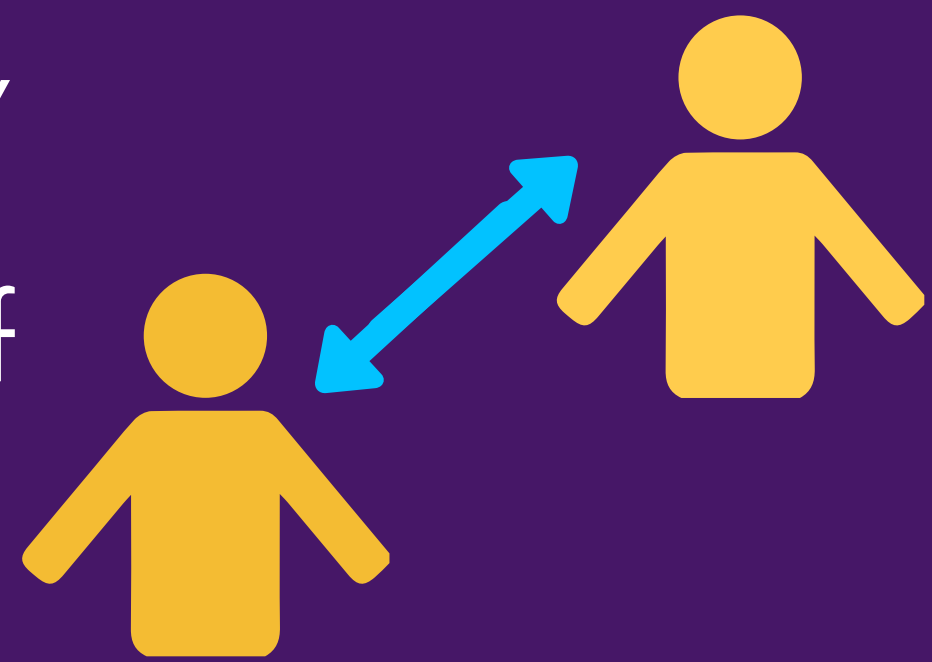
Diet recommendations:

Eat healthy! Rice, dal, coloured vegetables, leafy greens, meat, eggs, curd, fruits like oranges, guava, papaya, sweet lime etc.

Don't panic!

This pandemic will pass. The disease is already receding in China. Negative feelings will reduce your body's immunity and stamina to fight the virus.

COVID-19

How to treat coronavirus:

If you have a fever, sore throat, cough and/or breathing difficulty, you may be having coronavirus.
Most cases will affect only the upper respiratory tract, (i.e. nose, mouth and throat) and improve on its own.
Here's what you can do to treat it:

- Always use a mask
- Take bed rest
- Drink plenty of fluids
- Take steam inhalation (as hot as you can tolerate it)Gargle with warm salt water
- Take paracetamol if needed (Eg: Adults: Crocin or Dolo 650 mg every 8 hours).
- Take antihistamines if needed (Adults: Cetirizine 10 mg once a day, or Avil 25 mg 2 -3 times a day).
- Do not take ibuprofen (Brufen, Combiflam, Ibugesic or any other brand) for fever or body ache either alone or in combination
- **Isolate yourselves from family members. Keep at least 2 meters away from others during this illness and do not touch them.**
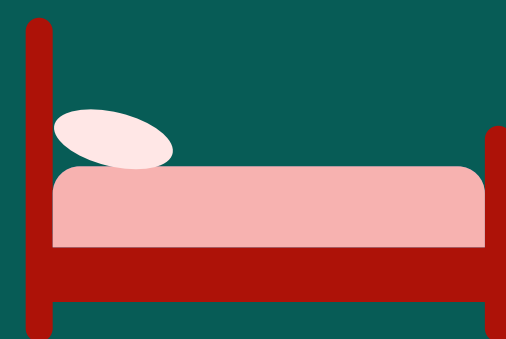
! If there are severe symptoms like trouble breathing, high persistent fever, giddiness or fainting, call an ambulance and get medical care from a qualified doctor immediately.

C🟡VID-19

Precautions to take in a patient's home:

- The patient and carer(s) should use a mask at all times.
- Used utensils and clothes from the patient should be immediately put in soap water for 15-20 min before being washed.
- All utensils and clothes of the patient should be washed separately with adequate soap/detergent.
- Mop the room with a disinfectant like phenyl twice a day.
- Do not let elders or young children near the patient at any cost.
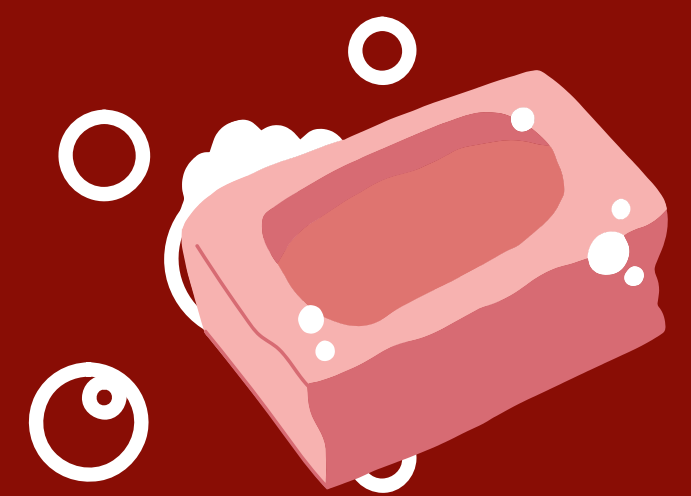
Patient's mental health

It is important for the patient to self-isolate/ quarantine. If they are resistant, do not force them. While maintaining physical distance, talk to them kindly and with affection. It is important to support them and their mental health while fighting this disease.

⚠️ If there are severe symptoms like trouble breathing, high persistent fever, giddiness or fainting, call an ambulance and get medical care from a qualified doctor immediately.

C♥VID-19

How to wash your hands:

It is extremely important to wash your hands regularly and thorougly to prevent contracting coronavirus.

Soap and water: use soap around your fingers, under your nails, on your palms and on the back of your hands for about 20 seconds and then wash them clean.

Hand sanitizer: put about one teaspoon on your hands and rub them together thoroughly (fingers, nails, palms and back of hand) – do not wash off with water.

In case of water shortage

Fill a plastic bottle with strong soap water in the morning. Take a capful of soap water in your palm and rub it all over your hands (fingers, nails, palms and back of hand). Do this for 20 seconds. Repeat it 6 times a day every two hours. Use a towel to dry your hands and wash your towel each night.

COVID-19

Protecting yourself in crowded places/when around a patient

If, for an unavoidable reason, you have to go to a public place or if you are caring for a patient, please cover your face with a mask. If you do not have access to a mask, you can use a handkerchief or dupatta. You need to use a minimum of three layers of clean cloth to cover your nose and mouth.

How to use a homemade mask:

- Mark an 'X' to remember which side faces outside and always use it the same way.
- Wash your hands with soap before handling the mask.and then wear.
- The mask must cover both your nose and mouth and not leave any gap between your face and the mask.
- Avoid touching/adjusting the mask. If you do touch the mask, immediately wash your hands

Steps to take after returning home

- A mask must be disposed after 5-6 hours of use or when damp.
- If using a handkerchief, wash it in warm water and soap, then dry it preferably in the sun before using it again.
- Wash your clothes immediately. If you cannot wash them, store them separtely in a polythene bag and reuse them only when you have to go out next.