



COVID-19

About COVID-19

➤ What is 2019 Novel corona virus?

It is a new respiratory virus first identified in Wuhan, Hubei Province, China.

➤ What is the source of COVID-19?

COVID-19 is a betacoronavirus, like MERS and SARs, all of which have their origins in bats.

➤ What is the mean incubation period observed in the current outbreak?

2-14 days

➤ What does COVID-19 stands for?

- ✓ CO-corona
- ✓ VI-Virus
- ✓ D-Disease
- ✓ 19- Year 2019 as the virus was identified on Dec 31st 2019

About COVID-19

➤ Who are the high risk groups for Corona Virus infection?

- ✓ Individuals with History of Overseas travel
- ✓ Contact with individuals who have travelled overseas
- ✓ Contact with Covid-19 Patients
- ✓ Hypertension, Diabetes, Obesity
- ✓ Heart disease, Asthma
- ✓ Above 60 years of age
- ✓ COPD
- ✓ Chronic Kidney Disease
- ✓ Health Care Workers

About COVID-19

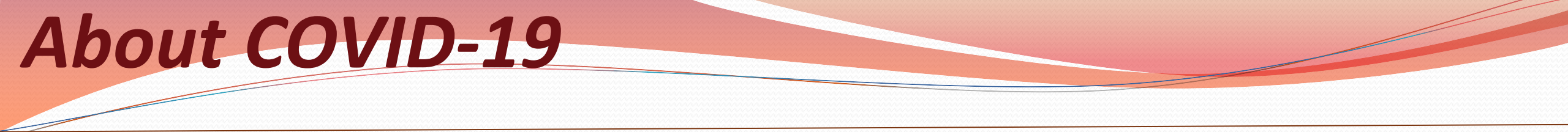
➤ How severe are the infections caused by Covid-19?

This novel coronavirus detected in China is genetically closely related to the 2003 SARS virus. The virus can cause mild, flu-like symptoms as well severe disease like ARDS. People with existing chronic conditions seem to be more vulnerable to severe illness.

➤ Who should be tested for coronavirus?

Patients with sudden onset of at least one of the following:

- ✓ cough
- ✓ sore throat,
- ✓ shortness of breath and in 14 days prior to onset of symptoms, at least one of following criteria:
 - Had close contact with a COVID-19 patient (healthcare associated exposure, worked together in close proximity, travelled together, lived in the same household)
 - Had a history of travel to areas with ongoing community transmission of 2019-nCoV
 - Worked or visited a healthcare facility where patients with covid-19 infections being treated



About COVID-19

➤ **What is the mode of transmission? How easily does it spread?**

Authorities in China have confirmed human-to-human transmission of this virus, including healthcare workers. They also report that sustained person-to-person spread in the community is occurred in China. Extent of inter-human transmission and the spectrum of clinical disease needs to be determined.

➤ **How do you test a person for Covid-19?**

By RT-PCR -Respiratory specimens: nasopharyngeal or oropharyngeal aspirates or washes, nasopharyngeal or oropharyngeal swabs, bronchoalveolar lavage, tracheal aspirates, and sputum.

About COVID-19

➤ Where is the Test for Corona Virus [COVID-19 PCR TEST] done?

Apart from National Institute of Virology as per the **ICMR** - 126 government labs cross India are testing for Covid-19

12 private laboratories including Metropolis, SR Labs, Suburban diagnostics and Thyrocare have been allowed to do Covid-19 testing..

➤ What is the Cost of PCR testing in Private labs?

The cost of RT PCR Test fixed by State / Central Govt shall be allowed

About COVID-19

➤ What are the symptoms of COVID-2019?

According to current knowledge, the clinical signs and symptoms of COVID-2019 disease include fever, coughing and difficulty in breathing, with radiological findings of pneumonia. Patients can present with mild, moderate, or severe illness including severe pneumonia, acute respiratory distress syndrome, sepsis and septic shock.

➤ What Drugs are used in the treatment of COVID-19?

- ✓ Hydroxychloroquine [HCQS] & Azithromycin have been approved by ICMR for the treatment of COVID-19
- ✓ Anti Retro Viral Drugs-Lopinavir /Ritonavir have also been tried.

Please note :- Any Medications should be taken under medical supervision only !

About COVID-19

➤ What is Social Distancing?

Social Distancing is a means of prevention in which healthy people are not allowed to come in close contact with anybody which includes anyone who may have picked up the Corona Virus. This reduces the opportunity for disease transmission

“ It means maintaining a minimum distance of 6 feet or 2 meters ”

About COVID-19

- **Is COVID-19 airborne?**

It is mainly transmitted through droplets generated when an infected person when they cough, sneeze, or even speak.

These droplets are too heavy to hang in the air and hence fall quickly on floors or surfaces.

You can be infected by breathing in the virus if you are within 1 meter of a person who has COVID-19, or by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands.

About COVID-19

- **Can someone spread the virus without being sick?**

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms.

- **Can the virus be spread from contact with contaminated surfaces or objects?**

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

About COVID-19

➤ What are the standard precautions for prevention?

- ✓ Hand and respiratory hygiene measures
- ✓ Medical mask to the suspected patients
- ✓ Cover nose and mouth during coughing with tissue/flexed elbow
- ✓ Perform hand hygiene after contact with respiratory secretions.
- ✓ Use of personal protective equipment (PPE)
- ✓ Prevention of needle-stick or sharps injury
- ✓ Safe waste management
- ✓ Environmental cleaning and sterilisation of patient-care equipment and linen:
- ✓ Thorough cleaning with water and detergent
- ✓ Applying hospital level disinfectants like sodium hypochlorite

About COVID-19

- **How can I prevent COVID-19?**

- ✓ The best way to prevent illness is to avoid being exposed to the virus.
- ✓ Avoid close contact with people who are sick.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Stay home when you are sick.
- ✓ Cover your cough or sneeze with a tissue, and throw it in the trash, or use the inside of your elbow.
- ✓ Clean and disinfect frequently touched objects and surfaces daily using a regular household cleaning spray or wipe.

About COVID-19

Who is required to wear facemasks?

Face mask should be used by all to prevent spread of disease.

Do all patients who are tested positive for COVID 19 need hospitalisation ?

Mild & Asymptomatic cases with no comorbid can be well managed by home isolation by staying connected to a doctor through telemedicine & monitoring. They may not need hospitalisation as per the AIIMS/iCMR Guidelines. Such home isolation with monitoring by doctor through telemedicine is covered by insurance subject to terms and conditions of the policy.

How and when should you wash your hands?

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place; after using the restroom; before eating; and especially after blowing your nose, coughing, or sneezing.

About COVID-19

- **When can hand sanitizer be used and what percent of alcohol is required?**

If soap and water are not available, then an alcohol-based hand sanitizer with at least 60% alcohol can.

- **Are there any vaccines to prevent COVID-19?**

At present there is no vaccine to prevent COVID-19. vaccine developers and other researchers and manufacturers are doing their best to develop a vaccine.

- **Are antibiotics effective in preventing or treating the COVID-19?**

COVID-19 is caused by a virus, antibiotics do not work against viruses.

About COVID-19

How long is the incubation period for COVID-19?

The “incubation period” is the time taken between getting infected with the virus and beginning to have symptoms of the disease. Estimated time of incubation period for COVID-19 ranges from 1-14 days, most commonly around five days.

How Long does the Virus survive on surface?

The virus can survive and be infectious upto 3 hrs via airborne droplets. It can be active upto 72 hrs on hard, shiny surfaces such as plastic, stainless steel, bench tops, and likely glass can support infectious virus, expelled in droplets, but the virus rapidly degrades during this time. On fibrous and absorbent surfaces such as cardboard, paper, fabric and hessian, it becomes inactive around 24 hrs

About COVID-19

- **Should I worry about COVID-19?**

The COVID-19 infection is generally mild in children and young adults. But, it can cause serious illness: 1 out of every 5 people who get infected with it require hospitalization. Hence it is quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

We can protect ourselves, our loved ones and our communities firstly by social distancing and self quarantine, regular and thorough hand-washing and good hygiene. Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.