

# Coronavirus: No-Panic Helpguide



TIP  
SESSIONS

CLIMATE ACTION  
CIVIC AWARENESS  
YOUTH EMPOWERMENT

# Prepare carefully, but don't panic

Here are the answers to the most common queries about Covid-19 (Coronavirus disease) based on information referenced from WHO and MoHFW guidelines.



# What is Coronavirus?

Coronavirus is an infectious condition, which means it can be spread, directly or indirectly, from one person to another, caused by the newly discovered coronavirus, called as novel coronavirus, first identified in Wuhan, China, in December 2019.

## Symptoms



**Fever**  
(100F or above)



**Dry Cough**



**Difficulty Breathing**



**Sore throat**



**Tiredness**



# How deadly is Coronavirus?

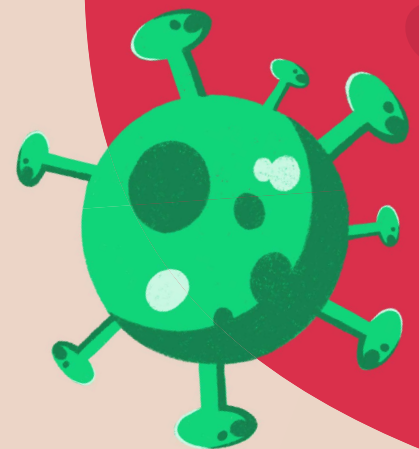
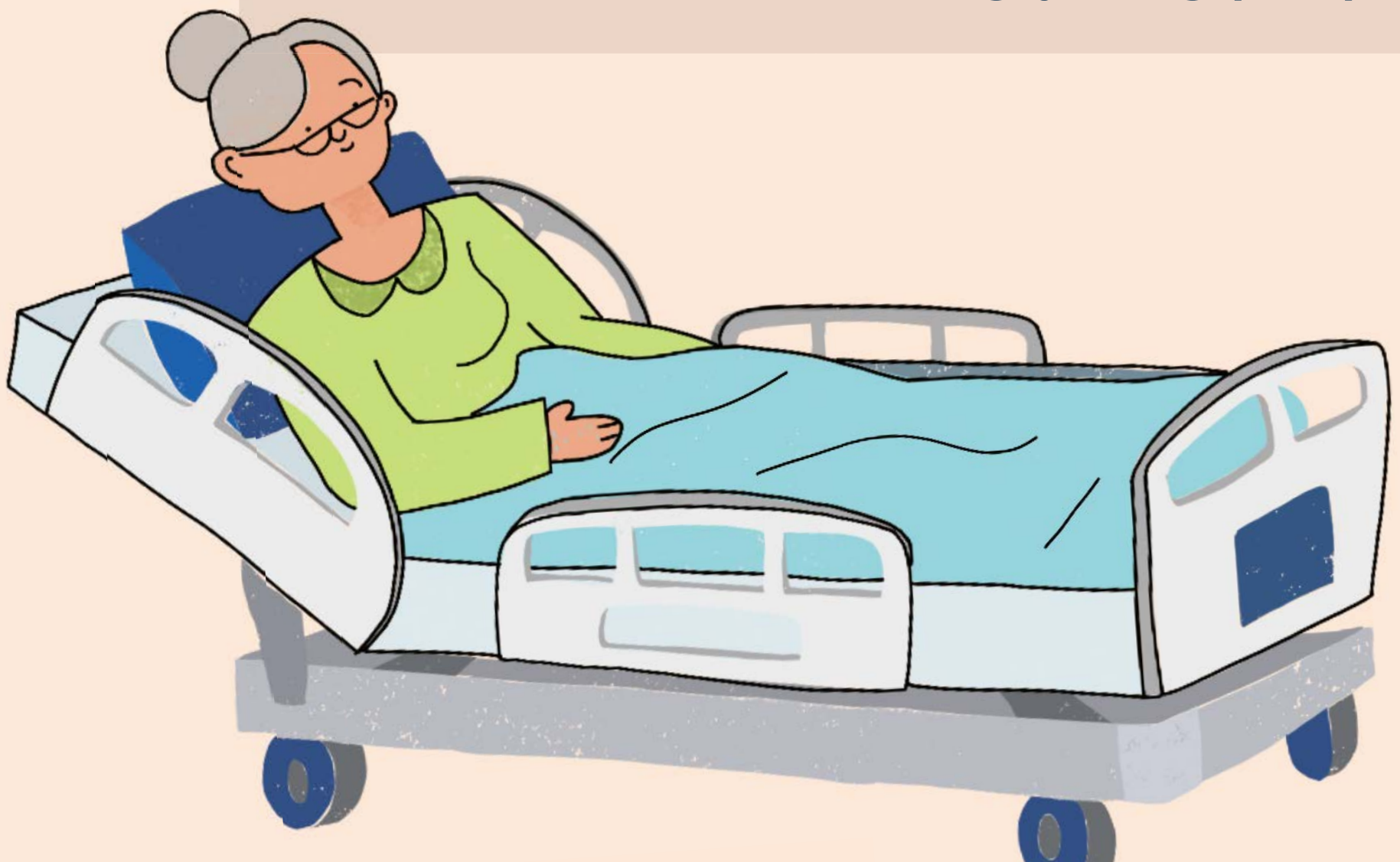
Coronavirus has “high infectivity but low mortality”

01

Death rate ranges between 3-4%.

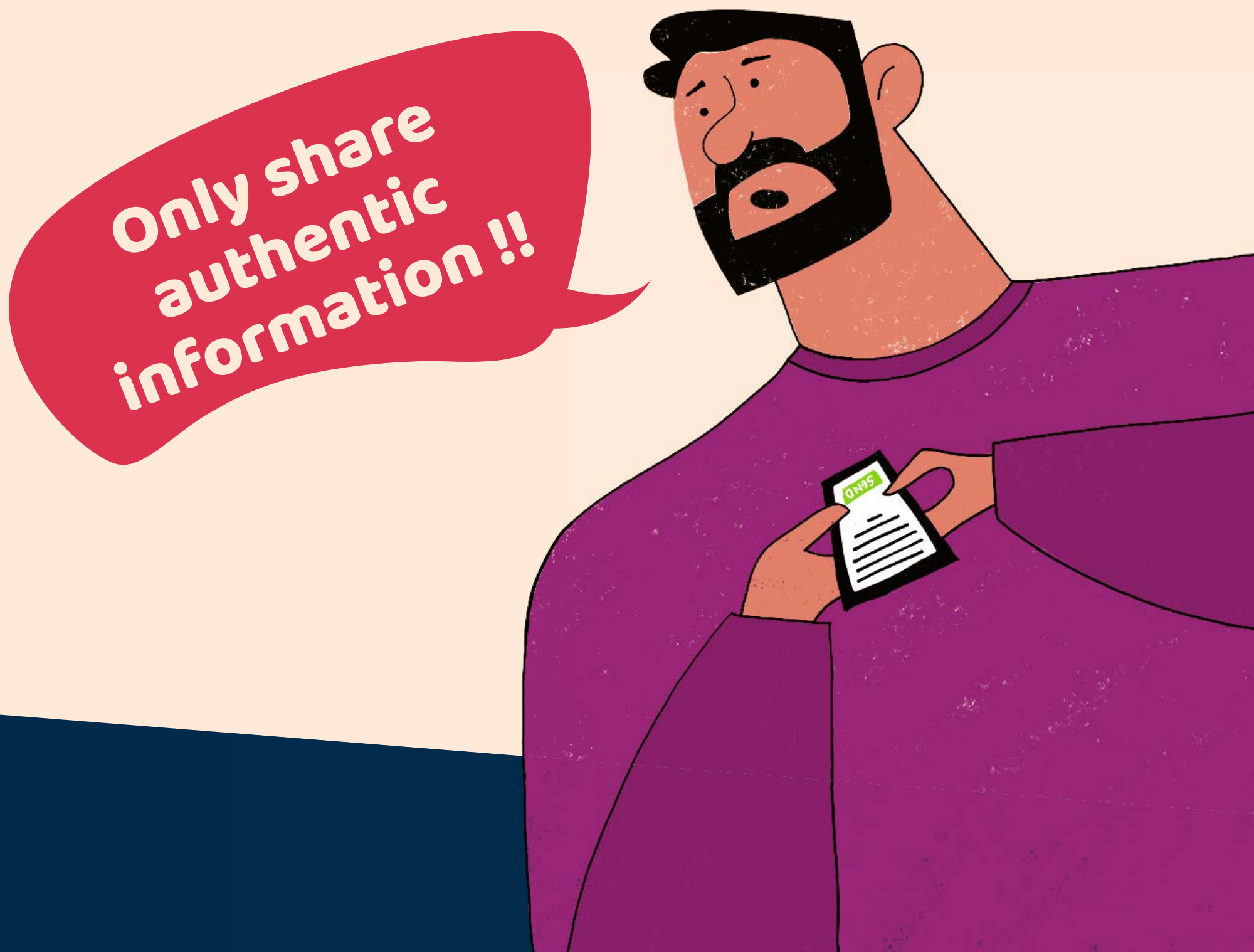
02

Risk of death is higher in older people and people with pre-existing health conditions but now it's also affecting young people.



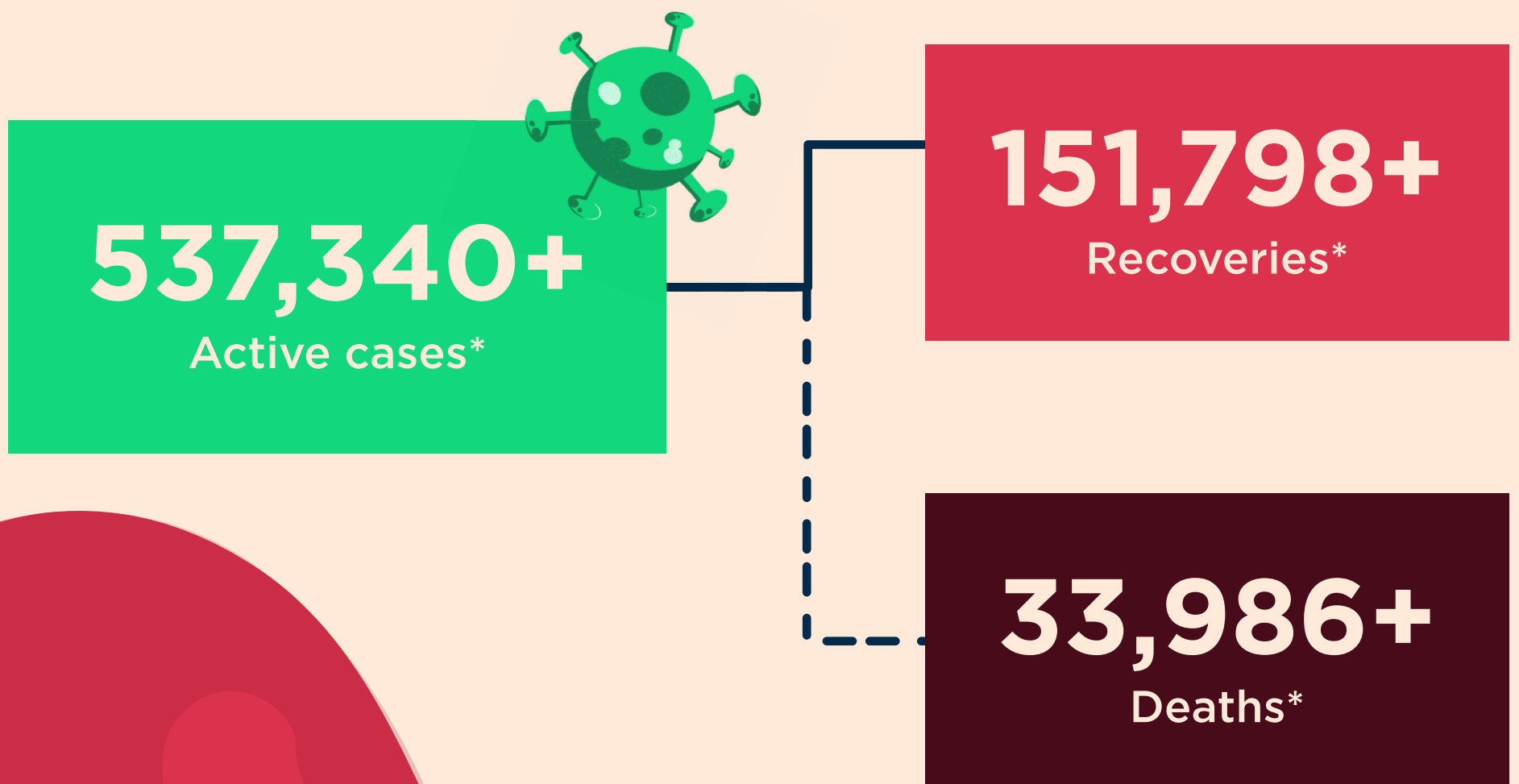
# Why is there so much panic?

The lack of verified facts and floating rumours are to be blamed for this panic. The most important thing is when a virus is new, we don't know how it may affect people.



# Will I die if I catch the disease?

If the symptoms are treated with timely medical care, you can recover from the disease in 2 weeks. However, people over 60 yrs have a slim chance of recovery if infected. Therefore anyone below 60 has to stay home in order to avoid fatalities.



\*Data as of 30/3/2020

# So, how exactly does the Coronavirus spread?

An infected person can spread the infection to a healthy person



# Cold Vs. Flu Vs. Coronavirus

If you have a sore throat, it's more likely a cold than flu or coronavirus, in general.

	Cold	Flu	Coronavirus
Time between catching the virus and beginning to show symptoms	1-3 days	1-4 days	2-14 days
Symptoms onset	Gradual	Abrupt	Gradual
How long do symptoms last	7-12 days	3-7 days	Mild cases: ~2 weeks Severe or critical case: ~3-6 weeks

## Major Symptoms

Fever	Sometimes	Common	Common
Runny nose	Common	Sometimes	Less Common
Sore throat	Common	Sometimes	Less Common
Cough	Common	Sometimes	Common
Body Ache	Rare; if occurs, mild	Common	Less Common
Difficulty Breathing	Rare	Rare	Common



# Can the coronavirus disease be passed on through food?

**NO.**

**There is no such evidence as yet.** Analysis by SARS and MERS suggest that **people do not get infected through food.**

# Can eating chicken or eggs cause Coronavirus?

**NO.**

**There is no such evidence as yet.** It is not known to spread directly through poultry products. But, experts say it can be a good option to have only properly cooked meat.

# Should I be tested for Coronavirus if I have high grade fever, cough and difficulty in breathing?

Testing for coronavirus will only be done as recommended by the doctors only if someone falls under the definition of **“suspected case”**.

**You can suspect to have coronavirus, only if**  
You have symptoms (fever, cough, shortness of breath) + any one of these:

- Travel history to a coronavirus-affected area
- Close contact with a person with coronavirus disease
- Visiting a healthcare facility/ labs where Coronavirus patients are being taken care of.



# **Can coronavirus be treated?**

Symptom-based medical care is given and has proven really effective. There is no specific treatment or vaccine available for novel coronavirus as yet.

## **Can a person infected with coronavirus recover completely?**

Only 21%\* of people have recovered from the disease.

## **Once a patient recovers, do they become immune to coronavirus?**

No, they can get infected again if they do not take precaution.

\*Data as of 30/3/2020

# What are some preventive methods?

- Wash your hands regularly with plenty of soap and water. Don't touch your eyes, mouth or nose with unclean hands.
- Follow no-touch greeting. Prefer “namaste” or hand waving over handshake.
- Keep your distance of atleast 3 feet from anyone coughing or sneezing.
- Do wear a mask if you're sick and also if you are taking care of someone with the symptoms.
- Do not share “just any forwarded message”. Only share authentic information coming through medical experts.
- If you feel unwell, seek medical attention.





# TIP

## SESSIONS

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<https://www.facebook.com/Tipcoastal/>

[www.instagram.com/tipsessioniscoastaledit/](http://www.instagram.com/tipsessioniscoastaledit/)

- Amidst all the information and fake news circulating around, it is advisable to trust only credible sources for relevant information.
- Please refer to the following sources for real-time updates:
  - WHO**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
  - Ministry of Health & Family Welfare website**  
<https://www.mohfw.gov.in>
- **MyGov Corona Helpdesk Whatsapp Number: +91-90131 51515**