

Coronavirus: No-Panic Helpguide

By 1mg

March 10, 2020



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Prepare carefully, but **DON'T PANIC**

Here are the answers to the most common queries about the novel coronavirus based on our discussion with the various experts from the reputed institutes and analysis of the CDC, WHO, and MoHFW guidelines.

Disclaimer: This piece is for informational purpose only, it is not a substitute to a doctor's advice or any professional medical advice.

Basics first

COVID-19 is an infectious condition, which means it can be spread, directly or indirectly, from one person to another.

- Involves your upper respiratory tract (**nose, throat, airways, lungs**)
- Caused by the newly discovered coronavirus, called as novel coronavirus, first identified in **Wuhan, China, in December 2019**

How deadly is Coronavirus?

Coronavirus has
'high infectivity
but low mortality.'

- Mortality rate ranges between 2–3%. It is **significantly less severe** than 2003 SARS (MR: 10%) or 2012 MERS (MR: 35%) outbreaks.
- Risk of death is only higher in older people (above the age of ~60 years) and people with pre-existing health conditions.

Will I die if I catch the disease?

No

- Almost 80% of people have **mild symptoms, and recover** from the disease in 2 weeks.
- Most of the symptoms can be treated with **timely medical care.**

Total no. of confirmed cases	No. of deaths	No. of recovered cases	No. of active cases, receiving medical care
121,061	4,368	66,216	57,463

Source: John Hopkins Center for System Science and Engineering (live dashboard), as reported on March 10, 2020.

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.

Who is getting sick and how sick?



- Older people are **twice** as likely to have serious COVID-19 illness.
- Most coronavirus led illnesses are **generally mild, especially for children and young adults.**

Are children also at risk of coronavirus infection?

COVID-19 appears to be relatively rare and mild in children.

-
- Just over **2% of cases** were under 18 years of age.
 - Out of these, **fewer than 3%** developed severe or critical disease.

So, how exactly does the coronavirus spread?

A healthy person can get infected from a sick person.

- Through **eyes, nose, and mouth**, via droplets produced on coughing or sneezing.
- When they come in **close contact**.
- When one comes in **contact with contaminated surfaces, objects, or items of personal use**.

Can the novel coronavirus be passed on through food?

No

There is no such evidence as of now.

- Experience with other coronaviruses like 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 of now.

- The novel coronavirus is not known to spread directly through poultry products. But, experts say it can be a good option to have only properly cooked meat.

Do I have coronavirus if I am coughing or sneezing?



You may have coronavirus, **only if you have symptoms (fever, cough, shortness of breath) + any out of these:**

- Travel history to a coronavirus-affected area (like China, Iran, Italy, Republic of Korea, etc.).
- Close contact with such a person.
- Working in healthcare facility/ labs where coronavirus patients are being taken care of.

Track what your symptoms are

Coronavirus can get you symptoms like fever, cough, shortness of breath. They can be almost similar to common cold or flu and may appear within 2-14 days of exposure. Severity of illness can vary in different people from mild to severe symptoms.

If you have a fever, cold, or sore throat, don't panic. Take good care of yourself:



Inhale steam 2-3 times a day to clear off congestion



Stay hydrated and get adequate rest*



Wash your hands frequently for atleast 20 seconds



Visit a doctor if condition worsens or does not get better with time



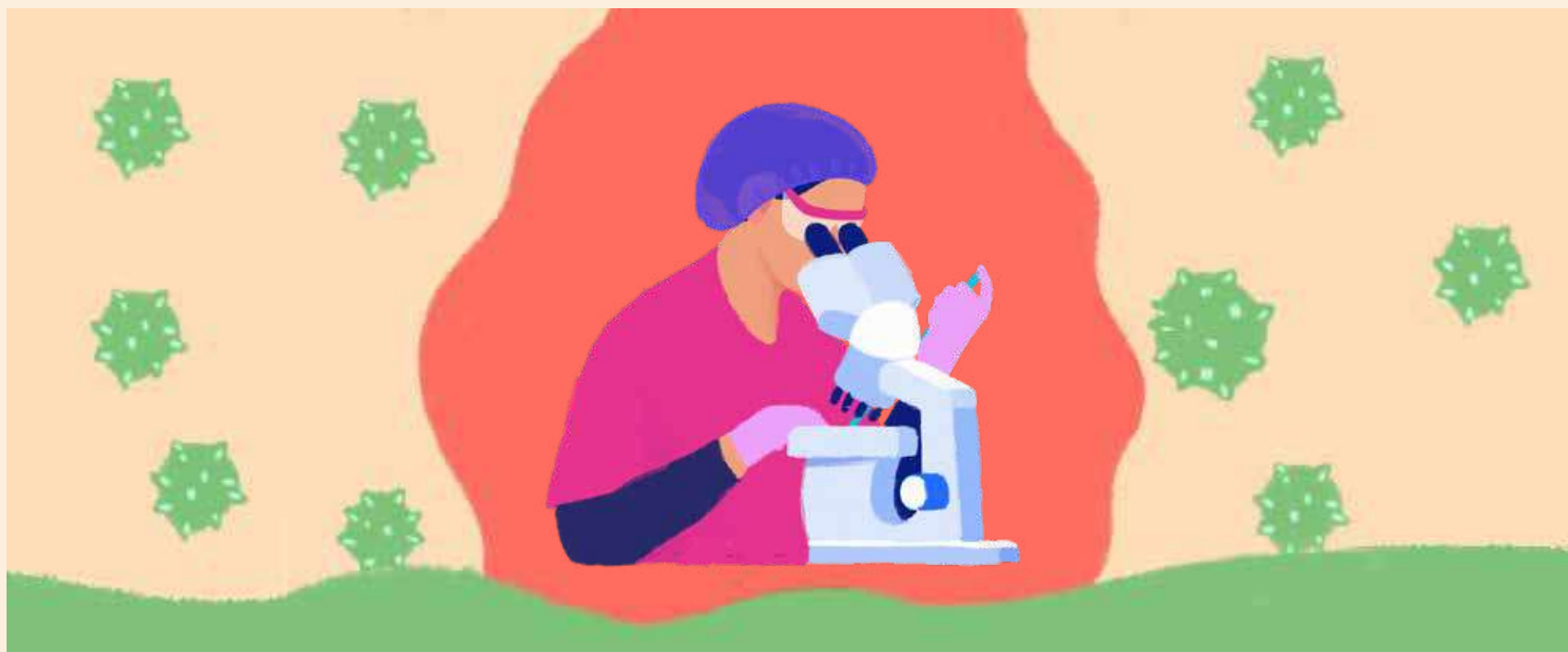
Take medicines as and when advised by the doctor

Should I be tested for coronavirus if I have high grade fever, cough and difficulty in breathing? Or can I get a coronavirus test done just for the sake of satisfaction?

No

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

Why can only designated labs test coronavirus? Why can't I get a home sample collection done for coronavirus testing?



- It is because the virus is highly contagious and can only be tested by special labs equipped to handle such contagious pathogens. As of now, only **labs with biosafety level 4 (BSL4) can handle the COVID-19 samples.**

Can a person infected with coronavirus recover completely and be no more infectious?

Yes

- In fact, about 80% of people have recovered from the disease **without needing special treatment.**

Can coronavirus be treated?

Yes

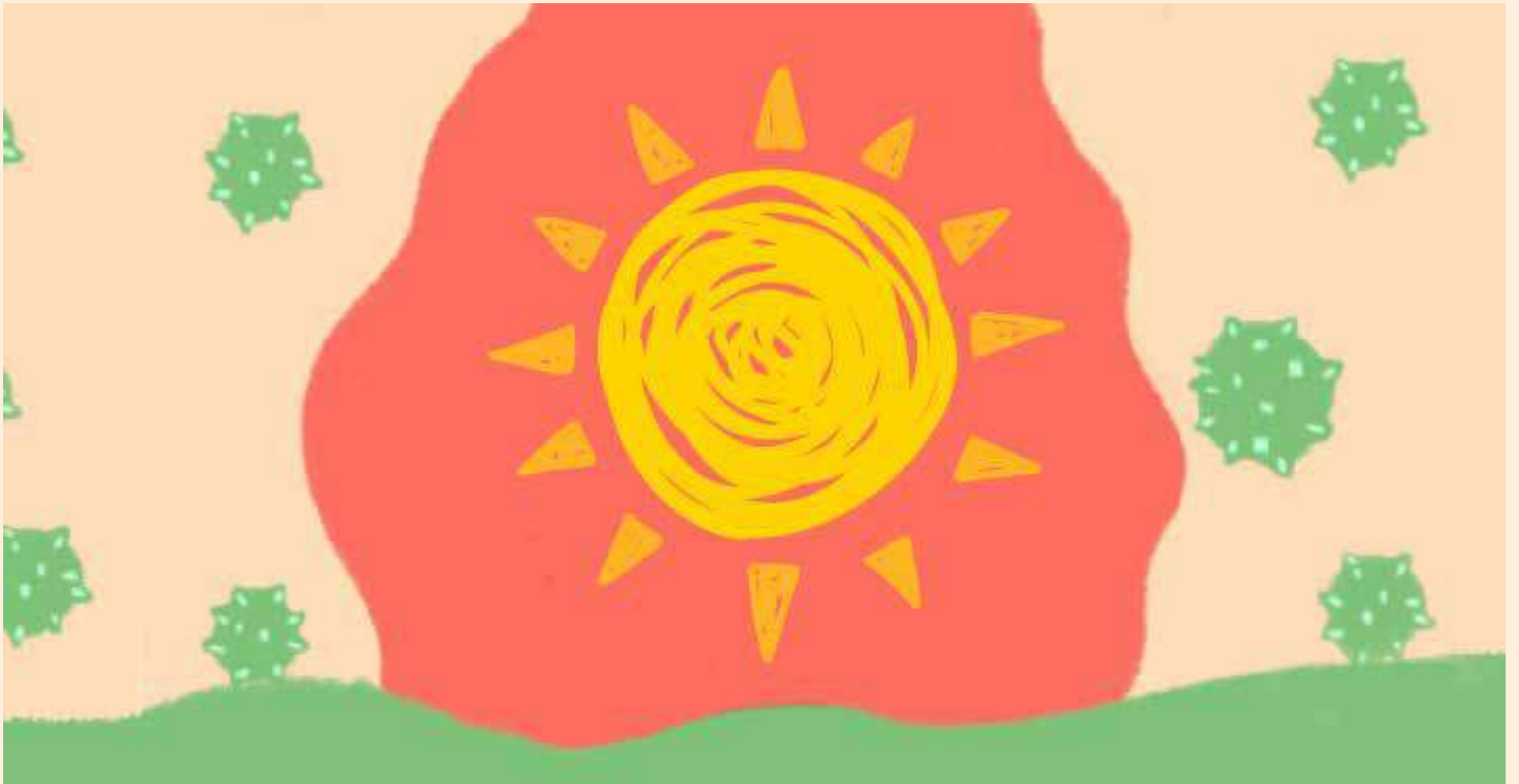
- Symptom-based medical care is given and has proven really effective.
- There is no specific treatment or vaccine available for novel coronavirus as yet.

Can eating garlic prevent infection with the coronavirus?



- There is **no science-based evidence** that proves its ability to protect against the coronavirus.

Will warm weather stop the outbreak of COVID-19?



- As per the experts in the field, heat and warm weather is **likely to decrease the spread** of COVID-19.

How long does the coronavirus survive over the surfaces or objects?



- It survives up to 8–10 hours over porous surfaces (like paper, untreated wood, cardboard, sponge and fabric) and a little more than this over nonporous surfaces (like glass, plastics, metals, varnished wood).

What type of mask should one wear to protect against the coronavirus?



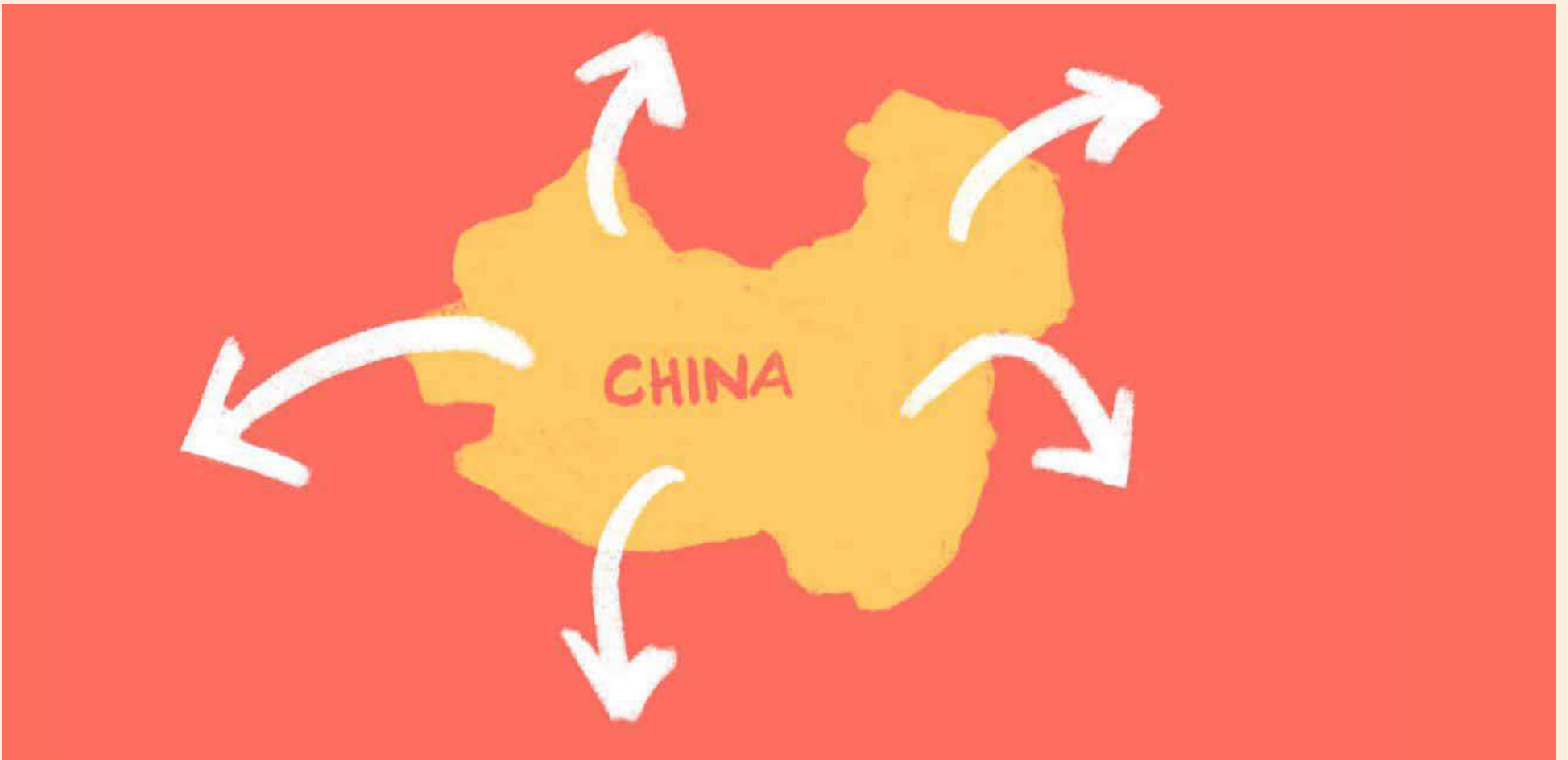
- The **3-layer disposable surgical masks** are good enough to contain the virus.
- N-95 or N-99 masks are not mandated.

Should the coronavirus outbreak concern you about your pets or other animals?

To date, no case has been reported of pets or other animals becoming sick with COVID-19.

- We still recommend **washing your hands before and after you interact with your pets**, as you may not know if some infected droplets get on your pet's fur.

Major concern: How easily does it spread?



- The virus that causes COVID-19 seems to be spreading easily and continually.
- Community spread is seen only in some affected geographic areas like China, Republic of Korea, Iran, Italy, Hong Kong, etc.

3Ps: All it takes to defeat coronavirus!



Channel your worries into these
3 actionable goals:

- 1. Protect yourselves.**
- 2. Protect your loved ones.**
- 3. Protect your community.**

Protect yourselves:



- Wash your hands regularly with plenty of soap and water.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Don't touch your eyes, mouth or nose with unclean hands.
- Keep your distance of at least 1 meter from anyone coughing or sneezing.
- Follow no-touch greeting to keep yourself safe. Prefer **namaste** or **hand waving** over handshake.

Protect your loved ones:



- Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.
- Don't travel or visit crowded places if you're sick.
- Wear a mask if you're sick and also if you are taking care of someone with the symptoms.

Protect your community:



- If you feel unwell, seek medical attention.
- If you have a fever, cough, or difficulty breathing, stay indoors. Call healthcare professionals and follow their advice.
- Do not share 'just any forwarded message'. Only share authentic information coming through medical experts.

For any further queries, contact the Ministry of Health & Family Welfare on their 24*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com).

Still have questions regarding the novel coronavirus? Share it with us and we will try to answer it for you:

<http://1-mg.in/2IAcs0Bay>

Follow this article for regular and authentic updates on the novel coronavirus:

<https://www.1mg.com/articles/coronavirus-all-your-questions-answered/>

References:

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