

# Why is the coronavirus different?

The coronavirus (nCoV-19) is far worse than the seasonal flu and SARS, and some researchers believe that this is the worst outbreak we've had since the Spanish Flu, which caused 500 lakh deaths, with 200 lakh deaths in India alone.

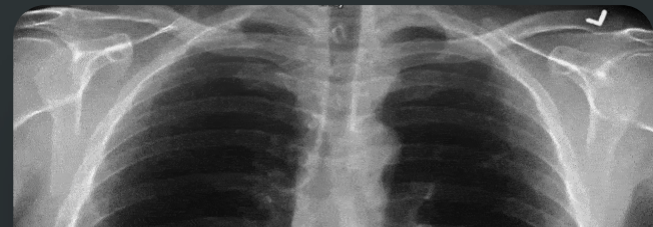
Here are some ways the coronavirus is different from the flu/common cold:

- **Dangerously infectious:** A person infected with the coronavirus can infect upto 7 people, and each of them can infect another 7 more<sup>1</sup>, whereas the common cold/influenza can only infect up to 1.3 people. Additionally, the coronavirus can spread through air, sneeze droplets, fecal matter, and **even through the eyes**.
- **Very good at hiding:** Those infected **will not show any symptoms or signs** (high temperature, coughing, etc) for 14 to 28 days. **However, they will spread the virus during this period.**<sup>2</sup>
- **High complication rate:** If you get infected, you have 20% chances of requiring hospitalization. While that may seem low, remember that when several people get infected, the hospitals will be filled completely. In China, people are dying outside of hospitals primarily due to this reason.

- **No vaccines or immunity:** According to WHO, a vaccine won't be ready until 2021. Additionally, unlike the flu/influenza, we do not have immunity to this virus.
- **Tests don't work properly:** Medical tests for the coronavirus often fail to detect whether a person is infected or not.<sup>3</sup>
- **Re-infection is worse:** If you survive a coronavirus infection, a reinfection will be deadlier.<sup>4</sup> Additionally, you will keep spreading the virus even after recovery.<sup>5</sup>

# How does it affect the body?

Coronavirus attacks the tissues in the lungs, filling them up with fluid, causing pneumonia. This is visible in chest x-rays as white spots.<sup>6</sup> Research also suggests that the virus attacks the kidneys and the heart as well.<sup>7</sup>



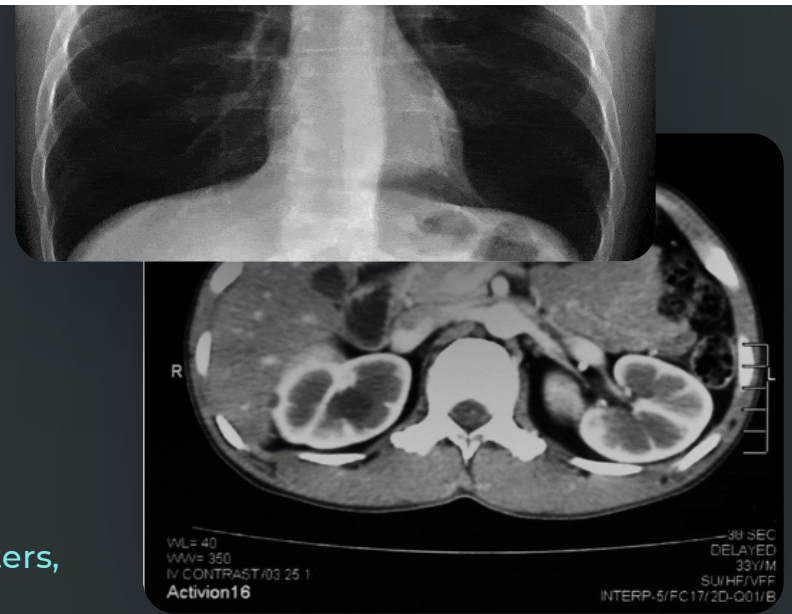
# Things you must have.

Here are some of basic items you **must** have during the coronavirus pandemic:

- **Tools:** Candles, batteries, power banks, flashlights, cigarette lighters, duct tapes, paper towels/napkins, and scissors will be required.
- **Masks:** You should have N95 or N99 masks in stock, and be sure to wear them whenever you go outside. **Surgical masks will not work, and even N95 and N99 masks are not as effective.**
- **Medicines:** Stock up on 3 to 6 months of medicines that you or your family members need (drugs for blood pressure, diabetes, and other conditions). Also, make sure you have a collection of multivitamin supplements, and painkillers such as Ibuprofen.
- **Helpful chemicals:** Make sure you have a good quantity of hand sanitizers, isopropyl alcohol (rubbing alcohol), disinfectants, mosquito repellents, anti-fungal creams.
- **Carbohydrate-rich foods:** Stock up on 3 to 4 months of carbohydrate-rich foods, such as rice, flour, oats, cornflakes, potatoes, and peanut butter, along with cooking oil, cooking gas, and other kitchen essentials. You can store noodles, dark chocolates, honey, onions, and garlic.

Here are some optional items you might need:

- **Eye protection:** If you're living close to an infected area, it is essential that you have adequate eye protection. In this case, swimming goggles might be the best option. They are cheap and easy to use, compared to full-face gas masks that cost a fortune (and may not be available).



- **Hand protection:** Nitrile gloves are cheap, disposable, and easy to wear accessories that can protect you from skin-contact with potentially infected people.
- **Additional foods:** You can also stock up on dried fruits, jams, salted butter, and free-dried foods.

# Things you must do.

Here are some things you **must** do during the coronavirus pandemic:

- **Always wear masks when outside:** Masks not only prevent you from touching your face, they also stop germ particles from entering your nose and mouth.
- **Wash hands frequently:** You should wash hands after coming from outside or from the washroom, and before eating or cooking food. Proper hygiene is absolutely critical to ensuring good health. Additionally, carry a small hand sanitizer with you, to clean your hands on the fly.
- **Donate:** Support your neighbours and the old members of your community, donate extra masks to your neighbours, family members and maids (if any) who don't have any. Additionally, you should probably consider asking any house maids who work in your home/office to take a leave.
- **Manage electricity:** It is entirely possible that there will be prolonged power-cuts wherever you stay. For this, make sure that you have an inverter system, or at least power banks and rechargeable batteries. Some might even consider purchasing small solar panels and charge controllers.

- **Clean drinking water:** Make sure that you have a basic water filtration system that can work without electricity. Boiling the water before drinking will work wonders, other methods include using a tiny pinch of potassium permanganate, adding iodine tablets, using chlorine drops, or using a UV flashlight to purify water.<sup>8</sup>

Here are some additional tips:

- **Spray isopropyl alcohol (rubbing alcohol) on clothes:** After coming back home from a short trip outside, spray your clothes with rubbing alcohol/isopropyl alcohol (don't breathe it in too much!).<sup>9</sup> Additionally, be sure to clean your mobile screens with rubbing alcohol/isopropyl alcohol as well, because **research suggests that the coronavirus can live on your phone screens for upto 96 hours.**<sup>10</sup>
- **Eat garlic:** Garlic contains compounds that help the immune system fight germs, along with a compound known as alliin. **Note: Eating garlic will NOT make you immune towards the coronavirus under any circumstances.** Garlic prevents common cold and flu from attacking your body, which means that if you show symptoms such as dry cough, fever, and sore throat, there will be higher probability that you are infected. Even then, your strong immune system will be better at fighting the coronavirus.<sup>11 12 13 14 15</sup>
- **Keep morale high:** If you take the necessary precautions, you will be alright. It might feel like the end of the world, but it's not. Take this time to work on your hobbies, develop new skills, read books that interest you, watch movies at home that you might have missed out on, and spend some quality time with your family.

# What next?

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And several others: