

FREQUENTLY ASKED QUESTIONS

1) What are the symptoms of COVID?

- COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Dry Cough
- Tiredness

Less common symptoms:

- Aches And Pains
 - Sore Throat
 - Diarrhea
 - Conjunctivitis
 - Headache
 - Loss of Taste or Smell
 - A Rash on Skin, or Discoloration of Fingers or Toes
- Serious symptoms:**
- Difficulty Breathing or Shortness of Breath
 - Chest Pain or Pressure
 - Loss of Speech or Movement

2) How to get tested if I doubt I have COVID?

- Firstly, if you have symptoms of COVID 19/ have a history of a primary contact, have an e-consultation with a doctor. Once have had the consult, the doctor will decide if you need to get a COVID 19 test done. You can get the test done at the hospital nearest

to you or the sample can be collected from any sample collecting center. Once your sample has been collected you will need to wait for the result.

3) If I test positive, should I be at home or should I get admitted in the hospital?

- Seek advice from your doctor for admission or home isolation. Based on the symptoms, doctor will decide a home isolation/ hospital admission. If you are advised to seek home isolation, then prepare a separate room with possibly separate bathroom facilities to ensure that your family members are not infected. If you are eligible for home isolation, the hospital / the administration would be responsible to inform the local authorities. Once the patient's contact details are provided to the local authorities, contact tracing team would call the person and family members.

4) If I have comorbidities and have no symptoms, then should I get compulsorily admitted in the hospital?

- Persons with comorbidities and have no symptoms, does not need compulsory hospital admission. But if they have any mild symptoms if occur, either consult with the treating physician/a tele-medicine facility.
- Continue the regular medicines according to the instruction by the treating physician.
- Continue to monitor for warning signs.
- Monitor the oxygen saturation regularly.

5) Is there any medicine I should have in case of mild symptoms of Covid?

- Scientists around the world are working to find and develop treatments for COVID19. There's no specific medication for mild symptoms of Covid 19. But, there are steps you can take to make yourself feel more comfortable despite your uncomfortable symptoms.
- Getting plenty of rest.
- Drinking plenty of water.

- If you have fever, you can take an anti-pyretic like paracetamol tablet, as per the instruction of your doctor/ tele consultation.

6) What kind of food should I eat after testing positive?

- Eat fresh and unprocessed food.
- Eat fruits, vegetables, nuts and whole grains and foods from animal sources (e.g. meat, fish, eggs and milk).
- Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.
□ Drink enough water every day (2to 4 liters of water).
- When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce).
- Avoid foods (e.g. snacks) that are high in salt and sugar.
- Limit intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

7) How do I avail telemedicine facility sitting at home?

- Visit the <https://www.esanjeevaniopd.in> website and click patient registration button.
- By entering mobile number and clicking send OTP button, One Time Password (OTP) is sent through SMS.
- With the OTP Patient registration and token generation page.
- Patient id and token are sent as SMS to the user.
- The user is alerted again through a SMS when his turn is close.
- Now after logging in with patient id again, he/she will be added in queue of patients in the virtual consultation room.
- When the call now button gets activated, one can press it. Upon pressing the button, the doctor appears on screen in ten seconds.

- The consultation process is now on and doctor gives an e prescription. This can be downloaded to get medicines from nearby medical shops/hospitals.

8) Should I have Oxygen cylinder at home?

- Oxygen is a medicine, It is very important to understand that oxygen can be dangerous if not used correctly. Oxygen is a prescription medication. Administered only the instruction of a registered medical practitioner. No need to keep oxygen cylinder at home. Always check oxygen saturation (SPO2) and inform health professionals for advice.

9) After recovery, what are the precautions I should take?

- Recovering from COVID usually takes around 2 weeks (for mild cases) and about a month for people with a serious infection. The body becomes weak after having battled the dangerous virus for so many days. You may feel drained and lethargic, which is quite natural. Even people with mild infection have to be alert in the postinfection stage because post covid symptoms may develop. If any symptoms develop consult the **post covid clinic** to the nearby health care facility/tele-medicine facility.

Take rest

- Most doctors suggest that after recovery; stay isolated for another 7 days, especially now that some studies have found that even if the symptoms disappear, the virus may still live in the body. If possible, take a week of complete rest after recovery. A wellrested body can focus on healing. Get enough sleep because when the person sleep, his body speeds up the recovery procedure. Do not resume old lifestyle right away.

Too much work, stress and anxiety will make the person ill.

Have a nutritious diet

- Food eases the path to recovery. The right kind of food will help to regain the strength back in days. Make sure the diet includes plenty of proteins such as soups, legumes, seeds, nuts, boiled eggs, and chicken stew. Proteins repair the body. Eat small portions for easy digestion. Don't forget to eat at least 1 fruit a day. Drink plenty of water to stay hydrated.

Exercise a little every day

- Exercising may sound unappealing, but it is essential for a speedy recovery. Working out improves blood and oxygen circulation. It helps to detoxify the body. It can also help the brain to produce more happiness hormones which will lift one's spirits – something that is greatly needed after one have contracted COVID 19. Only exercise as much as you can. Do your favorite kinds of exercise and don't push yourself too much. 10 minutes a day will suffice.

Play a few memory games

- COVID is known to damage brain and neural cells. To prevent future memory problems, try playing some memory games like Sudoku, mathdoku, crossword, jigsaw, etc.

Check blood oxygen level

- Continue to monitor the blood oxygen saturation level with oxymeter. Even if a person has recovered from COVID 19, there could be lung damage that he don't know of. If so, the oxygen level will fluctuate and dip below 94. Then definitely need to visit the doctor.

Watch out for other symptoms

- COVID can have long-term consequences for the health. So always be alert. COVID can cause both lung and heart damage. If begin to experience shortness of breath, tightness in the chest, warm flushes, consult a doctor right away. COVID care is essential and should not be ignored. This is a great investment for our future health.

10) Is COVID a fatal disease?

- Among those who develop symptoms, most (about 80%) recover from the disease without needing hospital treatment. About 15% become seriously ill and require oxygen and 5% become critically ill and need intensive care.
- Complications leading to death may include respiratory failure, acute respiratory distress syndrome (ARDS), sepsis and septic shock, thromboembolism, and/or multiorgan failure, including injury of the heart, liver or kidneys.
- In rare situations, children can develop a severe inflammatory syndrome a few weeks after infection

11) If I test positive and my family members also test positive, will there be any assistance for availing food and other essential services?

- Yes, Can contact your LSGD/ward member for assistance.
- Can contact voluntarily supporting groups nearby your place for assistance.
- Contact NGO's nearby your place for assistance.
- Contact district administration/district control rooms/LSGD help desk also for assistance.

12) How do I check if beds are available in hospitals near me?

- The state of government of Kerala has a dedicated website that tracks the availability of beds in all districts of the state. One can go to **<https://covid19jagratha.kerala.nic.in/home/addHospitalDashBoard>** and check the availability of hospitals. The website also shows the total number of beds, ICU beds, ventilators, oxygen beds, and more.
- In addition to that one can get information regarding bed availability from the elp desks, DISHA and district call centers.

13) How do I get vaccinated?

- Based on the potential availability of vaccines the Government of India has selected the priority groups who will be vaccinated on priority as they are at higher risk.
- The first group includes healthcare and frontline workers and all the employees those who are in close contact with public. The second group to receive COVID 19 vaccine will be all the persons over 60 years of age and persons between 45 & 59 years of age with comorbid conditions.
- Now the vaccination for the age group from 18 years is going to start.
- Vaccination will be provided free of charge at the Government Health Facilities
- On payment basis in the Private Health Facilities - rate as decided by the Government of India.
- Vaccine is available from all health facilities, both Government & Private.
- Vaccine is available through Online Registration and Appointment & available to the citizens through the **COWIN Portal. cowin.gov.in**
- On-site registration is available for the second dose of vaccination.