

CORONAVIRUS EXPLAINED

YOUR MUST-HAVE HEALTH GUIDE TO DISPEL VIRAL WORRIES

By Netmeds



COVID-19: WHAT EXACTLY IS IT?



Coronavirus or COVID-19 is a new strain of virus belonging to the family Coronaviridae and sub-family Coronavirinae. **It is a zoonotic virus which means that it can be transmitted between animals and humans.**

WHY IS COVID-19 NOW A PANDEMIC?

WHO declared COVID-19 as a pandemic because it is **currently spreading rapidly across the globe infecting more than 114 countries.**

4 STAGES OF A PANDEMIC:



Cases mostly reported from **already infected countries.**



Local transmission from **infected persons.**

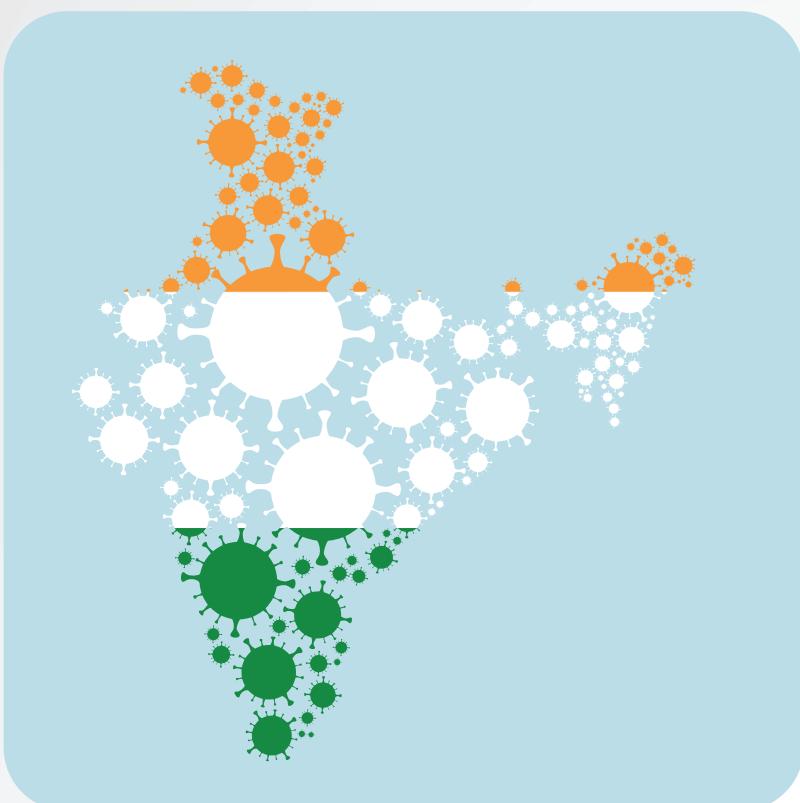


Disease transmits within **communities, infecting large population.**



Disease transforms into **an epidemic with no definite endpoint.**

WHAT STAGE IS INDIA IN RIGHT NOW?



From March 15, 2020, India is currently at stage 1 & 2 with 128 positive cases.

Doctors warn that next 30 days could be crucial for the prevention of stage 2 & 3.

HOW TO CONTAIN COVID-19 IN STAGE 2 TO 3?



- Cancel foreign travel, stay at home. Opt for self-isolation for 14 days, regardless of the symptoms.
- If you are around an infected person, get tested immediately. Quarantine yourself.
- Avoid mass gatherings. Do not visit malls, theatres and public events.
- Practice good hygiene, respiratory etiquette.
- Co-operate with the authorities, do not spread rumours. Do not panic!

WHAT ARE THE SYMPTOMS OF COVID-19?

There are some symptoms may initially mimic a regular flu, but if one has contracted coronavirus, the symptoms will intensify



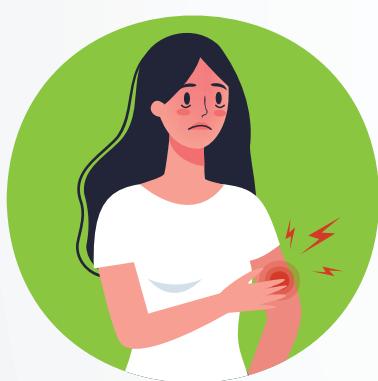
Fever



Severe Fatigue



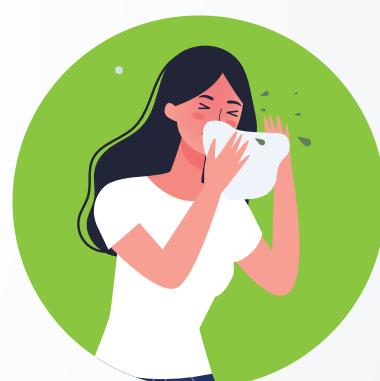
Dry Cough



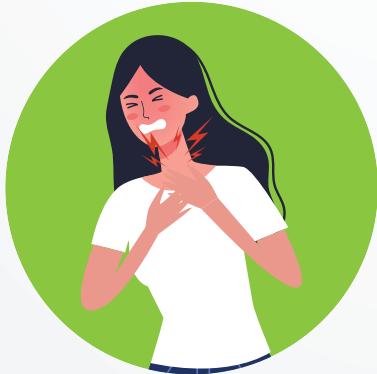
Aches and Body Pain



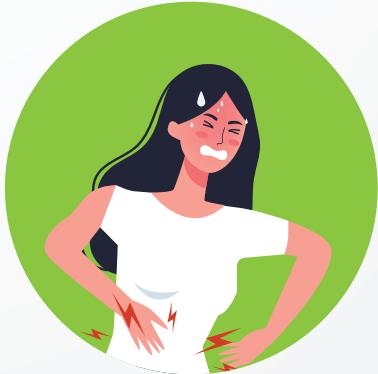
Nasal Congestion



Runny Nose



Sore Throat



Diarrhea

HOW TO TELL IF IT'S A COLD, FLU OR COVID-19?

	COVID-19	FLU	COLD
INCUBATION	2-14 DAYS	1-4 DAYS	1-3 DAYS
ONSET OF SIGNS	GRADUAL	SUDDEN	GRADUAL
HEALING TIME	3 TO 6 WEEKS	3 TO 7 DAYS	7 TO 12 DAYS

SYMPTOMS TO WATCH OUT FOR

SYMPTOMS	COVID-19	FLU	COLD
FEVER	COMMON	COMMON	RARE
DRY COUGH	MOST COMMON	COMMON	GRADUAL
BREATHING DIFFICULTY	MOST COMMON	NO	NO
HEADACHE	RARE	COMMON	NO
SORE THROAT	RARE	COMMON	COMMON
RUNNY NOSE	NOT REPORTED	COMMON	COMMON
SNEEZING	NOT REPORTED	NO	COMMON
DIARRHEA	NOT REPORTED	RARE	NO
FATIGUE	COMMON	COMMON	NO
BODY ACHE	COMMON	COMMON	COMMON

HOW DOES COVID-19 SPREAD?

- The virus can spread between animals to humans, vice versa, via airborne droplets.
- From an infected person through cough or exhalation, if not wearing mask.
- Close contact, hugs, sharing personal belongings.
- Touching surfaces contaminated by the virus.

WHO IS AT RISK?



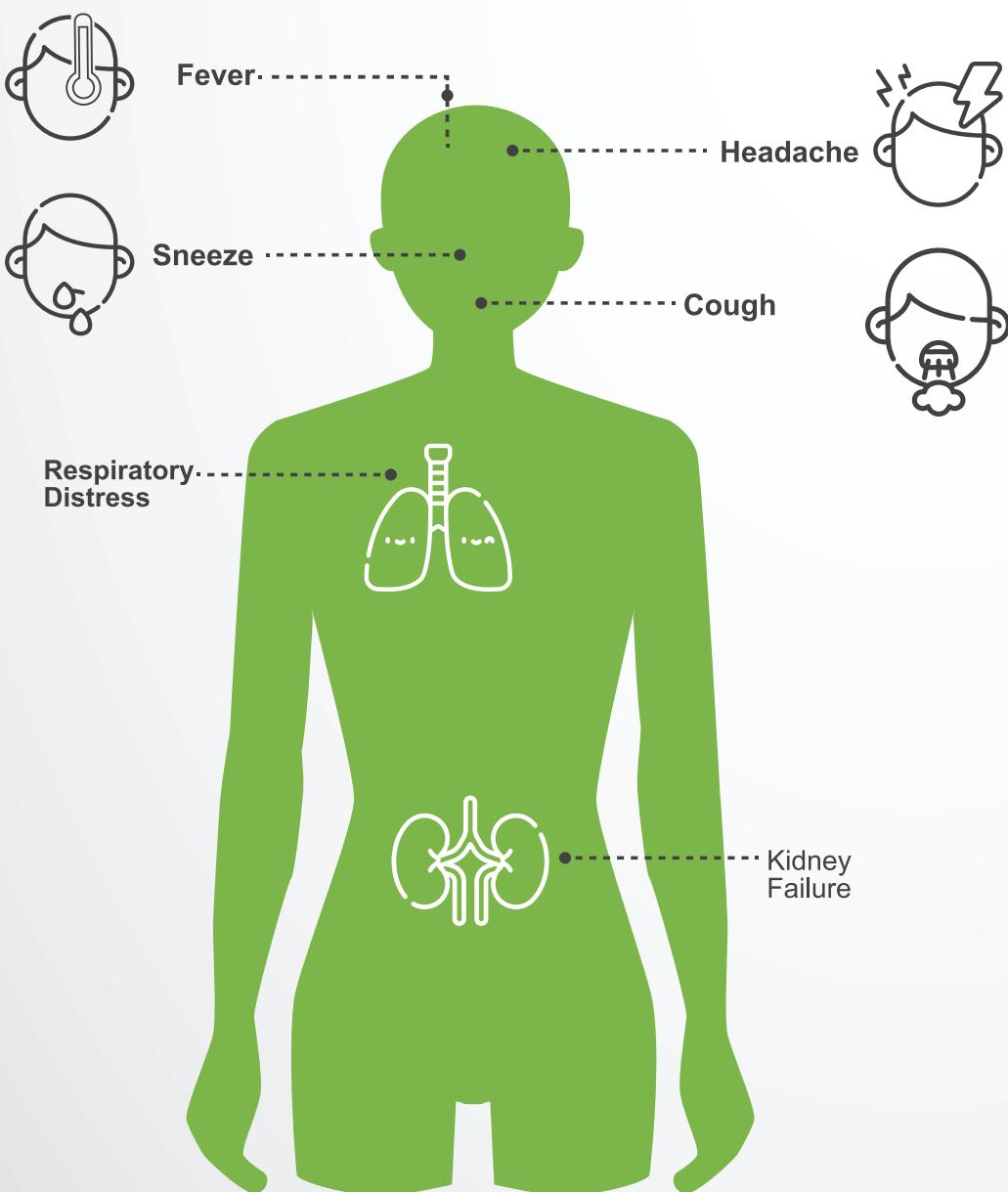
Children below the age of 12
Older adults with co-morbid conditions like diabetes, hypertension, cardiovascular diseases, cancer and immunosuppressed diseases

HOW TO PREVENT CORONAVIRUS?

- Wash your hands frequently
- Stay away from anyone suffering from cold and cough
- Avoid touching eyes, mouth and nose with your hands
- Cover mouth and nose with tissue while coughing or sneezing
- Stay home if unwell



HOW DO I KNOW THAT I AM INFECTED?

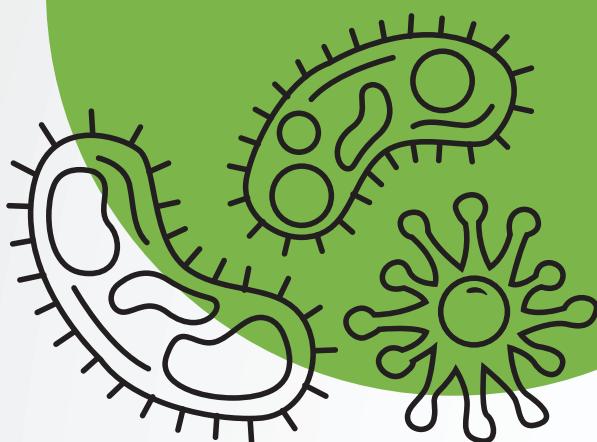


Self-isolation is an excellent precaution if you have travelled recently to the countries infected by COVID-19. Incubation period is 1-14 days. Stay quarantined, avoid public transport. **The symptoms in 80% cases would subside in few weeks.**

MYTHS AND FACTS:

**Will I Die From
Coronavirus?**

No, you won't die



**Should I Stay
Away From
My Pets?**

No



Why?

Though it is a fast spreading virus, the mortality rate is at 3.4%. Unless, you have poor immunity, there are very good chances of making a complete recovery.

Why?

According to WHO, there is no evidence to prove that pets such as dogs and cats **have infected humans with COVID-19.**

MYTHS AND FACTS:

Are Pregnant Women At Risk?

Pregnant women are vulnerable



Why?

The immunity of a pregnant woman is generally low, so expectant mothers should follow proper hygiene and stay away from exposure to any sort of germs.

Are Children At Risk?

Young children could face higher risk



Why?

They have lower immunity and may not know how to protect themselves. Keeping them at home is a necessary precaution.

MYTHS AND FACTS:



Should I Cancel Travel Plans?

Yes



Can COVID-19 Spread Through Drinking Water?

No



Why?

There is no way to monitor the spreading of germs in crowded places or know who has travelled from high-risk places. Cancel all travel if possible. If you have to travel, wear a mask, and disinfect your seat.

Why?

Water treatment methods ensure elimination of all viruses including COVID-19.

MYTHS AND FACTS:

Can
Antibiotics Cure
Coronavirus?

No



Why?

Antibiotics work against only bacterial infections. There is no prescribed medication or vaccination available right now for COVID-19.

WHAT MORE CAN I DO TO PREVENT CORONAVIRUS?

- Stop smoking, as lungs are vulnerable to infection
- Do not just follow traditional home remedies blindly
- Do not go for self-medication
- Add immunity boosters, vitamin C rich foods, supplements to your daily diet.
- If you exhibit any of the coronavirus symptoms, see a doctor immediately

IS WEARING A MASK MANDATORY?

Wear a mask only if you are infected with cold, cough and sneezing.



CAN I TAKE OFF MY MASK TO EAT AND WEAR IT AGAIN?

Ideally, you should handle the mask only by the strings while wearing it. Do not reuse single use masks and discard it in a separate dustbin.

MUST-HAVES IN YOUR COVID-19 KIT

- Alcohol-based sanitizer with at least 60% alcohol
- Masks. Single use masks also will do.
- Soap and handwashes. Practice the 20 second handwashing rule
- Tissues. Both dry and wet tissues will do.



EMERGENCY CONTACT NUMBERS

It is easy to contain the virus by following the above-mentioned precautions. You can also contact the helplines setup by the government, to tackle the situation.

Round-The-Clock Helpline Numbers:

NAME OF THE STATES	HELPLINE NUMBERS
NEW DELHI	011-23978046
MAHARASTHRA	020-26127394
KERALA	0471-2552056
TELANGANA	104
UTTAR PRADESH	18001805145
KARNATAKA	104
MADHYA PRADESH	0755-2527177
TAMIL NADU	044-29510500
UTTARAKHAND	104
WEST BENGAL	3323412600
RAJASTHAN	0141-2225624
PUNJAB	104
ODISHA	9439994859
NAGALAND	7005539653
MIZORAM	102
ANDHRA PRADESH	0866-2410978



**STAY SAFE,
STAY HEALTHY!**

Issued in public interest by

