

Coronavirus Disease (COVID-19)

Know to Break the Chain

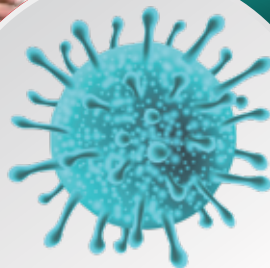
need to **know**



*What is
COVID-19*

*Modes of
Transmission
&
Symptoms*

*Myth
Busters*



COVID-19

*How
to Combat*

HIGH RISK

Population

What is COVID-19?

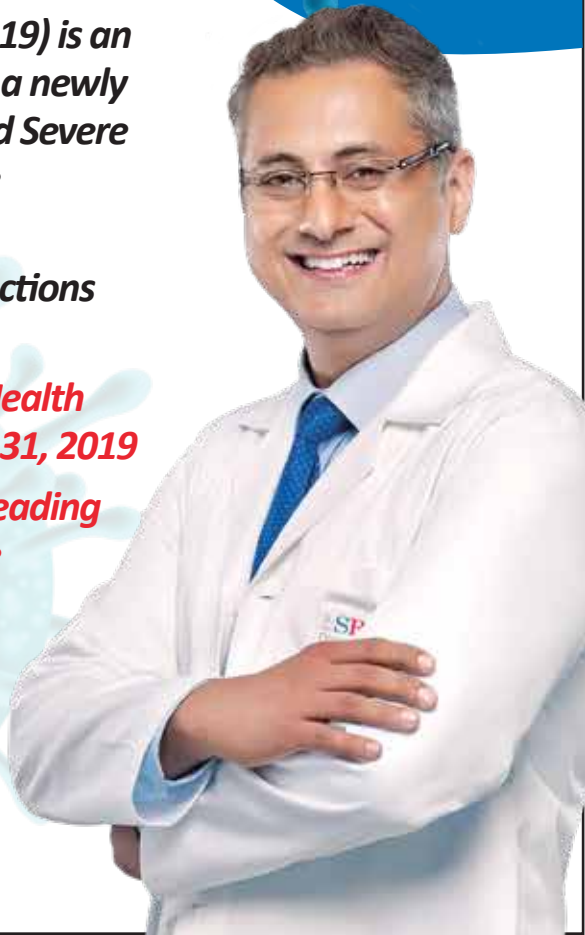


Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)

Unexplained respiratory infections detected in Wuhan in China

First reported to the World Health Organization on December 31, 2019

Highly contagious and is spreading very quickly across the globe





Modes of Transmission

Droplet Infection - Spread via respiratory droplets produced when an infected person coughs or sneezes and the virus in the droplets can then be inhaled by a healthy person via different routes

COVID-19 Affected Patient

- Spread mainly from person-to-person through respiratory droplets from the affected person when she/he coughs, sneezes, or speaks or by touching his/her body where the virus might already be there



From an Asymptomatic but infected person

- COVID-19 may take 14 days to become full blown symptomatic infection - before that the person is in carrier stage
- This is a silent transmission in which non symptomatic person may infect other healthy individuals



Contaminated Surfaces or Objects

- Touching a surface or object that has the virus on it and then touching own mouth, nose, or eyes can lead to spread of infection



Community Spread

- Community spread means spread of illness for which the source of infection is unknown.
- This happens due to infected/carrier person moving around in the community without precautions thus leading to contamination of general public objects



India is still not in community transmission stage and we all could together halt the beginning of community transmission just by **Staying at Home**

Symptoms of Coronavirus Disease

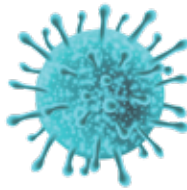
*Patients with COVID-19
experience mild to severe respiratory illness*



High Fever



Dry Cough



Shortness of breath



Tiredness

Some patients may have aches and pains, nasal congestion, sore throat or diarrhea. These symptoms are usually mild and begin gradually.

5 Point Strategy

TO COMBAT THE CORONA CRISIS

The best way to prevent illness is to avoid being exposed to this virus

1. Don't Panic



Don't Panic - Take precautions

2. Maintain Hygiene

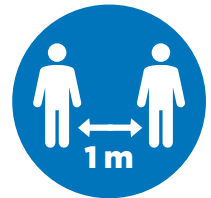


Wash your hands after touching anyone/any object with soap or for at least 20 seconds use alcohol based sanitizer to kill virus if any

Cover mouth & nose with bent elbow or tissue while coughing or sneezing

Contaminated hands can transfer the virus so avoid touching your eyes, nose or mouth with unclean hands

3. Practice Social Distancing



The major cause of infection is spread from person to person

Maintain at least 1 metre (3 feet) distance between yourself and other (80% of SARS-CoV2 infected cases are asymptomatic or only mildly symptomatic)

Infected person may spray small liquid droplets from their nose or mouth which may contain virus

4. Seek Help



If you have fever, cough and difficulty breathing, seek medical attention and call in advance

5. Stay Updated



Keep yourself updated with the latest developments about COVID-19 through your national and local public health authority

People Aged
65 & Older

Healthcare
Professionals
– Doctors/
Nurses/Ward
boys/ Testing
lab personnel

People with history
of international or
domestic travel to
COVID19 affected
countries/areas in
recent time

**H!GH
RISK**
Population

Diseased - Asthmatics,
diabetics,
heart patients,
cancer patients &
transplant patients

What you should do

- Stay home
- Wash your hands often
- Avoid close contact (1 m or 3 feet) with people
- Clean and disinfect touched surfaces frequently
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are suffering from flu like symptoms which are not relenting



Myth Busters

Myth: COVID-19 virus cannot transmit in areas with hot and humid climates

Fact: The COVID-19 virus can be transmitted in **ALL AREAS**, including areas with hot and humid weather

Myth: Vaccines against pneumonia can protect you against the new coronavirus

Fact: No, vaccines against pneumonia such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine do not provide protection against the new coronavirus

Myth: Antibiotics are effective in preventing and treating the new coronavirus

Fact: No, antibiotics do not work against viruses

Myth: There are any specific medicines to prevent or treat the new coronavirus

Fact: To date, there is no specific medicine recommended to prevent or treat the new coronavirus

Myth: The new coronavirus affect older people only and younger people are not susceptible

Fact: People of all ages can be infected by the new coronavirus. Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease etc.) appear to be more vulnerable

Myth: The new coronavirus can be transmitted through mosquito bites

Fact: To date, there has been no information or evidence to suggest that the new coronavirus could be transmitted by mosquitoes

Myth: Thermal scanners are effective in detecting people infected with COVID-19

Fact: Thermal scanners are effective in detecting people who have developed fever, however, they cannot detect people who are infected but not yet sick with fever as it takes between 2 to 10 days for infected people to develop fever