

COVID-19

MANAGEMENT

FAQS



How do I know if I have covid?

The main symptoms of COVID-19 are:

- fever,
- dry cough,
- tiredness,
- loss of taste or smell.

Some people experience other flu-like symptoms, including: blocked nose, red eyes, sore throat, headache, muscle or joint pain, skin rash, nausea or vomiting, diarrhoea, chills or dizziness. In some cases, people will become more seriously ill with COVID-19.

Symptoms of severe COVID-19 include shortness of breath, loss of appetite, confusion, chest pain or a high temperature. If you experience any of these symptoms, it's important to seek medical care straight away.

Not everyone who has COVID-19 will have symptoms.

You can still pass COVID-19 on even if you don't have symptoms.

That's why it's important to follow advice to stop the virus from spreading.

STAY SAFE AND STOP THE SPREAD OF COVID-19

COVID19 SYMPTOMS



Fever



Tiredness



Dry Cough



Shortness of Breath



Sore Throat



Aches and Pain

Source:  World Health Organization

 **THOME**
GROUP

When do symptoms start to appear?

The average time for symptoms of COVID-19 to develop is five to six days, but it can take up to 14 days for people to show symptoms.

In the second wave shortness of breath is the most common clinical feature among symptomatic hospitalised patients.

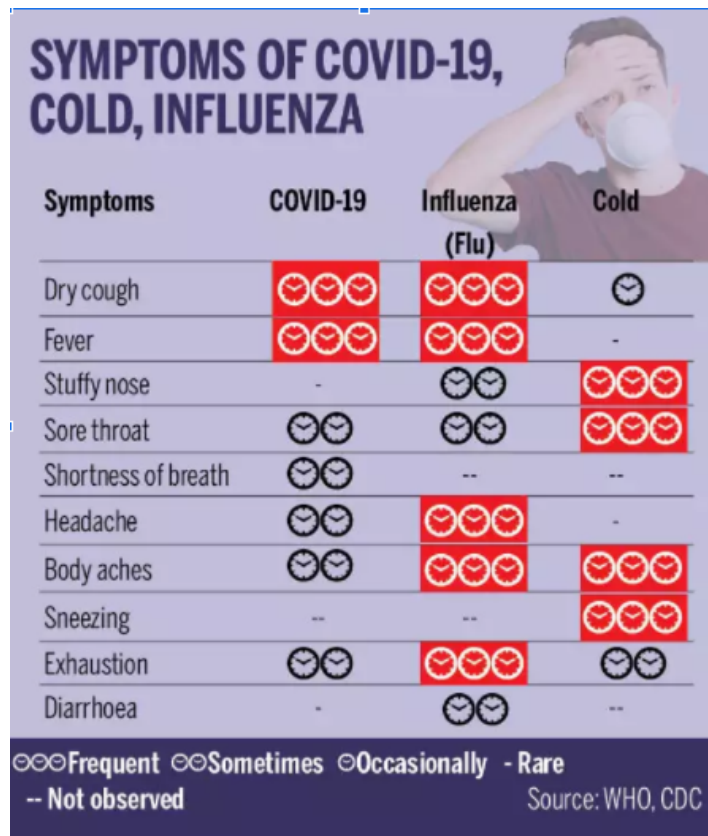
Is my sore throat COVID-19 or not?

A sore throat is pretty common so how do you know it is not just the common cold or an allergy or due to pollution or smoking? If you have only a sore throat for more than a week, check with your doctor.

If you have a sore throat and then also start feeling feverish or have bodyache, isolate yourself right away and contact a doctor.

Do not visit the clinic since you may pass the virus to others there!

Start drinking warm water, take paracetamol for the fever and bodyache and plan for a nasal swab test to check for Covid 19.



| Symptoms | COVID-19 | Influenza (Flu) | Cold |
|---------------------|----------|-----------------|------|
| Dry cough | ☺☺☺ | ☺☺☺ | ☺ |
| Fever | ☺☺☺ | ☺☺☺ | - |
| Stuffy nose | - | ☺☺ | ☺☺☺ |
| Sore throat | ☺☺ | ☺☺ | ☺☺☺ |
| Shortness of breath | ☺☺ | -- | -- |
| Headache | ☺☺ | ☺☺☺ | - |
| Body aches | ☺☺ | ☺☺☺ | ☺☺☺ |
| Sneezing | -- | -- | ☺☺☺ |
| Exhaustion | ☺☺ | ☺☺☺ | ☺☺ |
| Diarrhoea | - | ☺☺ | -- |

☺☺☺Frequent ☺☺Sometimes ☺Occasionally - Rare
-- Not observed

Source: WHO, CDC

What should I do if I think I have COVID-19?

- If you think you have COVID-19, stay at home and self-isolate – even if your symptoms are mild
- Call your doctor for advice.
- Do not visit your clinic as you could pass the virus onto others.
- The people you live with will also need to stay home for at least 14 days from when you first developed symptoms.
- Avoid close contact with others in your household while you're ill.

- Stay one metre apart, or in another room if possible.
- If you live with someone who's more vulnerable, try to arrange for them to stay elsewhere.
- You can also wear a medical mask to reduce the risk of infection.
- Do not leave your home for any reason, including going to work or school while you are self-isolating.
- Ask friends or neighbours to bring what you need, and leave it outside the door.
- Do not invite other people to come to your home to help look after you, as you will be putting them at risk of getting the virus.
- If you have difficulty breathing and/or persistent pain in your chest, call your local health service immediately.

Most people will recover from COVID-19 by themselves, without the need for hospital treatment.

Do I need to get tested for COVID-19?

If you have symptoms of COVID-19 or have been in close contact with someone who has symptoms or has tested positive, call your doctor to see if and when you should take a test.

While you're waiting for your results, it's important that you stay at home and self-isolate. If your test result is positive, continue to self-isolate and call your health care provider for further advice.

If your result is negative, it does not mean you are immune and you will still need to follow the prevention advice.

If you have tested negative but someone you live with has tested positive, you should continue to isolate.

Is there a cure for COVID-19?

So far, no drugs are proven to specifically treat COVID-19.

Does COVID-19 need treatment?

The majority of people who get COVID-19 recover at home, without needing special treatment, usually within about 7-10 days.

Around 15 in 100 people who get COVID-19 will become severely ill and develop difficulty breathing, in which case they will need hospital care.

A small number of these people will become critically ill and need intensive care.

Who is more vulnerable to COVID-19?

Anyone can get COVID-19 and become seriously ill.

The likelihood becoming severely ill is higher for people over 60 and those with certain underlying health issues, including high blood pressure, heart or lung problems, diabetes, obesity or cancer.

People with a weakened immune system – for example if they are having chemotherapy treatment for cancer, or have a low CD4 count as a result of HIV – are also at a higher risk of serious illness.

How does Covid-19 trigger shortness of breath?

Shortness of breath occurs because of the way Covid-19 affects the patient's respiratory system.

The lungs enable the body to absorb oxygen from the air and expel carbon dioxide. When a person inhales, the tiny air sacs in the lungs — alveoli — expand to capture this oxygen, which is then transferred to blood vessels and transported through the rest of the body.

Respiratory epithelial cells line the respiratory tract. Their primary function is to protect the airway tract from pathogens and infections, and also facilitate gas exchange. And the SARS-CoV-2 coronavirus can infect these epithelial cells.

To fight such infection, the body's immune system releases cells that trigger inflammation. When this inflammatory immune response continues, it impedes the regular transfer of oxygen in the lungs. Simultaneously, fluids too build up. Both these factors combined make it difficult to breathe.

Q: Should I be at home unless my oxygen level drops very sharply?

Covid cannot be treated by one pulse-oximeter alone. You look at the patient as a whole.

If by the **fifth or the sixth day, the fever is unrelenting**, which is more than 100.5 and above; if the **patient's appetite is dropping**; if the patient's oxygenation, which to begin with was 97-98, is going down gradually; if the **cough is absolutely chronic** and not settling down -- treat the patient as a whole. You don't wait for only one parameter.

But having said that, if everything else is alright and the saturation suddenly drops under 92-91, when the patient has cleared his throat, taken a deep breath and rechecked his saturation, yes, you have to quickly think of going to the hospital.

The warning here is for people who sleep in AC rooms. They leave their arms outside the blanket and the fingers get cold. They get up at night and put on the saturation meter and they see 88 or 86. Please don't panic. **Rub your fingers properly, turn off the AC**, look at it on multiple fingers, and make sure you're less than 92 before rushing to the hospital.

Don't panic. Let the doctor decide if you need hospital admission.

When to seek medical attention?

According to India's Ministry of Health and Family Welfare, a COVID-19 patient under home isolation should **seek immediate medical attention** if:

- > Difficulty in breathing
- > High-grade fever/severe cough, particularly if lasting for more than five days
- > A low threshold to be kept for those at high risk of severe disease (those with co-morbidities such as hypertension and diabetes)

How does proning help?

The prone position, or lying face down (on the stomach) has been found to help improve oxygen levels. Proning helps keep alveolar units open and makes breathing easier.

The health ministry on April 22 also **released guidelines for proning**.

Proning is required only when the patient feels difficulty in breathing and the SpO₂ decreases below 94 (less than 94)," the ministry said.

The ministry recommended that one pillow can be placed below the neck, one or two pillows below the chest and upper thighs, and two below the shins.

Are antibiotics effective in preventing or treating the COVID-19?

No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. However if a seriously ill patient has some other infection in the lungs or elsewhere then the doctor may prescribe an antibiotic.

Is there anything I can take to protect myself from Covid19 ?

Prevention is the best way to protect yourself! Wear a mask, socially distance, wash hands often with soap and water and self-isolate if you suspect that you may be infected.

You can also make sure that you eat a well-balanced diet with proteins and vitamins and remember to drink enough water. It may be useful to take Vit C 500 mg daily, Vit D 3 supplement (Calcirol sachet in milk or Uprise D3 capsule) every two weeks and Vit B supplements which include zinc. Some people are recommending steam inhalation and turmeric in milk. Neither of these have any specific benefits for Covid 19 and in moderation they do no harm either.

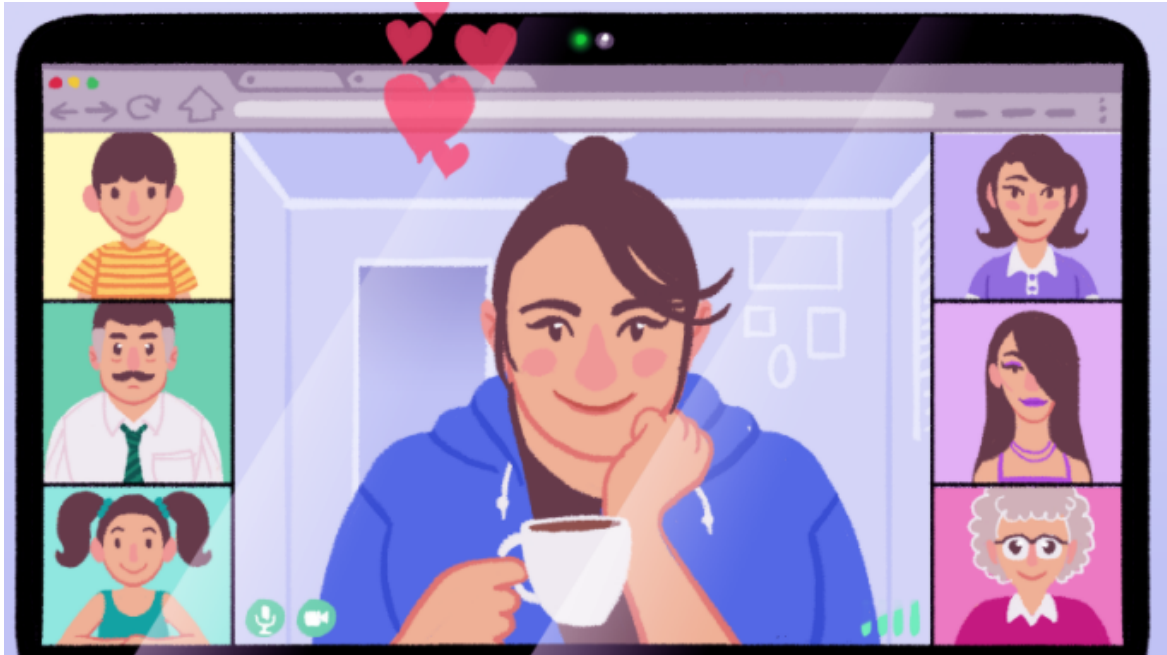
Remember to look after your mental health also. Simple daily measures could help. If you are working from home then you can consider preparing an informal checklist which could help with giving some structure to your day beyond the work. 10 minutes of calming meditation, 10 minutes of exercise, 10 minutes of music can all help to boost the 'happy hormones' of serotonin, dopamine and endorphins.



Human beings need 8 hugs a day! If you are sheltering with family and loved ones or a pet, make sure you all get a daily dose 😊

But greet anyone outside your sheltering bubble with a safe distance being kept between you.

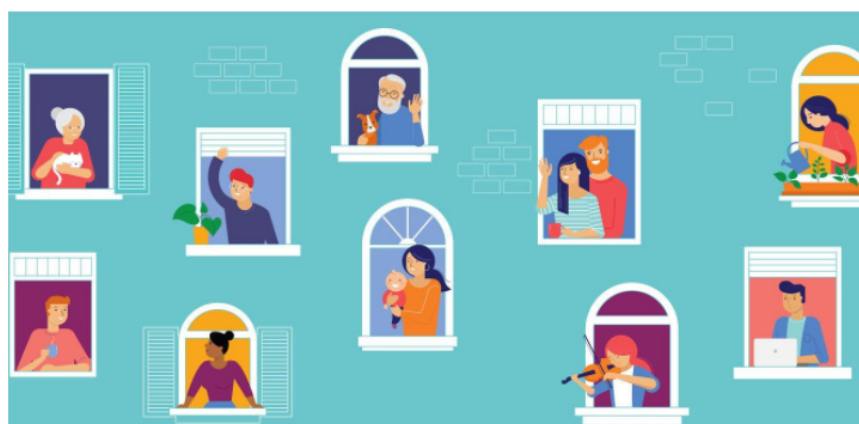
Do something small everyday which can give you the positive boost of completing a task. It could be creating a piece of art or craft, or trying out a new recipe, writing a journal entry, making a phone call to a relative who is living alone. Join an online hobby class, pick up a skill, catch up with old friends online.



But there are some days you just want to be left alone and that's fine too! Don't feel pressure to be productive and creative and a superhero. Take it one day at a time.

Helping out someone else in need can reduce our own stress and make a valuable contribution. Send a food parcel to someone in isolation, verify helpline numbers for oxygen/hospital beds, share and boost requests for help. Share these FAQs so that people have the information at hand.

Doctors, nurses and so many healthcare workers and frontline workers are risking their lives to save ours, so let us make sure we contribute by keeping ourselves safe from Covid19.



Connect with us online!

Facebook -

@AsiaSafeAbortionPartnership

Twitter- @asapasia

Instagram- @safeabortion_asap

Youtube- ASAPasia

Website- asap-asia.org



Thank You!

