COVID 19 INDIA
By
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WHAT IS CORONA?

- It is a new type of virus called as Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV 2)
- Infection is called COVID 19
- It is called Corona as it resembles a CROWN
WHAT IS THE IMPORTANCE OF COVID 19

- It is a pandemic
- Pandemic is an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people
- It spreads rapidly
- Crores of people are infected
- Lakhs of people are dying
## Statistics

<table>
<thead>
<tr>
<th></th>
<th>INFECTED</th>
<th>DEATHS</th>
<th>RECOVERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORLD</td>
<td>161 L</td>
<td>6.4 L</td>
<td>93 L</td>
</tr>
<tr>
<td>INDIA</td>
<td>13.9 L</td>
<td>30,000</td>
<td>8.9 L</td>
</tr>
<tr>
<td>ANDHRA</td>
<td>88,000</td>
<td>985</td>
<td>43,000</td>
</tr>
<tr>
<td>PRADESH</td>
<td></td>
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</table>
WHERE DID IT START?
WHERE IS IT NOW?
HOW DOES IT SPREAD?

- Person to person
- Droplet Infection - through mouth and nose while sneezing, talking or coughing
- Fomites
<table>
<thead>
<tr>
<th>Surface</th>
<th>Lifespan of COVID-19 Virus</th>
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</thead>
<tbody>
<tr>
<td>Paper and tissue paper**</td>
<td>3 hours</td>
</tr>
<tr>
<td>Copper*</td>
<td>4 hours</td>
</tr>
<tr>
<td>Cardboard*</td>
<td>24 hours</td>
</tr>
<tr>
<td>Wood**</td>
<td>2 days</td>
</tr>
<tr>
<td>Cloth**</td>
<td>2 days</td>
</tr>
<tr>
<td>Stainless steel*</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Polypropylene plastic*</td>
<td>3 days</td>
</tr>
<tr>
<td>Glass*</td>
<td>4 days</td>
</tr>
<tr>
<td>Paper money**</td>
<td>4 days</td>
</tr>
<tr>
<td>Outside of surgical mask**</td>
<td>7 days</td>
</tr>
</tbody>
</table>

*At 69.8 to 73.4°F (21 to 23°C) and 40% relative humidity
**At 71°F and 65% relative humidity

Source: New England Journal of Medicine *; The Lancet Microbe**
INCUBATION PERIOD

Contact to Symptoms
4-7 DAYS
WHAT ARE THE SYMPTOMS?

- Asymptomatic
- Fever
- Cough, Shortness of breath or difficulty breathing
- Fatigue, Muscle or body aches
- Headache, Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
DIFFERENT STAGES OF COVID-19

**STAGE 1**

**Imported Cases**

These are those who have travelled to virus-hit foreign countries and have come back to India.

**STAGE 2**

**Local Transmission**

These are those cases who have come in contact with patients who have a travel history.

**STAGE 3**

**Community Transmission**

Community transmission is when a patient not exposed to any infected person or one who has travelled to any of the affected countries tests positive. Large areas get affected when community transmission takes place.

**STAGE 4**

**Epidemic**

This is the last and the worst stage where the disease takes the shape of an epidemic with no clear endpoint like it did in China.
WHAT TESTS ARE AVAILABLE?

- RT PCR – Immediately After Exposure
- RAPID ANTIGEN TEST after 3 days of exposure
- ANTIBODIES TEST – After 7 days of symptoms
- CT CHEST when cough and difficulty in breathing is seen (On doctor’s advice)
NOSE AND THROAT SWABS
ANTIGEN / ANTIBODY TEST
WHEN TO GET TESTED?

- When symptoms are observed
- When symptoms are not observed but immediate contact is identified
- History of travel from other countries
- History of travel from other states
WHERE TO GET TESTED?

- Government Hospital, Vijayawada
- Other centers near your place
- Contact AASHA worker for testing
- Keep helpline phone numbers for getting appointment
- Private Lab testing
WHEN TO GET ADMITTED?

- Difficulty in breathing
- Fall in oxygen saturation
- Persisting fever
- CT chest changes suggestive of COVID
WHERE TO GET ADMITTED?

- COVID care centers specified

- Private hospitals
PREGNANCY - BREAST FEEDING

- No extra risk in Pregnancy
- Same precautions to be taken
- While breast feeding by covid mother, use face shield and mask
WHO ARE MORE AT RISK?

- Diabetics
- Hypertensive
- Chronic lung problems like Asthma
- Cancer and other chronic issues
- People above 60
HOW TO PREVENT?

• Wearing mask
• Cough etiquette
• Social distancing
• Washing hands and feet
• Sanitisation
• Avoid travel
• Avoid gatherings
• Avoid handshaking
AVOID THESE MASKS
DOs AND DON’Ts OF WEARING A MASK
3. Tie strings around neck, then over top of head.
**Masks reduce airborne transmission**

Infectious aerosol particles can be released during breathing and speaking by asymptomatic infected individuals. No masking maximizes exposure, whereas universal masking results in the least exposure.

**Particle size (μm)**

<table>
<thead>
<tr>
<th></th>
<th>100</th>
<th>10</th>
<th>1</th>
<th>0.1</th>
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</thead>
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**Infected, asymptomatic**

**Healthy**

- **Maximum exposure**
- **Minimum exposure**
FACE SHIELD
PPE
(Personal Protective Equipment)
Gloves

- Useful for people who come in contact with multiple persons
- Health care workers
- High risk individuals
HOW TO COUGH?
SOCIAL DISTANCING
HAND WASHING

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Back of fingers
6. Fingernails
7. Wrists
8. Rinse and wipe dry
SANITISATION OUTDOORS

with 1% Sodium Hypochlorite (Bleaching powder) solution

Floors
Walls
Corridors
Toilets
Entry ways
SANITISATION INDOORS

Use Alcohol based sanitizer to clean door handles, tables, phones, computer, mouse etc
Sanitisation

Fruits and vegetables
Wash with running water
or add baking soda powder

Food packets
Remove plastic package and store
or sanitise the packet
SANITISATION

Clothes
Use common detergents

Mask
Surgical masks dispose

Cloth masks wash everyday
ISOLATION - QUARANTINE

- Isolation is separating sick people with COVID from people who are not sick.

- Quarantine is separating and restricting the movement of people exposed to COVID patient to see if they also become sick.
WHO NEEDS HOME QUARENTINE?

- Contact with COVID person
- Within 6 feet of patient for 15 minutes
- Provided care for a patient
- Direct contact with patient like hugging, touching etc
- Sharing utensils
- In front of the patient while coughing and sneezing
STEPS OF QUARANTINE

- Stay home for 14 days after last contact
- Watch for symptoms
- As far as possible maintain distance with family members
WHEN TO START & END QUARANTINE?

- SCENARIO 1

I had close contact with COVID person and will not have any further contact

Quarantine for 14 days from your last contact
WHEN TO START & END QUARANTINE?

- **SCENARIO 2**

  I live with COVID person who is isolated in a separate room.

  Quarantine for 14 days from the start of COVID person isolation
SCENARIO 3

During Quarantine met a COVID person.

Restart Quarantine for 14 days from the day of new contact
WHEN TO START & END QUARANTINE?

SCENARIO 4

I am providing care for the COVID person who is isolated in a separate room.

Quarantine for 14 days from the end of COVID person isolation
WHO NEEDS ISOLATION?

- People who have COVID with mild symptoms and able to recover at home
- People who are asymptomatic but positive with COVID
STEPS OF ISOLATION

- Stay in separate room
- Use separate toilet if possible
- Avoid contact with other members
- Don’t share personal items
- Wear a mask when around others
- Check oxygen saturation with Pulse Oxymeter
PULSE OXYMETER
Thermo scanner
HOW LONG IS ISOLATION?

- 10 – 14 days after the first sign of symptoms
- Repeated COVID test negative
PREPARING FOR COVID

- Prepare finances
- Be prepared with provisions
- Get necessary medicines
- Keep sanitising material and masks
- Be mentally prepared to stay alone in a room
- Be strong to fight the disease
- Provide nutritious food
- Keep contact numbers for emergency
CARE AFTER DISCHARGE

- Nutritious food
- Multi Vitamins
- Vitamin C
- Maintaining sanitisation, social distancing, masks, hand washing
- Look for symptoms among family members
HOW TO IMPROVE IMMUNITY

- Improve your diet
- Adequate Sleep
- Keep well hydrated
- Don’t skip Exercises
- De-stress yourself – self motivation
- Avoid smoking / alcohol / khaini..
TREATMENT

- Antibiotics?
- Vitamins
- Paracetamol
- Oxygen SOS
- other drugs as prescribed by doctors only
- Avoid self medication
FAQs

- Drinking Alcohol kills virus  X

- Drinking sanitiser protects  X

- Summer protects from COVID X
FAQs

- Cremation or burying spreads COVID X
- Drinking “Kashayam” protects X
- COVID spreads through mosquitoes X
FAQs

• After recovery from COVID, will not be affected by COVID again  X

• “I am strong, I exercise every day. I wont get COVID. I don’t need mask”  X
FAQs

- Rinsing nose protects from virus
- Thermal scanner detects COVID
- Vegetarians are less affected by COVID
TAKE HOME MESSAGES

- No vaccine for COVID till now
- No medicines to prevent COVID
- Prevention is the best way
- masks, hand washing, social distancing – Best ways of prevention
- Always consult a doctor before taking medication.
- Stay home Stay safe
BE SUPPORTIVE
BE KIND
BE PREPARED
THANK YOU