COVID 19
Precautions & Practices
AP HRDI
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COVID-19

Coronavirus disease COVID-19 is a disease caused by novel coronavirus virus, called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

COVID-19 is the infectious disease

COVID-19 is now a pandemic affecting many countries globally.
COVID-19

- The virus can be transmitted by symptomatic and asymptomatic individual
- Most people infected with this virus will experience mild to moderate symptoms
- One out of six people who get COVID-19 can become seriously ill
Symptoms of COVID-19

These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19.

Symptoms usually begin 2 to 14 days after you come into contact with the virus. But one cannot neglect these symptoms.
How does COVID-19 spread?

- Close contact with COVID-19 patient
- Touching virus infected surfaces and clothes
- Tiny infected droplets that remain in the air

It is very important to avoid crowded places, places with poor ventilation and closed rooms

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COVID-19: vulnerable and high risk groups

- Older adults
- People with underlying medical condition (heart disease, diabetes, cancer etc.)
- Pregnant Women

Immuno-compromised

Immuno-modulatory Drugs

HIV-AIDS

Organ-Transplant
The severity of COVID-19 infection has been divided into 5 groups:

- Asymptomatic
- Mild disease
- Moderate disease
- Severe disease
- Critical—Acute Respiratory Distress Syndrome (ARDS)
What symptoms are to be worried about?

Minor symptoms, such as a slight cough, sore throat or a mild fever, should not be a cause of worry, and no need to seek medical care.

Stay at home, self-isolate and monitor your symptoms. Follow guidelines on self-isolation.

How to self-isolate:
- Be in touch with your family doctor or a physician and take the prescribed medication.
- Do not go out to work, or to public places.
- Do not go out to get food or medicines, ask someone to bring them for you.
- Do not meet people, friends or family.
- If symptoms worsen visit the health care centre or the hospital.
What symptoms are to be worried about?

Difficulty in Breathing

Constant pain or pressure in the chest

Blue lips or face, which is a sign of poor lung functioning, or cyanosis

Severe & persisting cough, which is getting worse, may be due to the interruption in supply of oxygen

Extreme fatigue is due to a high viral load in the body, and the body is trying to generate immune response. Also due to physical exertion of trying to breathe
Protection from COVID-19

- Social Distancing/Self isolation
- Wash hands regularly
- Avoid touching face
- Use a tissue or your sleeve NOT your hand
- Cover face while coughing and sneezing
- Avoid Crowded place
Pulse Oximeter

- Pulse oximeter is a small device used to monitor the amount of oxygen carried in the body or the amount of oxygen present in blood.
- It is a non-invasive tool attached to the finger tip, sending two wavelengths of light through the finger to measure your pulse rate and the oxygen saturation.

Normal pulse oximeter readings usually range from 95 to 100%.
Normal SpO2 is 95% (Oxygen Saturation).
Values under 90% are considered low.
Pulse oximeter

Pulse oximeter* is used to:
- evaluate whether someone needs help breathing
- assess how well a new lung medication is working
- evaluate the need of a ventilator

* But remember to consult your family doctor or physician before using a pulse-oximeter
Tests to diagnose COVID-19
1. Swab Test
2. Antibody test
3. CT Scan

The test that’s currently in use for COVID-19 is known as the *Polymerase Chain Reaction (PCR)* diagnostic test, or the **swab test**

It is also called the nasopharyngeal Swab test because the sample is collected from the **nasal passage or throat**
How does SWAB Test work?

How is it different from antibody test?
The Swab test or the PCR can detect early and onset of infection with most accuracy.

What does it detect?
The virus genetic material (RNA)

How long does it take for the results to come?
Few hours to few days depending on whether you have the laboratory facilities.
When to go for a SWAB Test?

- One has to go for a swab test if one thinks that he/she has come in contact with a COVID-19 positive person.
- If you are a healthcare worker.
- If any member of your family is tested positive.
- If any member in the place you work is tested positive.
- If you have the major symptoms of COVID-19: fever, body ache, fatigue, breathlessness and severe cough.
When to go for COVID-19 test

Prioritizing COVID-19 testing (CDC)

- Are admitted to the hospital
- Work in a health care facility
- Work or live in places where many people live, such as long-term care facilities or prisons
- Other people who have symptoms of COVID-19
- Those who don’t have symptoms but who are deemed a priority by local health departments or doctors
IMMUNE SYSTEM

The immune system protects the body against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies and attacks a variety of threats, including viruses, bacteria and parasites, while distinguishing them from the body’s own healthy tissue.

**Lymphatic system**
- Consists of bone marrow, spleen, thymus and lymph nodes.

**Bone marrow:**
- Produces white blood cells, or leukocytes.

**Lymph nodes:**
- Produce and store cells that fight infection and disease.

**Thymus:**
- This organ is where T-cells mature. T-cells help destroy infected or cancerous cells.

**Spleen:**
- The largest lymphatic organ in the body contains white blood cells that fight infection or disease.

**LYMPHOCYTES AND LEUKOCYTES**

These small white blood cells play a large role in defending the body against disease. The two types of lymphocytes are B-cells, which make antibodies that attack bacteria and toxins, and T-cells, which help destroy infected or cancerous cells. Leukocytes are white blood cells that identify and eliminate pathogens.
Immunity

The immune system is a network of cells, tissues, and organs that work together to defend the body against attacks by “foreign” invaders:

- Bacteria
- Virus
- Parasites

Our Immune System
- Skin
- Mucous membrane
- B-Cells
- T-Cells

Types of Immunity
- Innate Immunity: we are born with
- Adaptive Immunity: we have acquired when we are exposed to a disease or through vaccination
- Passive Immunity: borrowed it from a source E.g. mother’s milk
Immune System

- Our immunity is our strength to keep us going strong
- With a healthy immune system we can defend ourselves against health risks and diseases
- Healthy diet, good lifestyle, good sleep hygiene and managing stress helps improve our immunity
How to improve immunity?

- Balanced Diet
- Good Sleep
- Free from Stress
- Healthy Lifestyle

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Balanced Diet

- Cereals
- Carbohydrates
- Pulses, meat, eggs, milk
  - Proteins
- Fruits & Vegetables
- Vitamins & Minerals
Healthy Life Style

- Eating Balanced Diet
- Drinking plenty of water & fluids
- Maintaining a routine to eat and sleep
- Reducing the intake of high sugar and processed food
- Maintaining body weight through regular exercise
- Minimum consumption caffeine products like tea & coffee
- Avoid smoking
- Avoid consumption of alcohol
- Avoiding drugs
- Get a regular medical check up
- Be positive and motivated
Good Sleep

- Good sleep is as important as a good diet
- Maintain a good sleep hygiene
- Important for our metabolic activities
- Influences our capacity to recover both mentally and physically
- Helps us to improve memories
- Influences our mood
- Promotes "the growing" in children
- It basically impacts every aspect of our life by affecting the way we think, learn, behave, feel, and interact with others
Stress

- Stress is how your body reacts to a demand or challenge.
- Stress can affect the body, our thoughts and feelings, and our behavior.
- Cause for many of the diseases like cancer, heart diseases, diabetes and obesity.
- Stress also lowers our immunity:
  - Stress reduces the immune system’s ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes).
Why you should not be panic about general symptoms?

- Every symptom that you have for E.g. sore throat, fever, or body pain need not be due to COVID-19
- Understand the disease well
- Its just a viral disease, and we have seen many viral diseases come and go
- There are guidelines, take precautions by using all the recommendations
- Be aware of the warning signals
- Remember 85% of people are recovering without any serious illness or hospitalization
- Be positive and optimistic
When quarantine is considerable?

Self-Quarantine
• If you have travelled from/to a different place
• If you suspect that you have contacted/interacted with a COVID positive person
• If you are tested positive and you have mild symptoms
Quarantine

- A patient tested positive of COVID-19 in quarantine may experience some psychological

- Anxiety
- Stress
- Missing their family
- Guilt
- Stigma
- Uncertainty
- Fear
What are the practices in self quarantine?

- Stay away from people
- Stay in a specific room
- Do not share your belongings like, towels, plates, glasses with others
- Wear a mask if someone is around you
- Maintain a good hygiene: sanitising hands and keeping your body and surrounding clean
- Do not miss out on your day to day routine
- Follow a healthy lifestyle
- Talk to your doctor and take the prescribed medication
- Educate yourself
- Take support when necessary
- Remember it’s a time for self care and self awareness
- Be optimistic and mindful, it will support your immune system
Stigma

People hiding their problem

Rejection of treatment

People not engaging in preventive/healthy behavior
Thank you

Stay at home, Stay safe