All You Need to Know About Coronavirus (COVID-19)

www.credihealth.com
What is Coronavirus (COVID-19)?

- Coronavirus is a family of viruses that predominantly infect animals, but in some cases can be transmitted to humans. It cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).
How does Coronavirus Spread?

- Coughing and Sneezing
- Coming in contact with infected person
- Contact with contaminated surface
Signs and Symptoms of COVID-19

- Fever & Pneumonia
- Cough & Sneeze
- Sore Throat
- Shortness of breath

In rare cases, COVID-19 can lead to severe respiratory problems and kidney failure.
How to protect yourself from Coronavirus infection?

- Keep your hands and surfaces clean
- Disposal of used napkin or tissue paper in open areas
- Touching eyes with washed hands
- Avoid contact with sick people & crowded place
- Consume well cooked food and avoid outside food
- Wear a mask when going out
How to wear your mask the right way?
Unfold the pleats of mask, make sure that they are facing down.

Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.
Change the mask after 6 hours or as soon as they become wet.

Never reuse disposable mask and dispose the used mask into closed bins after disinfecting them.
Avoid touching the mask while using it.

Do not touch the potentially contaminated outer surface of the mask, while removing it.
Do not leave the mask hanging from the neck.

After removal of masks, clean your hands with soap and water or use alcohol based hand rub disinfectant.
What should you do if you have any **Coronavirus** symptoms?

1. Cover mouth and nose with flexed elbow or tissue when coughing or sneezing, and wash your hands with soap.
2. Maintain 6 feet distance from people.
3. Wear a mouth mask to protect everyone nearby.
4. Avoid going to large gatherings.
5. Avoid any body contact with other people.
6. Immediately go to the nearest hospital for treatment.
Guidelines for Home Quarantine

1. Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

2. Restrict his/her movement within the house.

3. Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

4. Avoid sharing household items with other people at home.

5. Wear a surgical mask all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
Guidelines for Home Quarantine

6. Used mask should be considered as potentially infected.

7. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre.

8. Clean and disinfect frequently touched surfaces in the quarantined person's room.

9. Clean the clothes and other linen used by the person separately using common household detergent and dry.

10. Only an assigned family member should be tasked with taking care of such person.
When to get tested for Coronavirus?

- You are not required to get tested for COVID-19 if you do not have any symptoms (Cough, fever or difficulty in breathing).

- If you have any of the above symptoms and have travelled to any of the COVID-19 affected countries including Italy, Iran, Republic of Korea, France, Spain, Germany, UAE etc or you are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India's 24x7 helpline **011-2397 8046**.

- The helpline service will note down your contact details and contact you with the testing protocols of COVID-19.

- If you qualify as a case for testing as per the protocol, you will be tested at a Government approved lab only.
RUMORS AND FACTS

RUMOR
Gargling with luke-warm water and salt prevents COVID-19

FACT
As per WHO, there is no convincing evidence that rinsing one's mouth with diluted saline water will provide protection from this virus.
RUMOR

Wearing a face mask prevents from getting infected by COVID-19

FACT

WHO and CDC recommended:

a) Wear mask if you show COVID-19 symptoms or in close contact with infected person.

b) People with no respiratory symptoms do no need to wear a medical mask.

c) Sole use of the mask is insufficient for an adequate level of protection.
**RUMOR**

COVID-19 can survive up to 12 hrs on meal, 9 hrs on clothes and 10 minutes in human hand.

**FACT**

According to the **WHO**, there is no evidence if coronavirus may remain on the surface for a few hours or up to a few days. This may vary under different conditions like type of surface, temperature or humidity of the environment.
RUMOR

Hot temperature will stop COVID-19 spread

FACT

"It is not known whether the spread of COVID-19 will decrease when the weather becomes warmer. There is much more to learn about the transmissibility, severity and other features associated with COVID-19 and investigations are ongoing."

- According to CDC and WHO
COVID-19 is nothing worse than winter flu.

Considering the current estimated fatality rate of COVID-19, it is about 10 times deadlier than seasonal flu, says Dr. Bruce Aylward, head of WHO - China joint mission and veteran epidemiologist.
RUMOR
Garlic intake can help in curing COVID-19

FACT
In response, WHO says, "It is a healthy food that may have some antimicrobial properties", but there's no evidence that eating garlic can protect people from Coronavirus.
For any medical query, 
Talk to our medical expert at Credihealth.

Helpline Number : 8010994994
Website: www.credihealth.com