Corona Virus

SYMPTOMS | DIAGNOSIS | PRECAUTIONS | PREVENTION

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Coronaviruses are RNA viruses named because of the crown like spike proteins that protrude from the envelope of their oily lipid shells. The family of coronaviruses can cause a range of illnesses in humans including common cold and more severe forms like SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome) which are life-threatening.

**WHAT IS CORONA VIRUS?**

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**WHAT IS THE COVID-19?**

COVID-19 is a disease caused by the recently discovered SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2) which belong to the same coronavirus family with crown like Glycoprotein spikes that protrude from the envelope of oily lipid. This protein spike plays an important role in entering the human host cells.
Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.
Watch for symptoms

- Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

- The following symptoms may appear 2-14 days after exposure
  - Fever
  - Cough
  - Shortness of breath
KNOW HOW IT SPREADS

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

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

- The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 9 feet).

- Through respiratory droplets produced when an infected person coughs or sneezes.

- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

- After touching objects, where the droplets of cough or sneezes may fall, the virus can contaminate our hands and if we touch our face it can go inside the respiratory tract.
Modes of Transmission:

1. Sneeze/ Cough by infected person
2. Infected droplets
3. Infected droplets get on your hand
4. And when touch any surface or person
5. Virus transferred!!
TAKE STEPS TO PROTECT YOURSELF

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% Isopropyl alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Help prevent the spread of COVID-19

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.
TAKE STEPS TO PROTECT OTHERS

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

WEAR A FACEMASK IF YOU ARE SICK

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office.
Which groups of people are at higher risk of getting infected

OLDER ADULTS

PEOPLE WHO HAVE UNDERLYING MEDICAL CONDITIONS LIKE:
- HEART DISEASE
- DIABETES
- LUNG DISEASE
- KIDNEY DISEASE
- ON CANCER MEDICATION

PREGNANT WOMEN (AS WE DO NOT KNOW THE IMPACT OF THE DISEASE ON PREGNANCY AS OF YET, IT IS BETTER TO TAKE CARE)
Advisory for Contacts

Asymptomatic

- Home quarantine for at least 28 days after the last exposure with the case.
- Initiate self-health monitoring for development of fever or cough and maintain a list of contacts on daily basis.
- Active monitoring for 28 days after the last exposure shall be done by ANM/ASHA/identified person through daily visits or telephone calls.
- Direct and high-risk contacts of a confirmed case should be tested once between day 5 and day 14 of coming in his/her contact.

If symptomatic

- If symptoms develop (fever, cough, difficulty in breathing), use mask, self-isolated and immediately inform ANM/ASHA/ the identified local health officer by telephone.