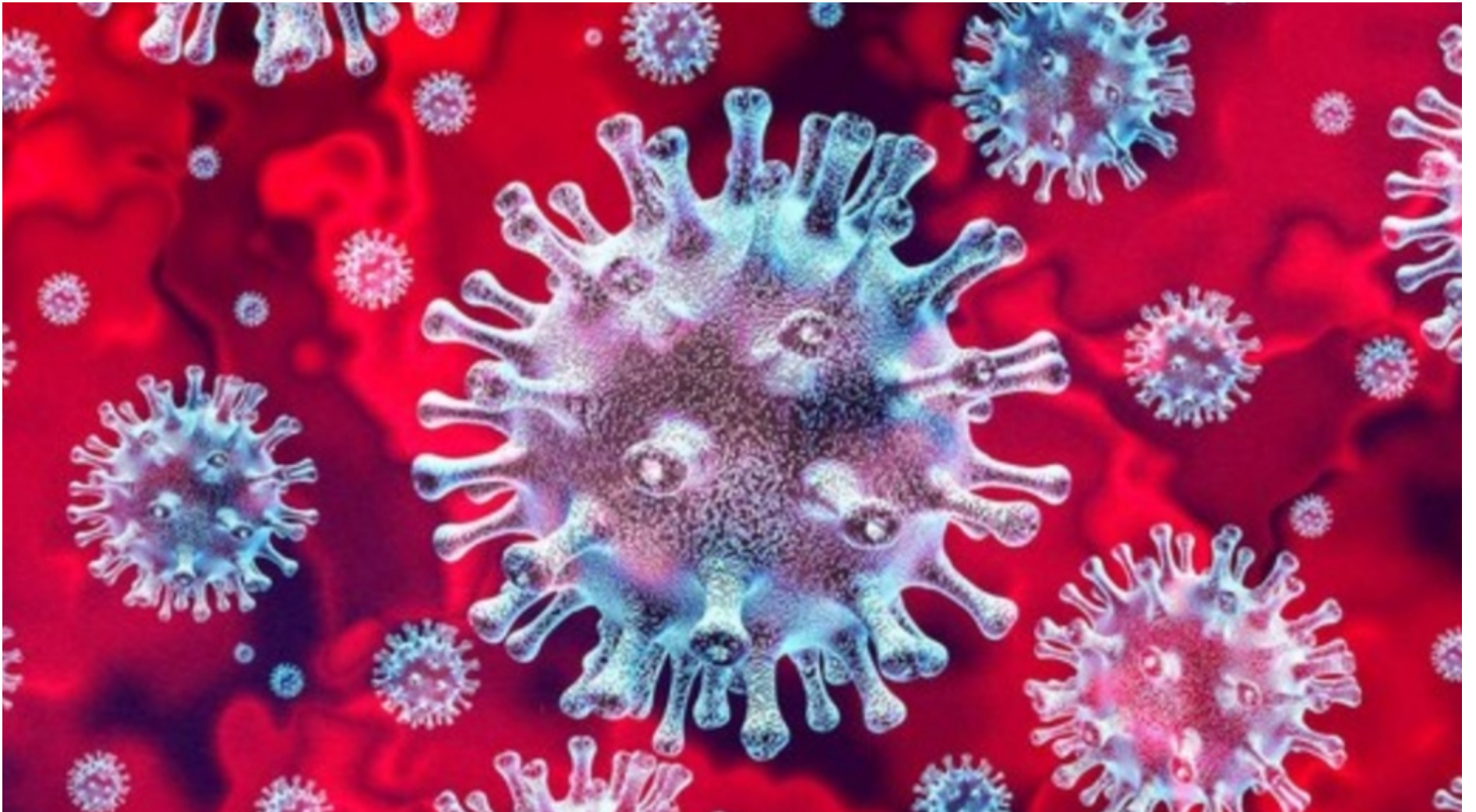


COVID-19



What is COVID-19?????

- Severe Accute Respiratory syndrome Corona virus 2 (SARS-COV-2) Causes COVID -19
- It is an infectious disease
- The first cases were identified in people with pneumonia In wuhan ,China in late December 2019
- It probably started in animal But now it is spreading Between people .it is a type of zoonotic disease

How COVID-19 spread ???

- Most People are being infected from other people
- It probably spreads the same way as colds and flu i.e through droplets which are created when we talk, cough and sneeze
- People can get infected when these droplets enter the nose, eyes or mouth.

- Touching contaminated objects puts the droplets onto your hands
- If you touch your face the droplets can enter your nose / eyes / mouth
- Some people have been infected following contact with an infected person with minimal or no symptoms

Symptoms of COVID-19



FEVER OVER 100.4 DEGREES



COUGH OR SORE THROAT



DIFFICULTY BREATHING



CHILLS



MUSCLE PAIN



NEW LOSS OF TASTE OR SMELL



NAUSEA/ VOMITING



DIARRHEA



HEADACHE/ FATIGUE

- Symptoms start like many other illnesses
- Symptoms start about One day after exposure, but can be as long as 14 days
- It can be severe and sometimes fatal also

The main symptoms include :

- Fever
- Coughing
- Shortness of breath
- Nausea and diarrhea
- Fatigue
- Chills, sometimes with shaking
- Bodyache
- Headache
- Sore throat
- Loss of smell or taste

- The virus can lead to pneumonia, respiratory failure, septic shock and death
- Many covid-19 complications may be caused by a condition known as cytokine release syndrome or a cytokine storm
- This is when an infection triggers your immune system to flood your blood stream with inflammatory proteins called cytokines.
- They can kill tissue and damage your organs

Risk factors for COVID -19

PEOPLE at HIGH RISK for **COVID-19** COMPLICATIONS



Children



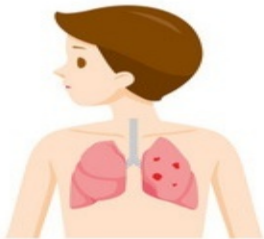
The elderly



Smoker



Pregnant women



Chronic diseases patients



Stroke patients



Congenital disease



Heart disease patients



Health care workers



Public bus or taxi driver



Air hostess



Steward

- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- A weakened immune system because of an organ transplant
- Obesity
- Serious heart condition such as heart failure or coronary artery disease
- Type-2 diabetes
- Moderate to severe asthma
- Cystic fibrosis
- High blood pressure

- Dementia
- Liver disease
- Pregnancy
- Smoking
- Thalassemia
- Diseases that affects your blood vessels and blood flow to your brain
- Damaged or scattered lung tissue (pulmonary fibrosis)

Diagnosis and treatment

- Because symptoms are similar to many other illnesses tests are needed to make the diagnosis (throat swab, blood tests)
- There is no any specific treatment
- Mild symptoms can be treated with medicine to lower the fever or relive pain
- If symptoms are more severe treatment in hospital is required

How to prevent COVID-19



- Maintain good personal hygiene
- Wash your hands frequently with soap and water
- Use alcohol based hand sanitiser
When soap and water are not readily available
- Cover your cough and sneezes. Use Tissue or your upper sleeves
- Do not share , food, drinks and personal item Including mobile phones

Avoid exposure

- Keep 1-2 meters (3 -6 feet) away from others even if they appear well and avoid direct contact with them
- Avoid touching your face especially if you have touched objects handled by many people
- Avoid shaking hands , hugging instead wave, bow,nod or use any other appropriate gesture
- Avoid activities which expose you to large groups of people

- Work from home, where possible
- Avoid non essential travel
- Clean and disinfect frequently touched surfaces each day, use normal cleaning supplies.
- Keep away from people who are sick don't let them cough or sneeze on you
- Avoid visiting hospital and other medical facilities unless you need medical care

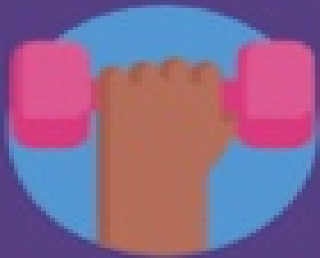
How you can cope up with stress during COVID -19 outbreak



Stick to your daily routine



Pick up a new hobby



Get some exercise



Virtually connect with family and friends



Limit triggering behaviours
(ex. media overload)



Share how you feel with people you trust

- COVID-19 can be stressful, the effect can be both physical and emotional

Things you can do to reduce stress:

- Take break from listening to, watching or reading about COVID-19 frequently including social media
- Separate facts from rumors. Gather information from reliable Sources
- Stick to your daily routine and develop new hobbies
- Do some exercise ,yoga, meditation.

- Talk to your friends and your family members
- Share things with them
- Don't panic
- And if stress continue to hamper your daily activities, talk to a doctor, or someone you can trust

Thank you

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shah*