

Do you think you have **Covid-19**?

Don't panic



As many as 85% of those infected with Covid-19 will experience mild to moderate symptoms, and will be able to manage their disease at home.

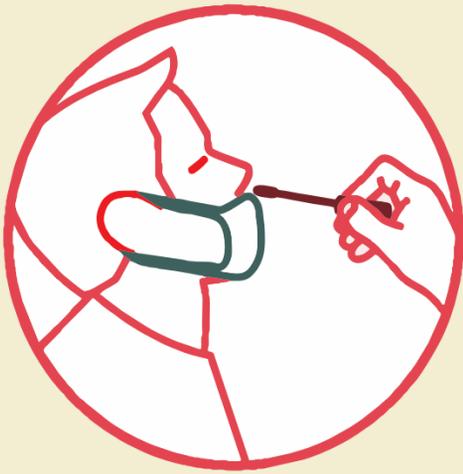
Check your symptoms

- Fever
- Cough
- Loss of smell and taste
- Nausea
- Diarrhea
- Fatigue
- Headache / Body ache

Most important: As soon as you suspect you have Covid, start monitoring your oxygen saturation levels. This can be done using a blood oximeter. Low blood oxygen level is the one indication of oncoming danger.

If you have one or more of these symptoms, please get tested!

Get tested for Covid

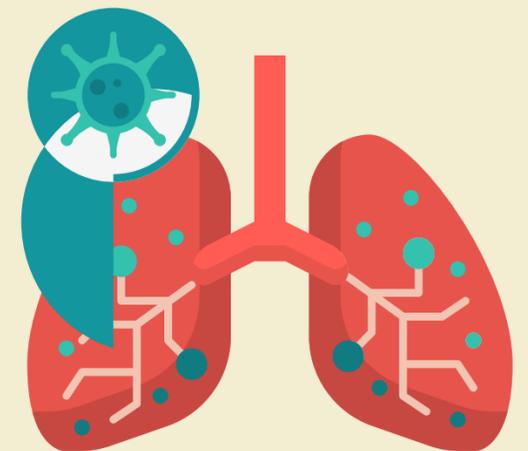
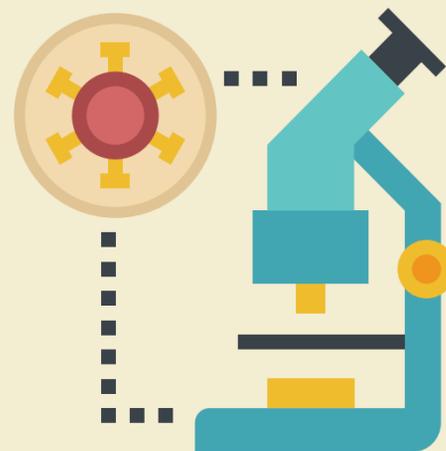


The **Reverse Transcription Polymerase Chain Reaction** or RT-PCR test should be done as soon as possible. Further medical attention including hospital admissions are often subject to a positive RT-PCR report. There are recent concerns of false RT-PCR negatives, so if you have had likely exposures and symptoms that suggest Covid-19 infection, you probably have it and maybe passing it on— even if your test result is negative. Repeat the test after a few days. Start monitoring your oxygen saturation levels immediately with a simple pulse oximeter.

Consult a doctor



Early diagnosis and management is key to preventing severe complications from Covid-19. A doctor might ask you to get more tests done, including blood and/or chest examinations to determine the severity and progression of your infection.



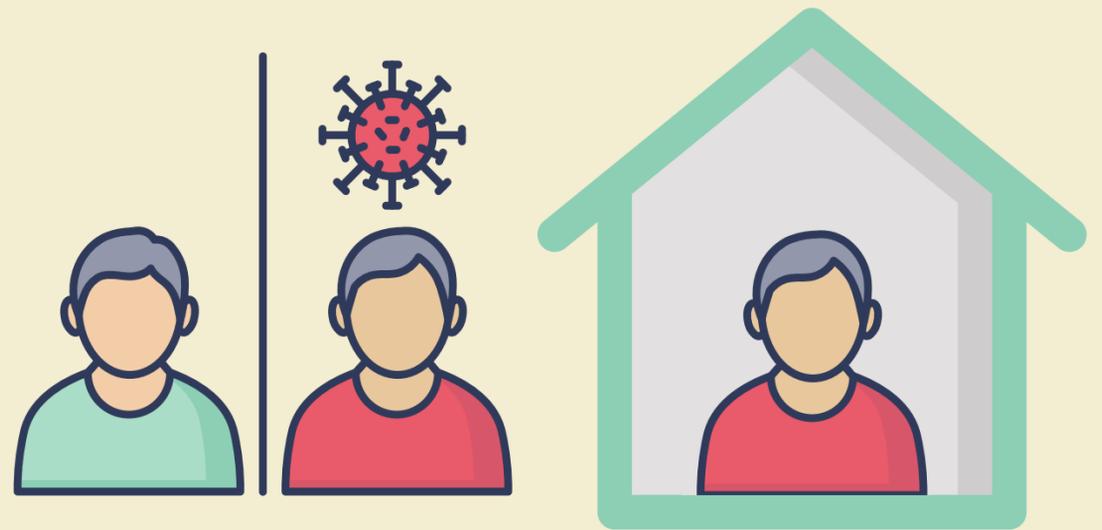
Avoid fake news

As convincing and comforting they may seem, this is the time to avoid Whatsapp forwards and friendly advice from non-professionals. Information around the Covid-19 virus and infection is rapidly changing, and only scientists and medical professionals are able to formulate correct disease management strategies.

Trust science.



Isolate yourself



If you suspect that you have Covid-19, isolate yourself from others right away. Two people with similar symptoms can be isolated in the same room. Eat meals in your room and as far as possible, wash your own utensils and clothes. Don't share personal items (utensils, towels, linen, clothes, etc.) with other people. Wash hands and wear a mask when interacting with caregivers.





Caregivers, take note

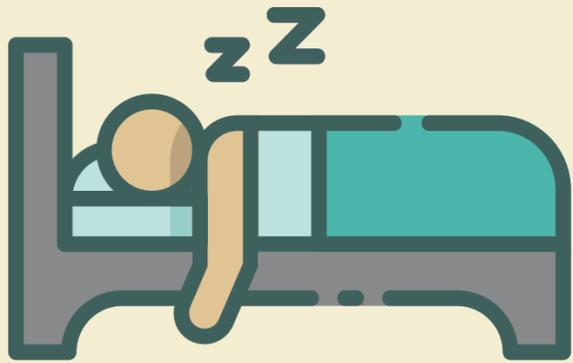
If anybody in your house is above 55 years of age, or is pregnant, or has any severe medical condition, please shift them to another house till the patient recovers. But if this is not possible, don't worry, wear a triple layer medical mask / N95 mask appropriately (covering both mouth, nose and well fitted to the face) at home, don't share any space with the patient and keep washing your hands with soap for 20 seconds.



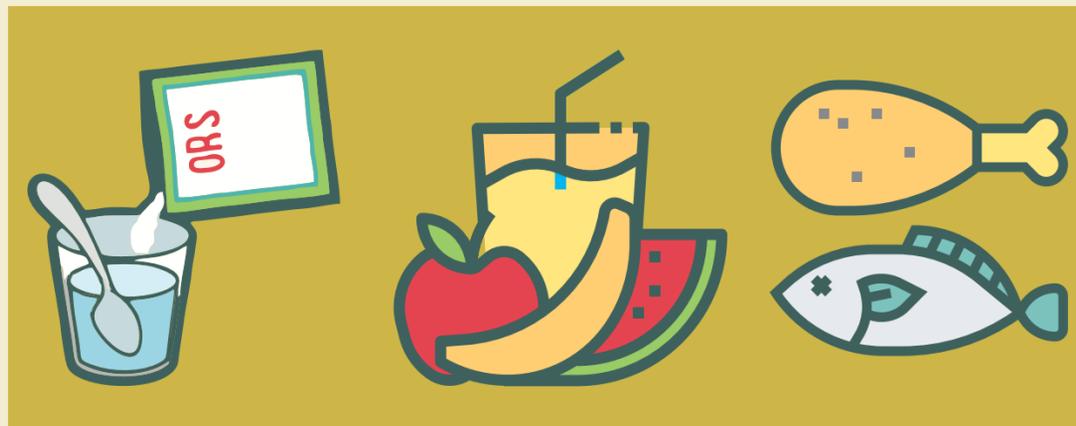
🕒 20s



Rest, Medicines & Nutrition



Take adequate rest 7-8 hours a day.



Drinking plenty of fluids, warm water, fresh juice, electrol (ORS), to keep the body hydrated.

Whole grains like ragi, oats or amaranth are rich sources of complex carbohydrates. Chicken, fish, eggs, paneer, soya, nuts and seeds are some good sources of protein. Healthy fats like walnuts, almonds, olive oil, mustard oil are recommended. Turmeric milk can soothe your throat, so it is advisable to drink one glass a day.



You may take the following medicines

Tab. Vitamin C 500 twice a day (daily)

Tab. Zinc 50 mg once per day (daily)

Vit. D 60000 IU stat (only once during the treatment)



If you have a fever: Tab. Paracetamol SOS if there is a fever of more than 100F



If you have a cold: Tab. Levocetirizine and Steam inhalation, salt warm water gargles thrice daily



Self monitoring

If you have comorbidities like cancer, severe asthma, respiratory disorders, diabetes, high blood pressure, cardiovascular disease, liver/kidney/lung disease

OR/AND

If you are obese

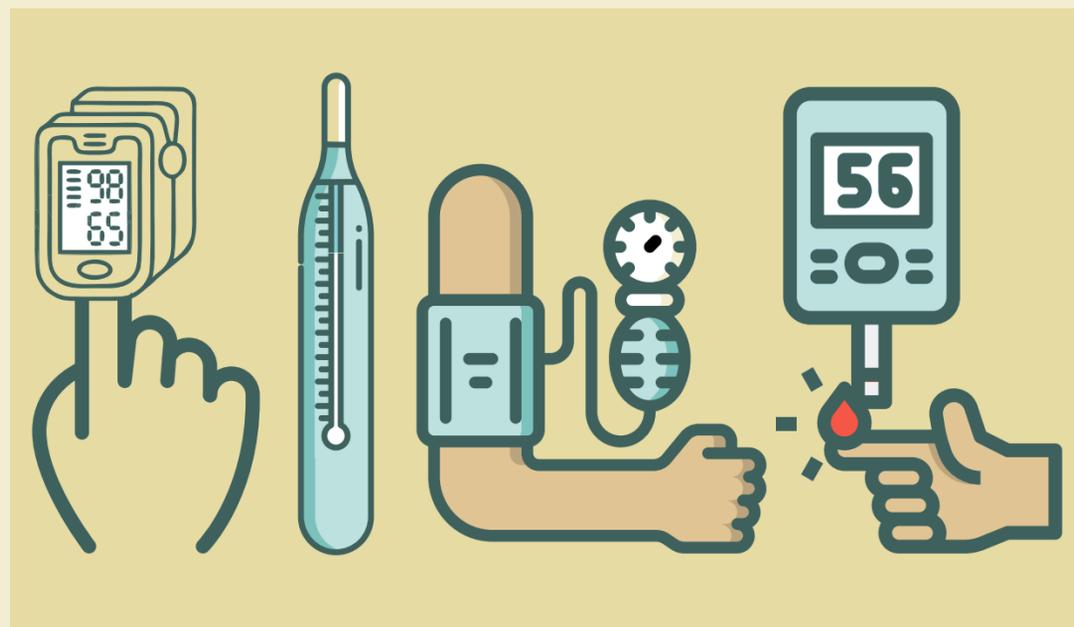
OR/AND

If you are above the age of 60:

OR

None of the above, but feel the need to

Monitor SPO2 using a pulse oximeter (Oximeter should be put on your right hand's middle finger, and highest stable reading must be recorded) temperature using a thermometer, blood sugar/blood pressure every eight hours or thrice a day. All these measuring devices are commonly available in medical stores or online.



6 minute walk test: Measure your oxygen saturation after mild exertion activity like a 6 minute walk in your room and measure if there is any drop in the oxygen level.

Patients who are under home isolation are advised to carry out the following blood investigations - CBC, Fasting Sugar, LFT, RFT, HbA1C, CRP, D Dimer (Investigations specially advised for co-morbid patients).

Keep a record of your temperature, oxygen saturation level and other symptoms in a register.

When to seek medical help?

Persistent fever more than 100°F for more than four days

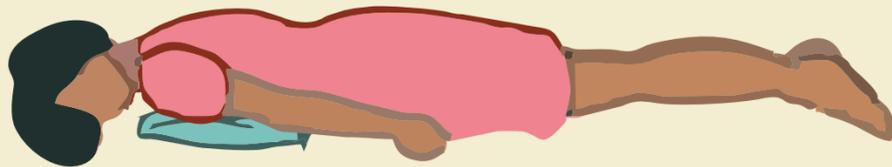
- Mental confusion or drowsiness
- Difficulty in breathing
- Oxygen saturation consistently less than 94%

What to do if oxygen levels drop?

If your oxygen levels drop persistently below 94%, use the Prone Position to breathe.

1. The Prone Position

The prone position involves lying face-down position, with your chest raised and practising rapid breathing. Avoid for those with cardiac troubles or chest injuries.



Lie on your stomach

keep your legs straight out

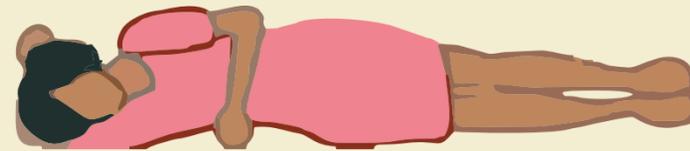
Put a pillow under your chest

Turn your head to a side (left or right)

Fold your hands and keep it side to your head

Take long and deep breaths in this position

Do this for 30 mins to 2 hours



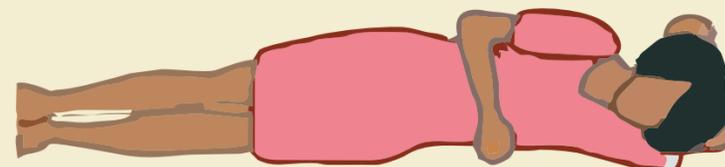
2. Right Lateral Recumbent

Lie on your right side

Keep one arm below your head

Legs should be straight, parallel to each other

Do this for 30 minutes to 2 hours



3. Left Lateral Recumbent

Lie on your left side

Keep one arm below your head

Legs should be straight, parallel to each other

Do this for 30 minutes to 2 hours

Despite this, if your oxygen levels are below 94, please consult a doctor immediately.

When to get an Oxygen cylinder or an Oxygen concentrator

If your oxygen saturation levels are continuously dropping below 90, and/ or a drop of 3-4 points is seen after the 6MWT (below 94%), you may require external oxygen support but **only on a doctor's advice.**



Oxygen concentrator

Please note that Oxygen is an essential requirement for serious Covid patients. Do not hoard cylinders. Someone else might need it much more than you.



How the disease progresses usually

Day 1 The first symptom appears to be fever and fatigue. Many also have muscle pain and cough. Other symptoms may also appear.

Day 2-4 Some will feel better. For others, the fever, cough and fatigue may persist.

Day 5-7 Most patients with mild to moderate Covid will feel better by now. But for those whose disease might progress to severe or critical, breathing difficulties may begin. It is especially likely to happen if the person has a pre-existing condition or is older. Close monitoring as explained before is advised.

Day 8-12 By now, most patients with mild to moderate symptoms experience significant betterment of symptoms, fever comes down. Fatigue and cough may persist. However for some patients (severe or critical cases) symptoms get significantly worse, potentially leading to hospitalisation. Monitor patients closely and seek medical assistance immediately if symptoms worsen or oxygen saturation drops.

After 13 days from when the symptoms first appeared, in the absence of fever without paracetamol for three consecutive days, and in the absence of any other symptoms, isolation may be discontinued.

Fatigue and body pain might still continue. RT-PCR tests may still be positive.



The above information is only meant to help potentially vulnerable patients. This data must be constantly correlated with symptoms and monitored closely by a professional medical practitioner. Covid-19 affects each one of us differently. Don't jump to conclusions. Don't panic. Don't self medicate.

Manage Covid anxiety

- Make meditation and deep breathing a part of your daily routine
- Read books or watch something light and fun.
- Stay connected with family and friends

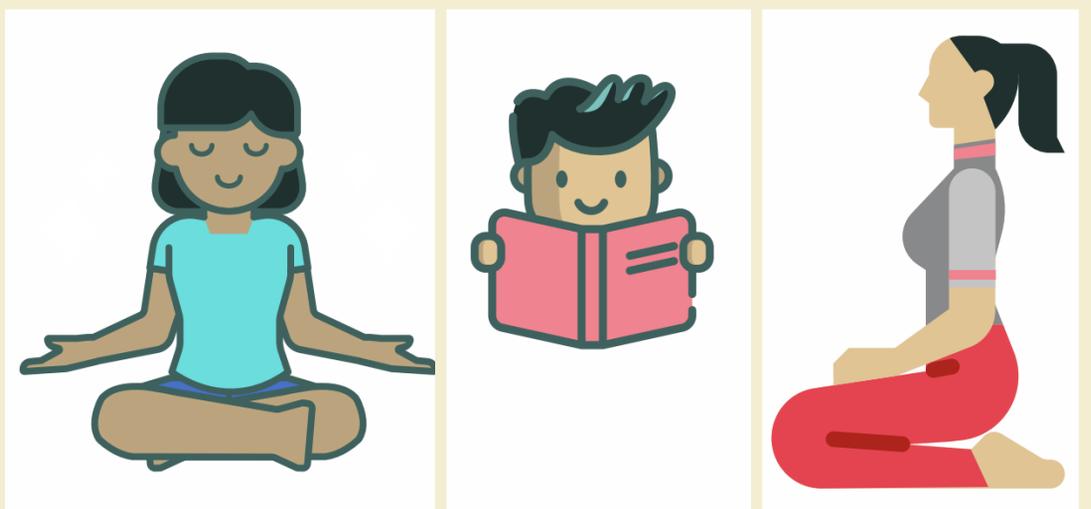
Post Covid recovery

Please avoid exertion for four weeks after recovery. Hydration is very important and so is rest. If some symptoms still persist after recovery, speak to your doctor about it.

There have been instances of elevated sugar levels, blood clotting and heart troubles among recovering Covid patients, even those who are otherwise healthy. These factors must be monitored closely under a doctor's supervision.



Get your vaccine jabs from 6 weeks to 3 months after recovery.



Remember

