



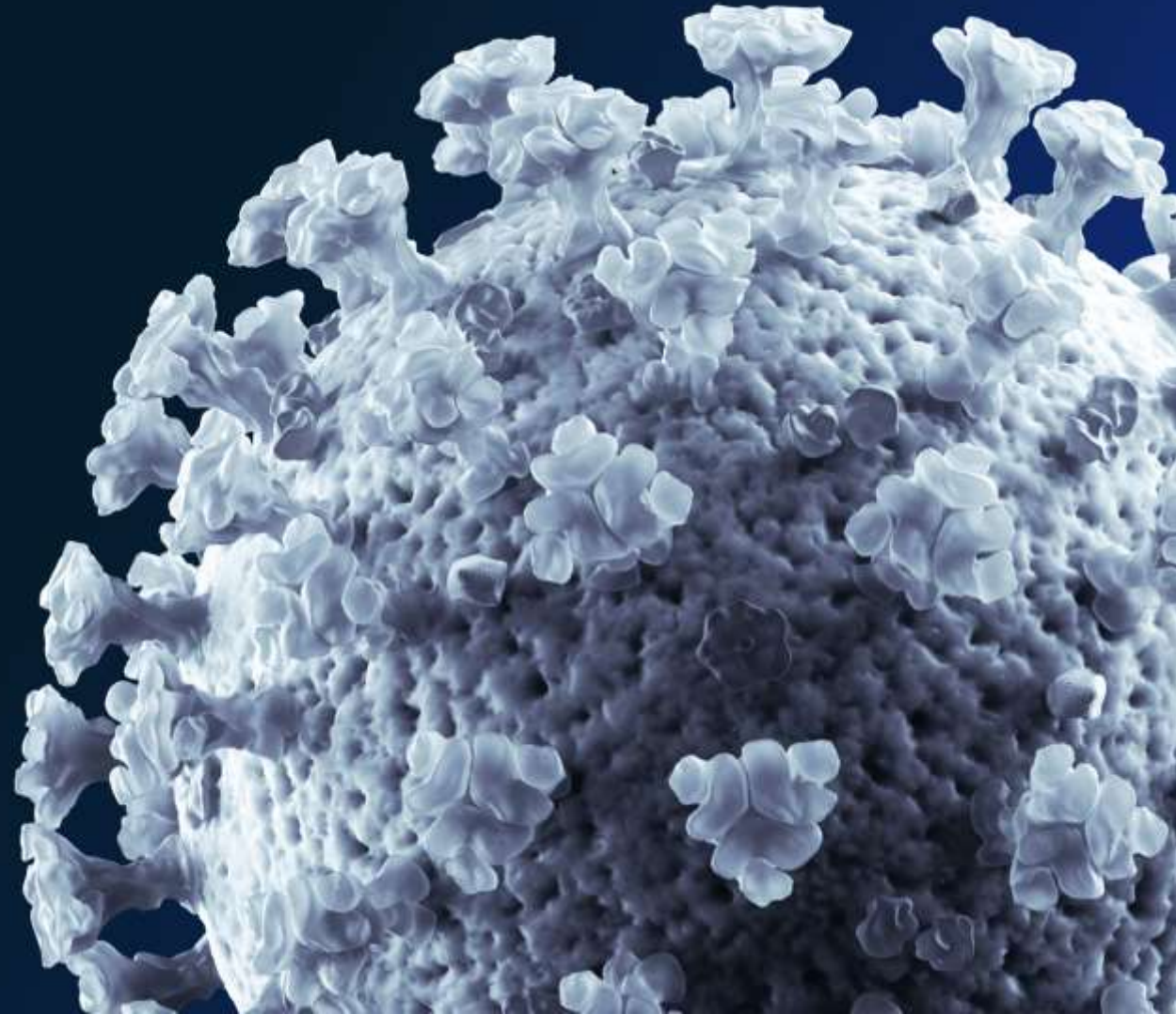
COVID-19

CORONAVIRUS

MEDICAL TEAM
PRIMUS PRIVATE SCHOOL

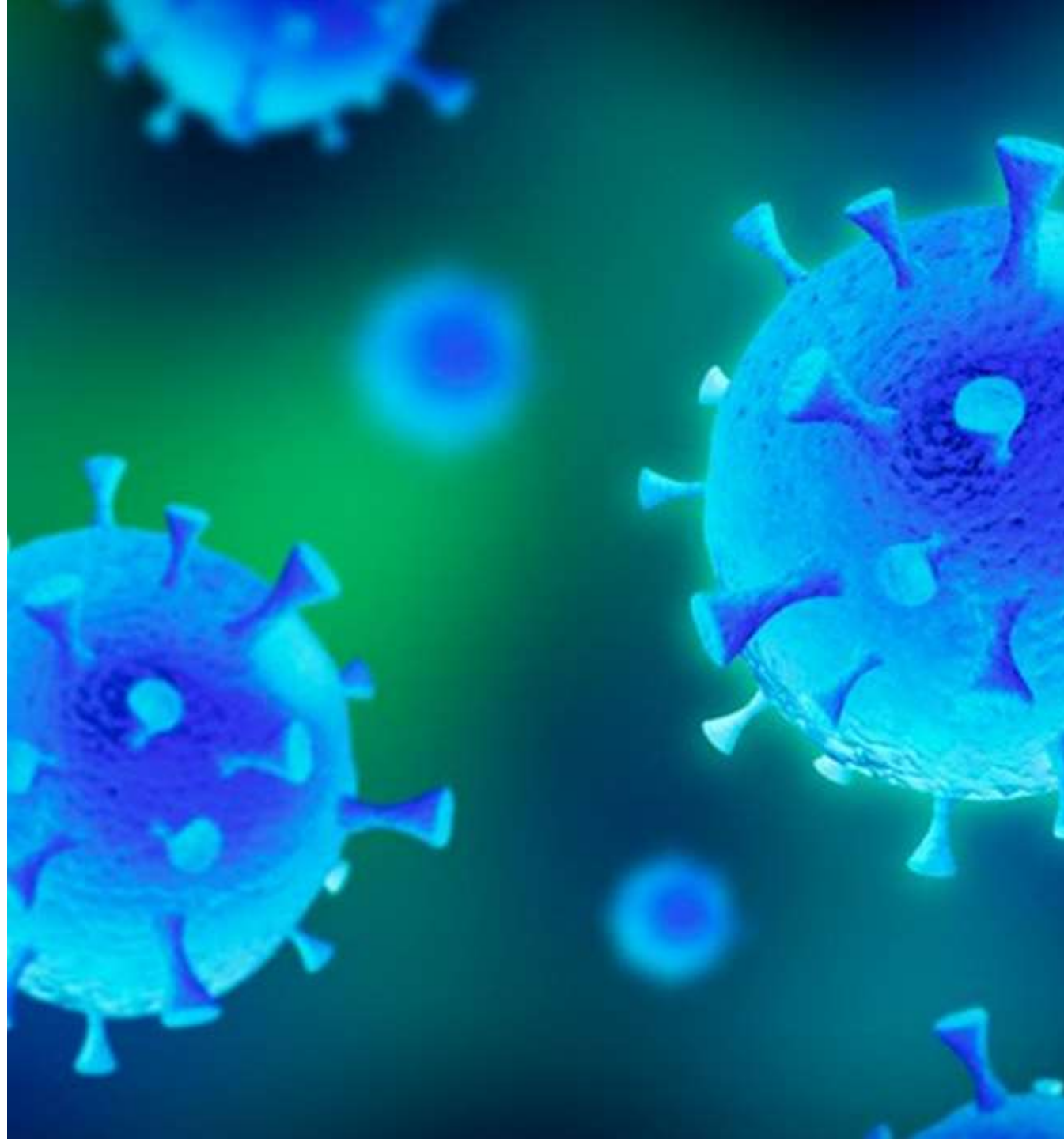
What is coronavirus?

- Coronaviruses are a large family of viruses which may cause illness in animals or humans.
- In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).
- The most recently discovered coronavirus causing coronavirus disease COVID-19.



What is COVID-19?

- COVID-19 is the infectious disease caused by the most recently discovered coronavirus (SARS-COV-2).
- 'CO' stands for corona, 'VI' for virus, and 'D' for disease. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. And thus the infection is named as COVID 19
- COVID-19 is now a pandemic affecting many countries globally.





Headache



Dry Cough



Fever

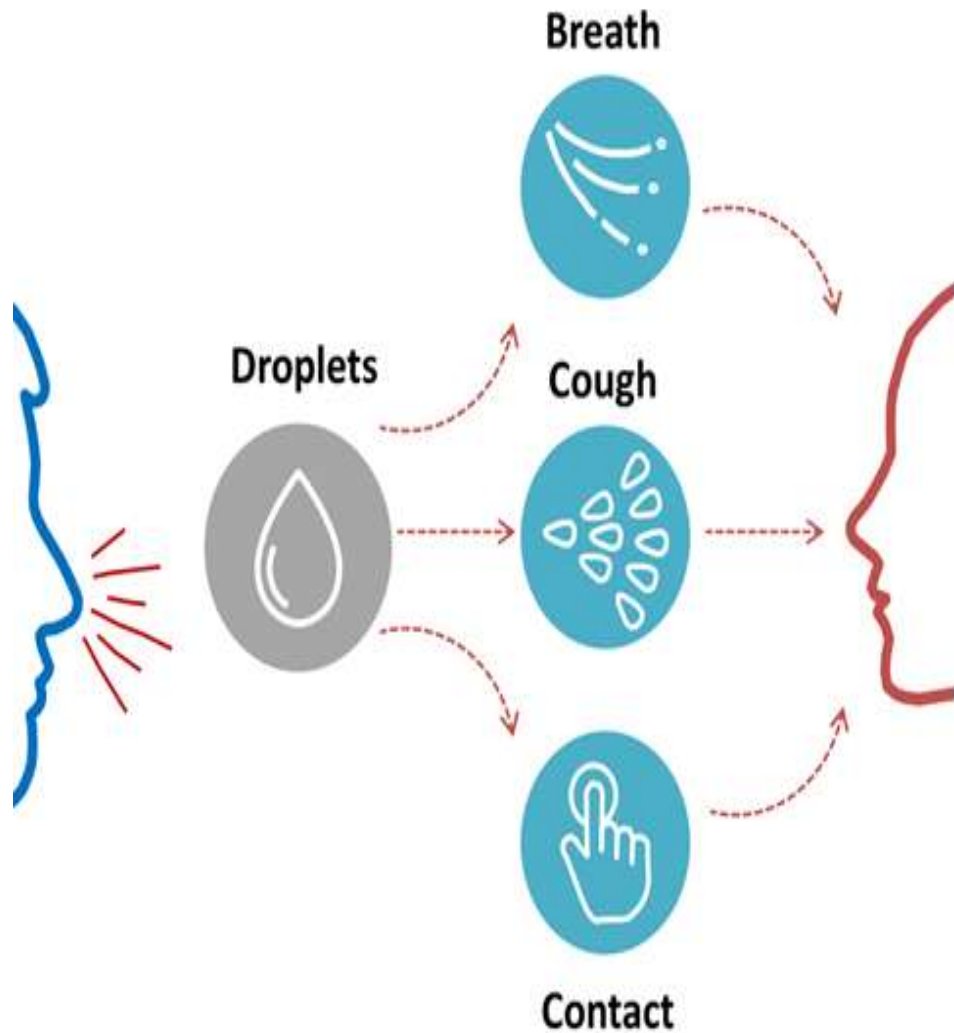


Shortness
of breathe

What are the symptoms of COVID-19?

- The most common symptoms of COVID-19 fever, cough and shortness of breath.
- Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes.
- In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal.
- Incubation Period : 2-14 days from exposure to source of infection.

How does COVID-19 spread?



- COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze.
- It is thought that the virus may spread to hands from touching a contaminated surface and then to the nose or mouth, causing infection.
- Therefore, personal prevention practices (such as handwashing, staying home when sick) and environmental cleaning and disinfection are important principles to consider.

What is the treatment?

Many of the symptoms can be treated and getting early care from a healthcare provider can make the disease less dangerous.

There is no available vaccine for COVID-19 now. However, there are several clinical trials that are being conducted to evaluate potential therapeutics for COVID-19



Complications of COVID-19



- Some people become infected but only have very mild symptoms.
- Most people (about 80%) recover from the disease without needing hospital treatment.
- Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.
- COVID-19 Complications includes but is not limited to: Severe pneumonia, Acute respiratory failure and acute respiratory distress syndrome (ARDS), Acute renal failure, Disseminated intravascular coagulation & Sepsis or septic shock.
- Older people, and those with underlying medical problems are at higher risk of developing complications & serious illness.
- However, anyone can catch COVID-19 and become seriously ill. People of all ages who experience fever and/or cough associated with difficulty breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek.

High Risk Group

- ✓ Serious heart conditions such as ischemic heart disease
- ✓ Diabetes mellitus
- ✓ Uncontrolled hypertension
- ✓ Chronic lung/respiratory disease including moderate to severe asthma
- ✓ Chronic kidney disease and renal failure
- ✓ Chronic liver disease
- ✓ Cancer patients who are still undergoing treatment
- ✓ Use of biologics or immunosuppressive-medications
- ✓ History of transplant
- ✓ People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled
- ✓ Any health conditions that may compromise immunity
- ✓ People with disability (people of determination)
- ✓ People above 60 years of age

How to prevent the spread of COVID 19?

As we have discussed above there are no effective vaccine or medicines available to fight COVID 19. Hence, we are bound to protect ourselves and our community from getting affected. Ways to stop the chain of infection are as follows:-

- Hand hygiene
- Wear PPE
- Social distancing
- Follow proper etiquette when in public
- Strengthen your immunity

How to stay healthy and avoid the spread of COVID-19



Use tissues and dispose immediately after use



Wash your hands regularly for 20 seconds



Stay home when sick



Avoid touching your face



Wipe high-touch surfaces often



Avoid close contact with others



Cover your mouth when coughing or sneezing

☐ Hand Hygiene

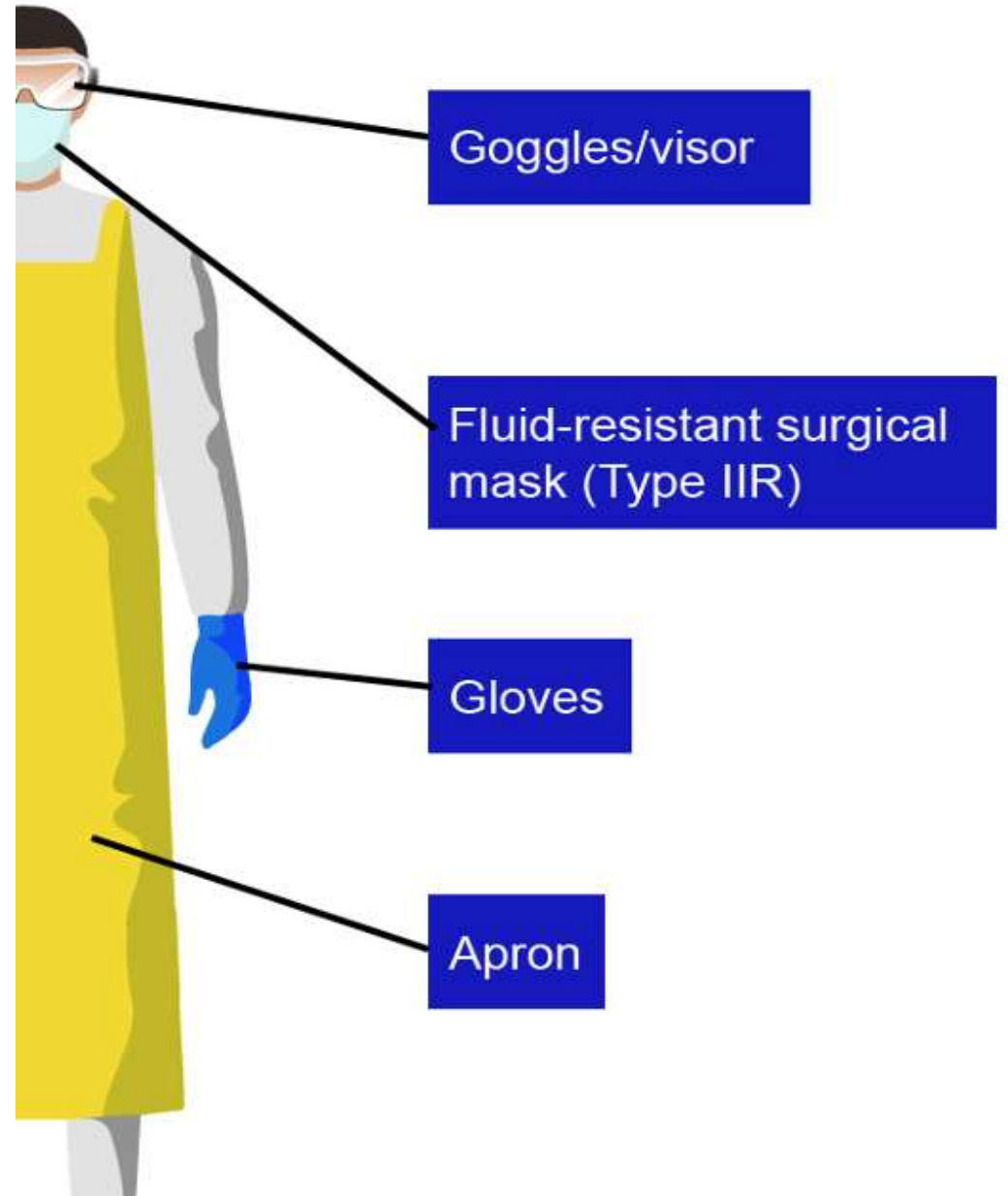
Handwashing with soap kills the coronavirus and that's why it's the best defense against the spread of COVID-19. Soap molecules disrupt the fatty layer or coat surrounding the virus, once the viral coat is broken down, the virus is no longer able to function.

- ✓ Teach and reinforce handwashing with soap and water for at least 20 seconds and increase monitoring to ensure adherence among students and staff.
- ✓ If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used. Sanitizers also does the same job, but hand washing is considered the best.



☐ Wear PPE

PPE or Personal protective equipment is protective clothing (mask, gown, gloves, shoe cover etc.), helmets, goggles, or other garments or equipment designed to protect the wearer's body from potential hazards including biological, physical, electrical, thermal, chemical and airborne particulate matter.



❖ Face Masks

- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Teach and reinforce use of face masks and monitor their compliance as face coverings may be challenging for children (especially younger children) to wear.
- Students should be frequently reminded not to touch the face covering and to wash their hands frequently & not to share their personal face mask with others



Types Face Masks

Cloth Face Mask



- Reusable
- Need washing after each use.
- Less protection than surgical masks.

Surgical Mask



- Colored side outside
- Disposable, & loose fitting
- Protect the wearer from sprays, splashes, and large-particle droplets
- helps prevent a person who is sick from spreading the virus to others. It helps keep respiratory droplets contained and from reaching other people.

N 95 Mask



- For Medical staff
- Filters 95% of small & large respiratory particles
- (un- comfortable) Breathing Difficulty

- CDC(Centre for Disease Control and prevention), does not recommend using mask with exhalation valves, as it does not prevent the person wearing the mask from transmitting COVID-19 to others.
- Encourage staff in direct contact with children OR those who care for or interact with a person who is hearing impaired (deaf), to wear clear/ transparent face masks, to facilitate lip reading and facial expression.

How to wear a face mask



1

Clean your hands with soap and water or hand sanitizer



2

Hold the mask by the ear loops and place a loop around each ear



3

Mold or pinch the stiff edge to the shape of your nose



4

Pull the bottom of the mask over your mouth and chin



5

Avoid touching the front of the mask when wearing

How To Remove And Dispose The Mask

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Dispose the it in the designated waste bins or Place mask in the washing machine (if it is cloth mask). Be careful not to touch your eyes, nose, and mouth when removing.
- Wash hands immediately after removing.



❖ Face Shields:



- A face shield is primarily used for eye protection for the person wearing it.
- At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer.
- Therefore, CDC does not currently recommend use of face shields as a substitute for masks.
- However, wearing a mask may not be feasible in every situation for some people (for example, people who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired).
- So Face shield offers an alternative to face masks in school settings & is an option that allows access to speech reading and facial clues while providing a reduction in inhaled virus of 92% at 6 feet.
- According to CDC recommendations the following face shields provide better source control than others:
 - Face shield that covers the entire front (extending to the chin or below) and sides of the face, OR
 - Hooded face shields

❖ Gloves

Gloves are protective covering for hands, which are used to protect against dirt, contamination and cold. They comes in latex as well as plastic and its variables.

The gloves used here are disposable ones.

In relation to present situation, gloves are not that recommended, as it causes cross contamination.

Example for instance, a person touches anywhere and everywhere when he wears gloves and as a result his hands are contaminated. And later by he may touch his face or nose causing cross contamination or he can contaminate less contaminated areas with his already contaminated gloves.

WHO, recommends frequent hand washing and use of hand sanitizers over wearing gloves.



❑ Social Distancing

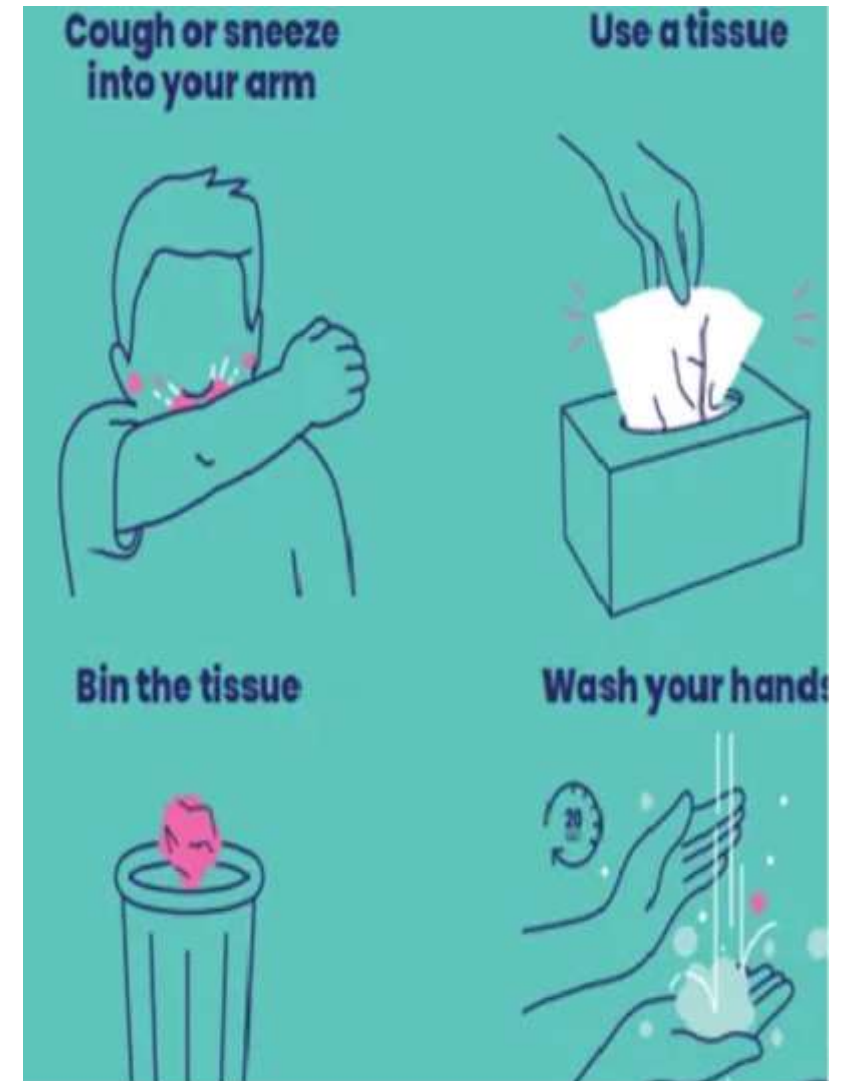
Social distancing means avoiding close contact with others to prevent the spread of COVID 19 and include as-:

- Keep a distance of at least 2 meters between people.
- Cancel or limit social gathering.
- Avoid nonessential trips in the community.
- Conduct meetings virtually.
- Keep kids away from group settings.
- Follow no-contact greetings; this means no handshake and no high-fives either.



❑ Etiquettes to follow in public

- Wear a mask before going out.
- Cover your mouth and nose with a tissue when coughing or sneezing or use the inside of your elbow.
- Immediately throw the used tissue in a waste bin.
- Do not use your hands to cover your mouth.
- Wash your hands with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available
- Open the door or escalator using your elbow.
- Do not touch your face with contaminated hands and keep your hands clean by washing/sanitizing them frequently



❑ Ways to strengthen your immunity

- Our immune system is a defense mechanism against infectious diseases. To function efficiently, the immune system needs to be supported with a healthy and balanced diet
- Drink lots of water
- Make sure you get enough sleep
- Maintain proper personal hygiene
- Stay active and exercise
- Avoid feeling angry or stressed regularly

Please be aware that your immune system will not protect you from COVID-19 unless you adhere to preventive measures (physical distancing, washing your hands and wearing a mask)



Conclusion

COVID 19 is considered a less dangerous infection, even though highly infective.

As of now no vaccines or effective medicines have been invented. So only measure to tackle the situation is “break the chain. “

Let us all try our best to break the chain of infection and to prevent the further spread.