



# What you need to know about Corona Virus?

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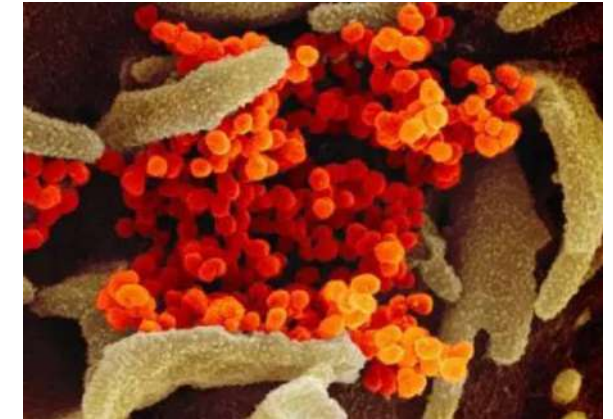
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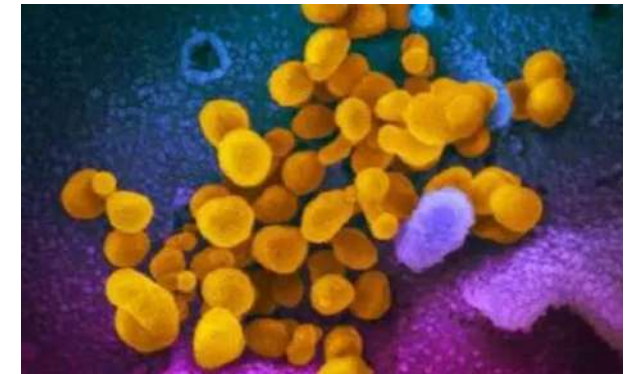
# What is Corona Virus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses 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 causes* coronavirus *disease COVID-19*.



# What is COVID-19?

COVID-19 is the *infectious disease* caused by the most recently discovered *coronavirus*. This *new virus* and disease were unknown before the outbreak began in *Wuhan, China, in December 2019*.



# What are the **symptoms** of COVID-19 ?

- Fever, tiredness, and dry cough
- Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea

## Some points *worth to Note*:

- Symptoms are usually mild and begin gradually
- Some **people become infected but don't develop any symptoms** and don't feel unwell!
- Most people (about 80%) recover from the disease without needing special treatment
- Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing
- Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.
- About **2% of people** with the disease have **died**

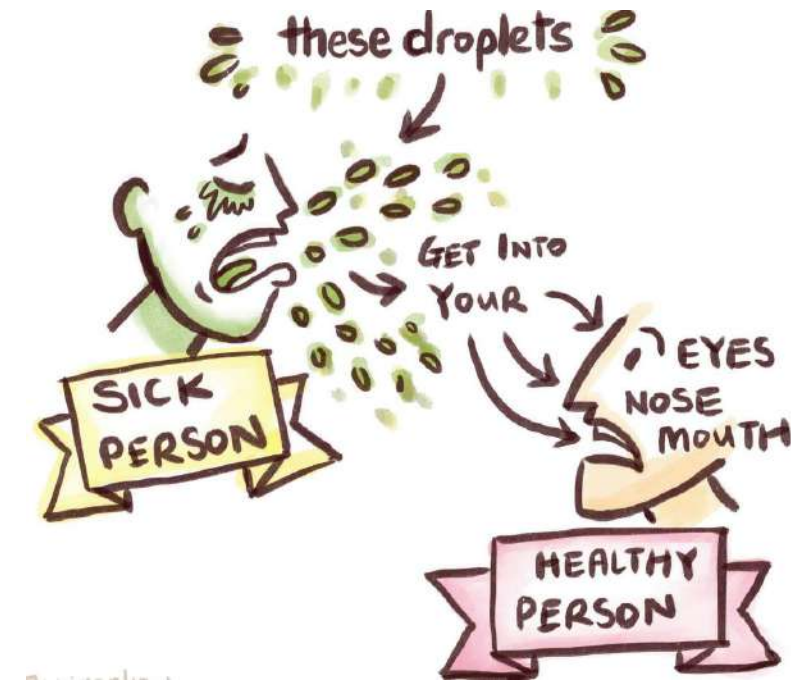
Source: <https://www.who.int/> and <https://infographics.channelnewsasia.com/covid-19/map.html>

PLACES	CONFIRMED CASES *	REPORTED DEATHS
China	80,151	2,943
South Korea	5,186	28
Italy	2,036	52
Iran	1,501	66
Cruise ship (Diamond Princess)	706	6
Japan	256	6
France	191	3
Germany	157	0
Spain	114	0
Singapore	108	0
Hong Kong	100	2
United States	91	6
Kuwait	56	0
Bahrain	49	0
Thailand	43	1
Taiwan	41	1
Belgium	8	0
Croatia	8	0
San Marino	8	0
Greece	7	0
Ecuador	6	0
Finland	6	0
Oman	6	0
Algeria	5	0
India	5	0
TOTAL	91,234	3,116

\* As of 03 March 2020

# How does COVID-19 spreads?

- People can catch COVID-19 from others who have the virus.
- The disease can spread from person to person through **small droplets** from the **nose or mouth** which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 **by touching** these objects or surfaces, then **touching their eyes, nose or mouth**.
- People can also catch COVID-19 **if they breathe in droplets** from a person with COVID-19 who coughs out or exhales droplets. This is **why it is important to stay more than 1 meter (3 feet) away from a person who is sick**



# How long is incubation period for COVID-19?

- The “**incubation period**” means the time between catching the virus and beginning to have symptoms of the disease
- Most estimates of the incubation period for COVID-19 range from **1-14 days**, **most commonly** around **five days**. These estimates will be updated as more data become available.

# Basic protective measures against the new coronavirus:

1. ***Wash your hands frequently*** with alcohol-based hand rub or wash them with soap and water



2. Maintain ***at least 1 meter (3 feet) distance*** between yourself and anyone who is coughing or sneezing



3. Avoid touching ***eyes, nose*** and ***mouth***

4. Practice ***respiratory hygiene***: means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.





# Basic protective measures against the new coronavirus...

5. If you have a fever, cough and difficulty breathing, *seek medical attention* and call *in advance*



6. *Avoid spitting in public*



7. *Avoid close contacts* when you are experiencing cough and fever



8. *Avoid travel* if you have a fever and cough.



# Basic protective measures against the new coronavirus...

9. Eat only *well cooked food*



10. Avoid contact with stray animals, waste and fluids in public places, if any



11. If you choose wear the mask, be sure to *cover* the *mouth* and *nose* – *avoid touching mask once its-on*



12. Immediately discard single use mask after using each use and *wash hands after removing the mask*





# Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

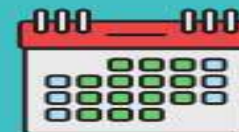
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# Myth busters

# Are hand dryers effective in killing the new coronavirus?

**No. Hand dryers are not effective in killing the 2019-nCoV.**

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?



# Can an ultraviolet disinfection lamp kill the new coronavirus?

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

Can an ultraviolet disinfection lamp kill the new coronavirus?





# How effective are thermal scanners in detecting people infected with the new coronavirus?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.



#2019nCoV

## How effective are thermal scanners in detecting people infected with the new coronavirus?





# Can spraying alcohol or chlorine all over your body kill the new coronavirus?

**No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.** Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.



#2019nCoV

Can spraying alcohol or chlorine all over your body kill the new coronavirus?



# Is it safe to receive a letter or a package from China?

Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus.

From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages.

Is it safe to receive a letter or a package from China?





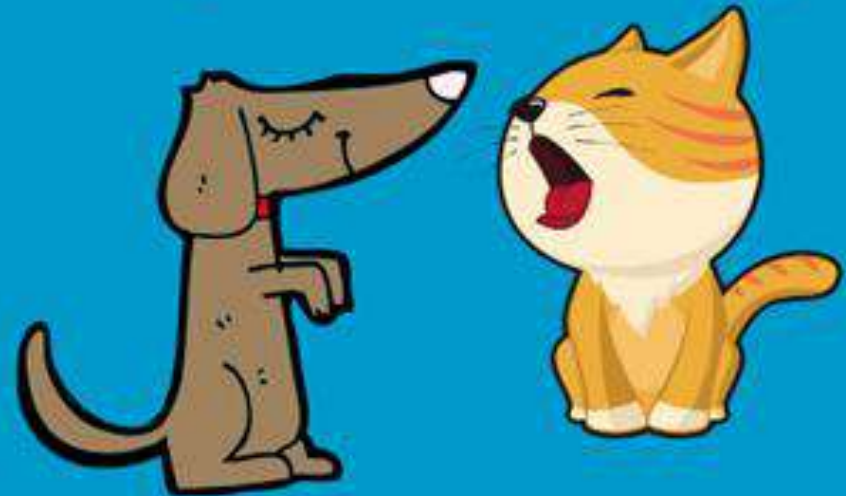
# Can pets at home spread the new coronavirus (2019-nCoV)?

At present, there is **no evidence** that **companion animals / pets such as dogs or cats can be infected with the new coronavirus**. However, it is always a good idea to **wash your hands with soap and water after contact with pets**. This protects you against various common bacteria such as *E. coli* and *Salmonella* that can pass between pets and humans.



**#Coronavirus**

## Can pets at home spread the new coronavirus (2019-nCoV)?



# Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

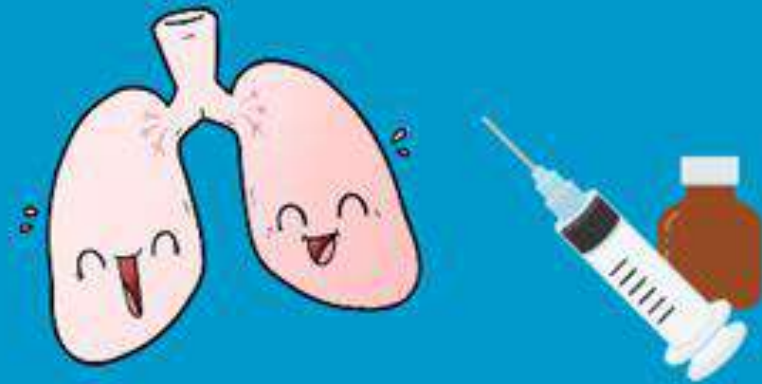
The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.



#2019nCoV

## Do vaccines against pneumonia protect you against the new coronavirus?





# Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.



#2019nCoV

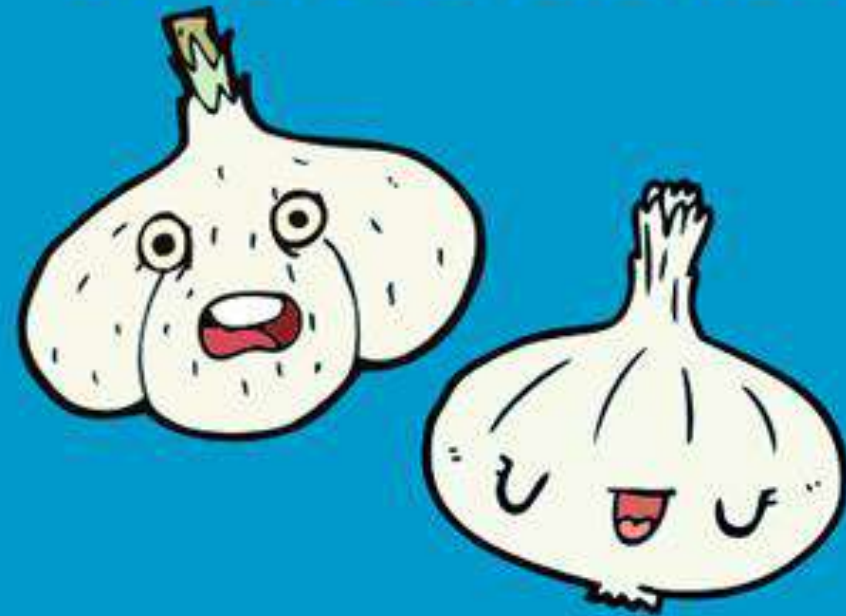
## Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?



# Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. **However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)**

Can eating garlic help prevent infection with the new coronavirus?





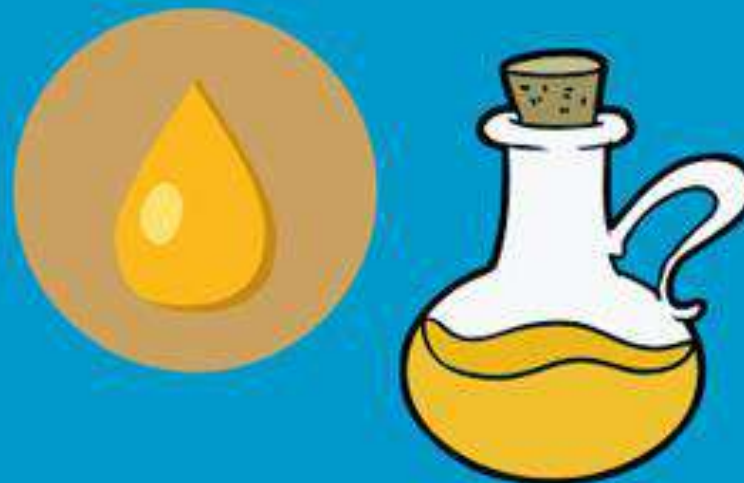
# Does putting on sesame oil block the new coronavirus from entering the body?

**No. Sesame oil does not kill the new coronavirus.**

There are some chemical disinfectants that can kill the 2019-nCoV on surfaces. These include bleach/chlorine-based disinfectants, ether solvents, 75% ethanol, peracetic acid and chloroform.

However, they have little or no impact on the virus if you put them on the skin or under your nose. It can even be dangerous to put these chemicals on your skin.

## Does putting on sesame oil block the new coronavirus from entering the body?



# Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



#Coronavirus

## Does the new coronavirus affect older people, or are younger people also susceptible?





# Are antibiotics effective in preventing and treating the new coronavirus?

**No, antibiotics do not work against viruses, only bacteria.**

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



**#Coronavirus**

## Are antibiotics effective in preventing and treating the new coronavirus?



# Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

## Are there any specific medicines to prevent or treat the new coronavirus?







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## NOVEL CORONA VIRUS

**The Helpline Number for corona-virus : +91-11-23978046**

**The Helpline Email ID for corona-virus : [ncov2019\[at\]gmail\[dot\]com](mailto:ncov2019[at]gmail[dot]com)**

**The Helpline Number for corona-virus : +91-11-23978046**

**The Helpline Email ID for corona-virus : [ncov2019\[at\]gmail\[dot\]com](mailto:ncov2019[at]gmail[dot]com)**

**Travel Advisory - Updated : ([197.22KB](#))**

**Discharge policy for suspect or confirmed novel Coronavirus (2019-nCoV) cases : ([354.71KB](#))**

**Karnataka State  
Corona Virus Helpline  
number: 104**





THANK YOU