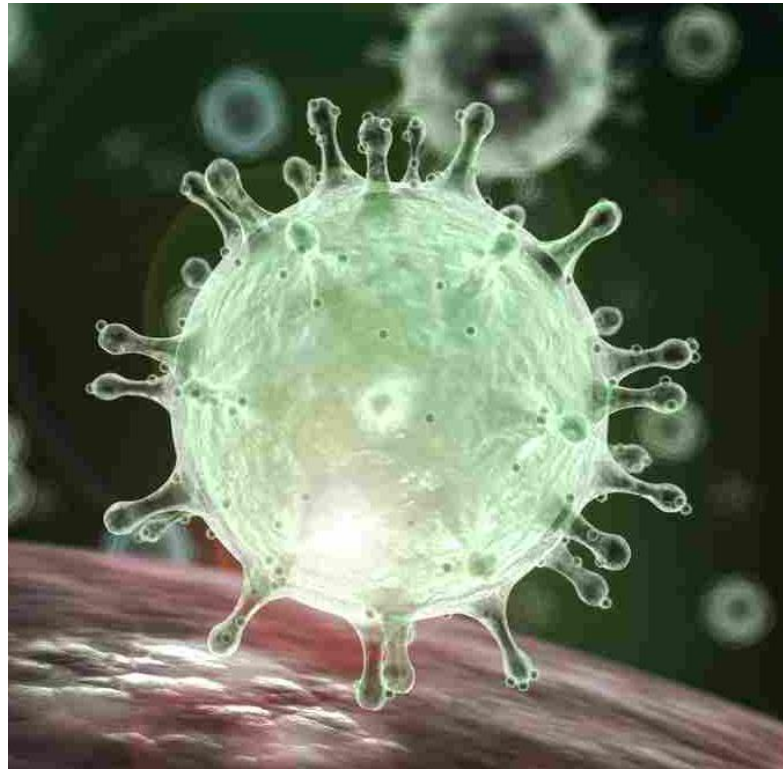


COVID-19



**GOVERNMENT COLLEGE OF NURSING,
BHAVNAGAR**

WHAT IS COVID-19?


- COVID-19 is a disease caused by the “novel corona virus”.
- About 80% of confirmed cases recover from the disease without any serious complications.
- However, one out of every six people who gets COVID-19 can become seriously ill and develop difficulty in breathing.

HOW DOES COVID-19 SPREAD?

- COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person
- **Direct close contact: one can get the infection**
 - by being in close contact with COVID-19 patients (within one Metre of the infected person), especially if they do not cover their face when coughing or sneezing.

HOW DOES COVID-19 SPREAD?

- **Indirect contact: the droplets survive on**
 - surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.

- 
- The incubation period of COVID 19 (time between getting the infection and showing symptoms) is 1 to 14 days
 - Some people with the infection, but without any serious symptoms can also spread the disease.

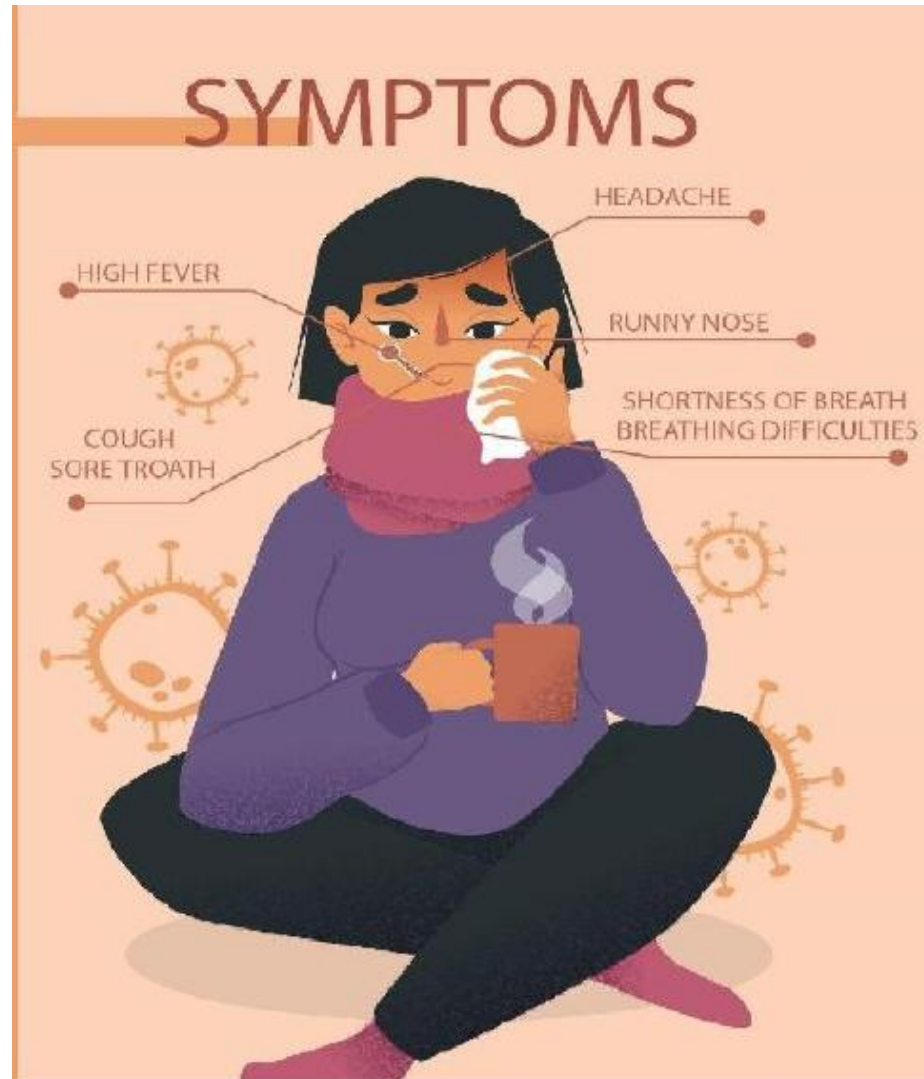
Which group of people are at higher risk of getting infected?

- People who have travelled to other countries in last 14 days and their family members.
- People coming from other states if they have been working with people who travelled to other countries in last 14 days.

Which group of people are at higher risk of getting infected?

- Family members and contacts of patients confirmed to have COVID-19.
- People older than 60 years of age and people with medical problems like high blood pressure, heart problems, respiratory disease/asthma, cancer or diabetes are at higher risk for developing serious complications..

CLINICAL FEATURES



CLINICAL FEATURES

- Common symptoms include:
 - Fever
 - Tiredness
 - Dry cough.
- Other symptoms include:
 - Shortness of breath
 - Aches and pains
 - Sore throat
 - Very few people will report diarrhoea, nausea or a runny nose.

DIAGNOSTIC TEST

- Preferred sample: Throat and nasal swab in viral transport media (VTM) and transported on ice
- Alternate: Nasopharyngeal swab, BAL or endotracheal aspirate which has to be mixed with the viral transport medium and transported on ice

DIAGNOSTIC TEST

- The test called PCR (Polymerase Chain Reaction) will identify the virus based on its genetic fingerprint.

TREATMENT

- So far, there is no specific medicine recommended to prevent or treat the 2019-nCoV.
- Symptomatic treatment and evaluation for life threatening complication is crucial.
- Ready for endotracheal intubation and ventilatory support.

VACCINE STATUS

- Till now, there is no vaccine for COVID-19.
- Many researches are going on to produce the vaccine for the COVID.

PREVENTION

Practice Social Distancing:

- Avoid gatherings
- Maintain a safe distance
- Stay at home
- Self quarantine
- Avoid physical contact
- Avoid touching surfaces

PREVENTION

Practice good hygiene:

- Wash your hands frequently using soap and water for at least 20 Sec.
- Use sanitizer.
- Cover nose and mouth with handkerchief while coughing or sneezing.
- It is preferable to cough/sneeze into your bent elbow rather than your palms.

PREVENTION

Practice good hygiene:

- Do not Spit or shout in public places.
- Do not touch your eyes, nose and mouth with unclean hands.

Myths and Fact

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

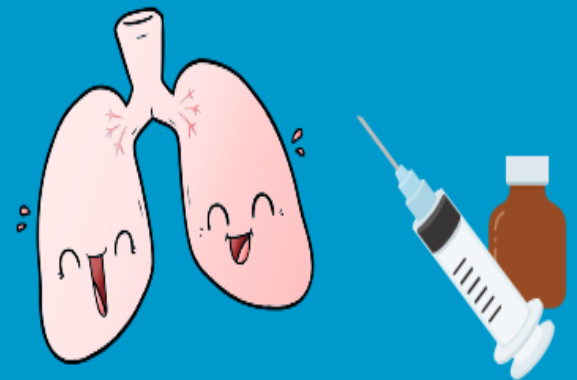
The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

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



#2019nCoV

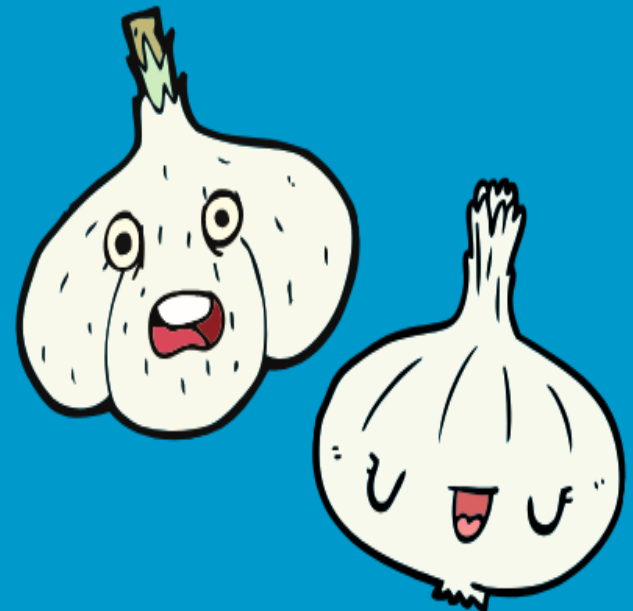
Do vaccines against pneumonia protect you against the new coronavirus?



Myths and Fact

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?

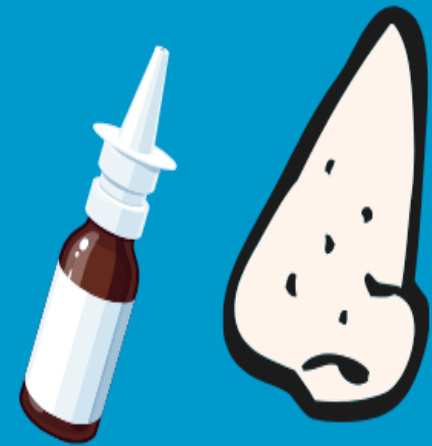


Myths and Fact

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.

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



Myths and Fact

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

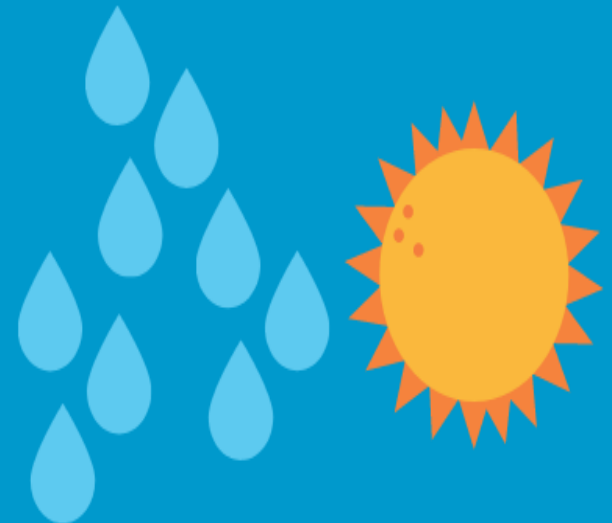
The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus #COVID19

FACT:

The new coronavirus can be transmitted in areas with hot and humid climates



9 March 2020

Myths and Fact

Frequent or excessive alcohol consumption can increase your risk of health problems.

FACT:

Drinking alcohol DOES NOT protect you against COVID-19 and can be dangerous



Myths and Fact

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



World Health
Organization

#Coronavirus #COVID19

Myths and Fact

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Cold weather and snow
CANNOT kill the new
coronavirus



Myths and Fact

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
Taking a hot bath does not prevent the new coronavirus disease



Myths and Fact

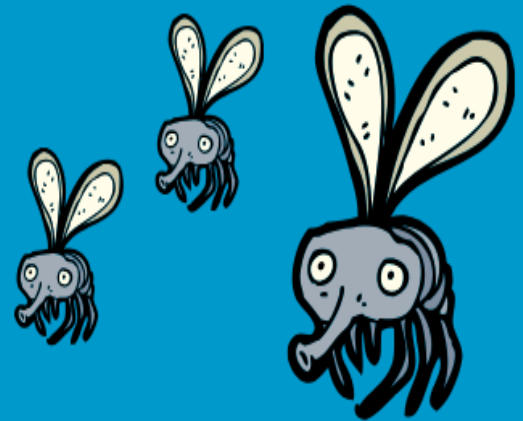
To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

FACT:

**The new coronavirus
CANNOT
be transmitted through
mosquito bites**



Myths and Fact

Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first if possible. Most patients recover thanks to supportive care.

FACT:

You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.



World Health
Organization

#Coronavirus #COVID19

Myths and Fact

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.

FACT:

Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19)



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Myths and Fact

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?



Myths and Fact

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

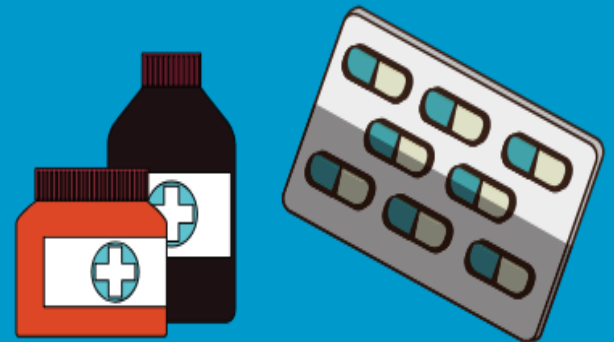
The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

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?



Myths and Fact

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?



Myths and Fact

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.

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



Myths and Fact

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?



Myths and Fact

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?



Myths and Fact

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.

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





**THANK
YOU**