



NCARF - Network Cancer Aid and Research
Foundation

COVID CARE 2020

Being **careful** means not to be afraid.
Eliminate the saga of corona scare.
Acquire **correct** knowledge and be
cautious.

Follow cough etiquette, hand and
personal **hygiene**.

Spread **awareness** through your
vibes and practices.

**For any updates, visit the website of
Ministry of Health and Family Welfare.**





COVID 19

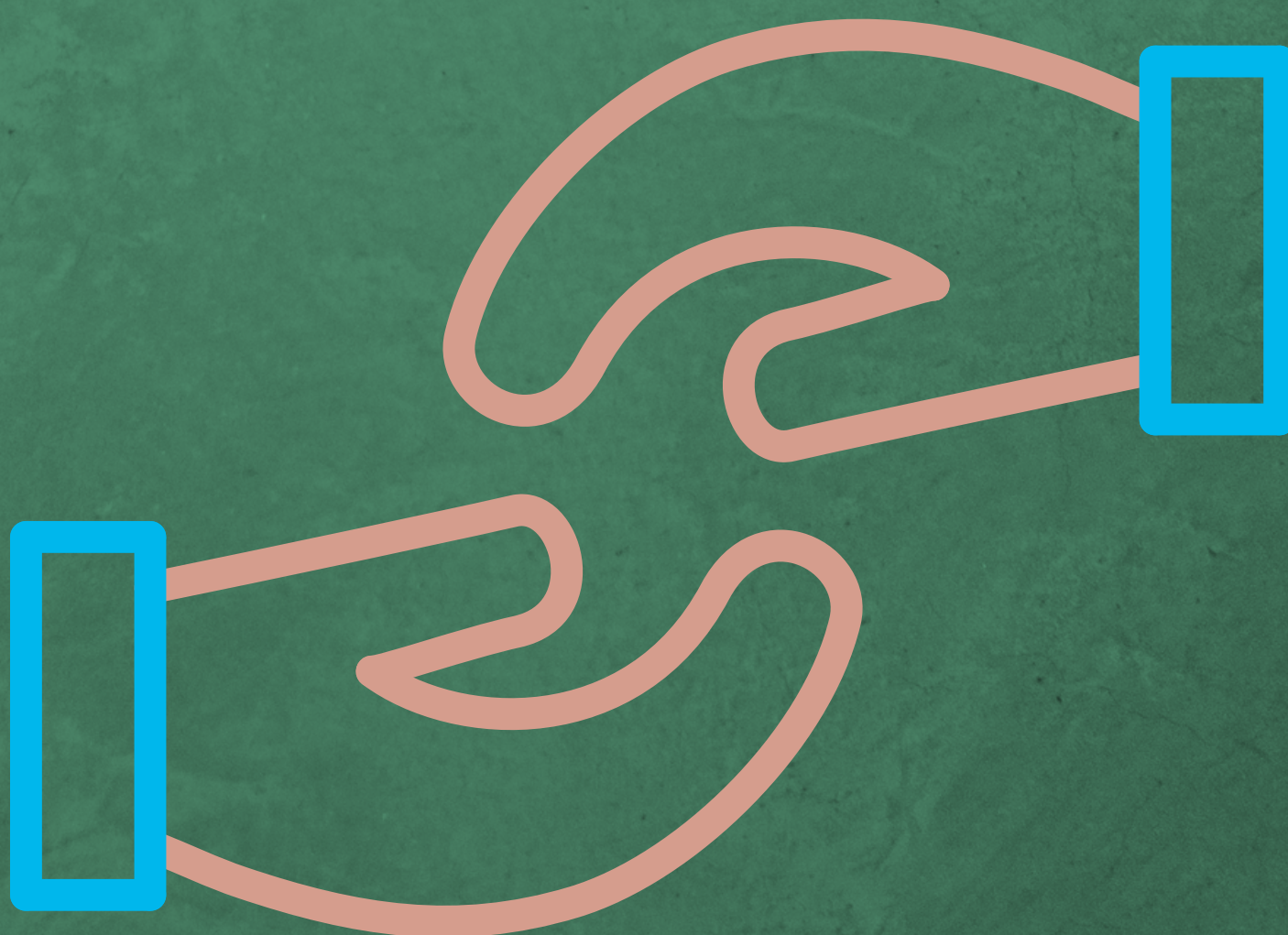
COVID-19 is an infectious disease caused by a new recently discovered mutant Corona Virus.



How is it transmitted?

When a person suffering from this disease sneezes or coughs, a lot of droplets spread in the air or fall on the ground and nearby surfaces.

If somebody is nearby and inhales these droplets or come in contact with these surfaces and then touches his/her face, eyes or mouth, he can get the infection. The chances are high if, a person is within a distance of less than 1 meter from the infected person.



What happens to the person who gets infected with this disease?

80% will require no treatment as such and will recover on their own.

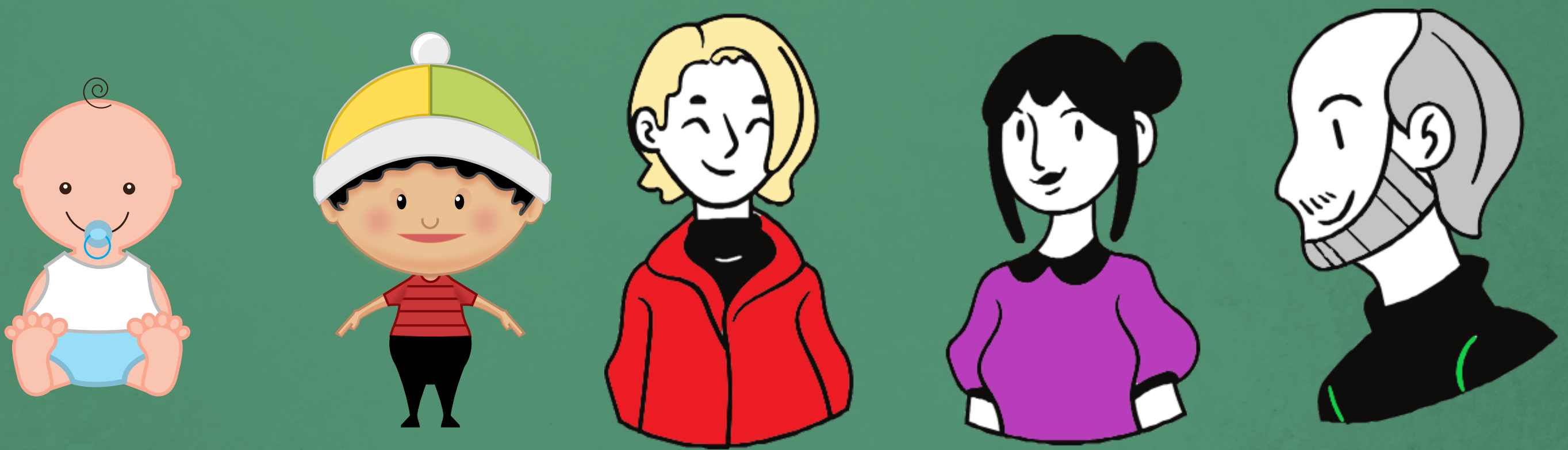


<20% may need hospitalization.

A small proportion of infected people (mainly with underlying chronic illness) may need admission in intensive care unit (ICU).



Most frequently affected age group, does it affect children below 10 as well?



This disease is known to affect all age groups. It can spread to children through disease affected person's in the same house.

The infection is generally mild in children.

Older people and people with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) are at a higher risk of developing serious illness.



Life span of corona virus over the surface's or objects.



It is uncertain how long the virus that causes COVID-19 survives on different surfaces, but it seems to behave like other Corona Viruses.

Studies suggest that Corona Viruses (including preliminary information on the COVID-19 virus) may persist on surfaces from a few hours to several days.

This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others.



**Clean your hands
with an alcohol-
based hand rub
or wash them
with soap and
water on both
sides up to your
wrist.**



**Avoid
touching
your eyes,
mouth, or
nose.**

**Our aim is to prevent the transmission
from contaminated surfaces to your
hands and face/mouth/eyes.**



Symptoms

- Fever
- Sore throat
- Dry cough
- Shortness of breath
- Breathing difficulties.



These are similar to the symptoms of any viral infection like common cold, influenza etc.



Whom to consult?

You should consult your family physician if you are having clinical symptoms of a respiratory infection.

But if you have clinical symptoms along with any of the following:

- **Travel history to a Corona Virus-affected area.**
- **Close contact with a person infected with Corona Virus.**

Contact DISHA (Kerala)

0471 255 2056

Toll Free : 1056



Tests to be done and where to find these tests.

You are not required to get tested for COVID-19 if you do not have any symptoms.

If you have any of the above symptoms and have travelled to any of the COVID-19 affected countries or you were in contact of a laboratory confirmed positive case then immediately call the

State Helpline Number or Ministry of Health & Family Welfare, Government of India's 24x7 helpline [011-23978046](tel:011-23978046)



Toll Free No: [1075](tel:1075)



There is a district nodal officer in each district to monitor the cases of the respective districts.

The helpline desk will note down your contact details and contact you with the testing protocols of COVID-19. If you qualify as a case for testing as per the protocol, you will be tested at a government approved lab only.



Is there any treatment for COVID - 19 infection?



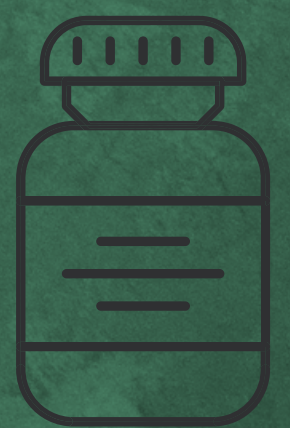
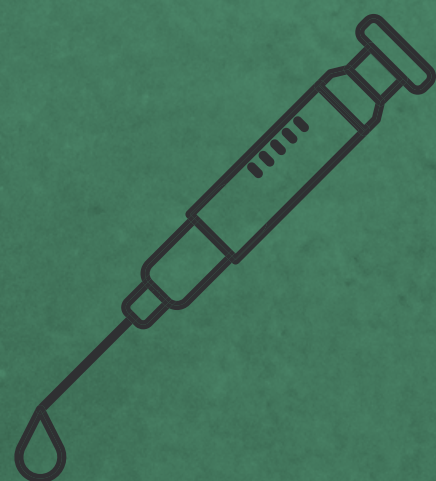
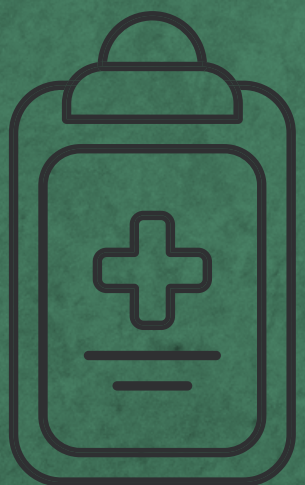
As on date, there is no specific treatment for Corona Virus infection. Treatment for Corona Virus infection consists of symptomatic treatment. Since it is a viral infection, more than 80% of the cases will recover within few days. A small proportion may need admission to a hospital/ICU if they are having symptoms of severe disease.



Are there any specific medications to treat corona virus infection?



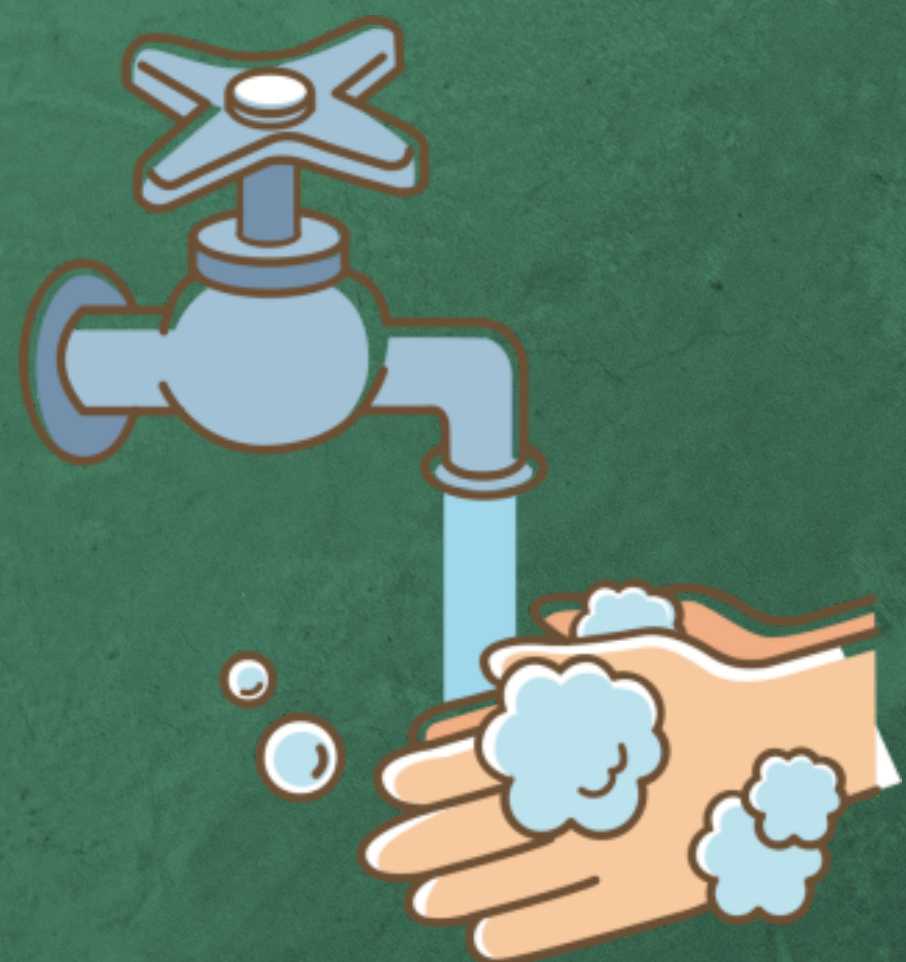
No, as of now, there are no specific anti-viral medication available to treat the symptoms of the infection however, Majority of the people recover without any problem like in any other viral illness. Some combination of drugs which have been used for other Corona Virus infections are being tried in very sick patients.



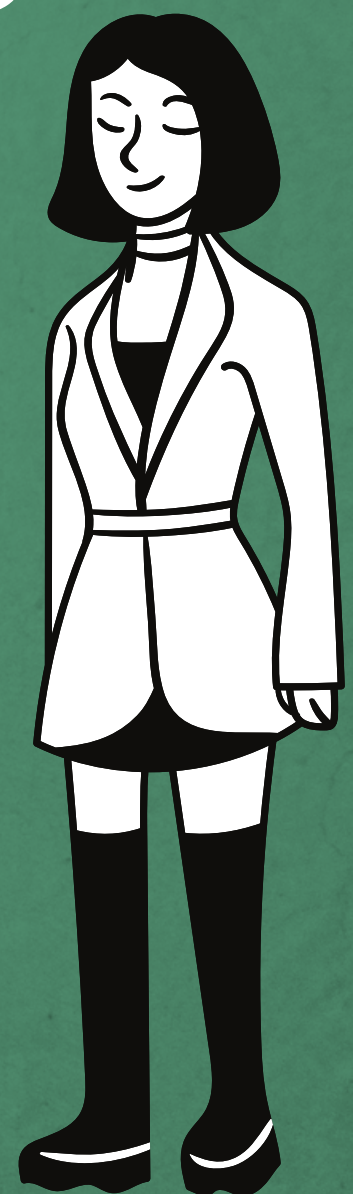
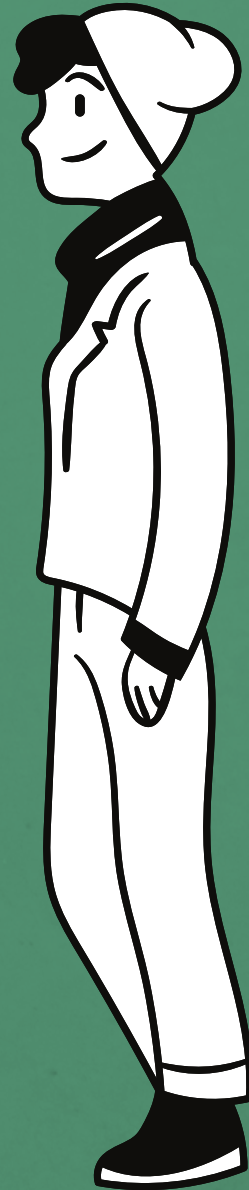
How can self protection be practiced and how can we protect our family members?

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water after coming from outside or after visiting a patient with Corona Virus infection.



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



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



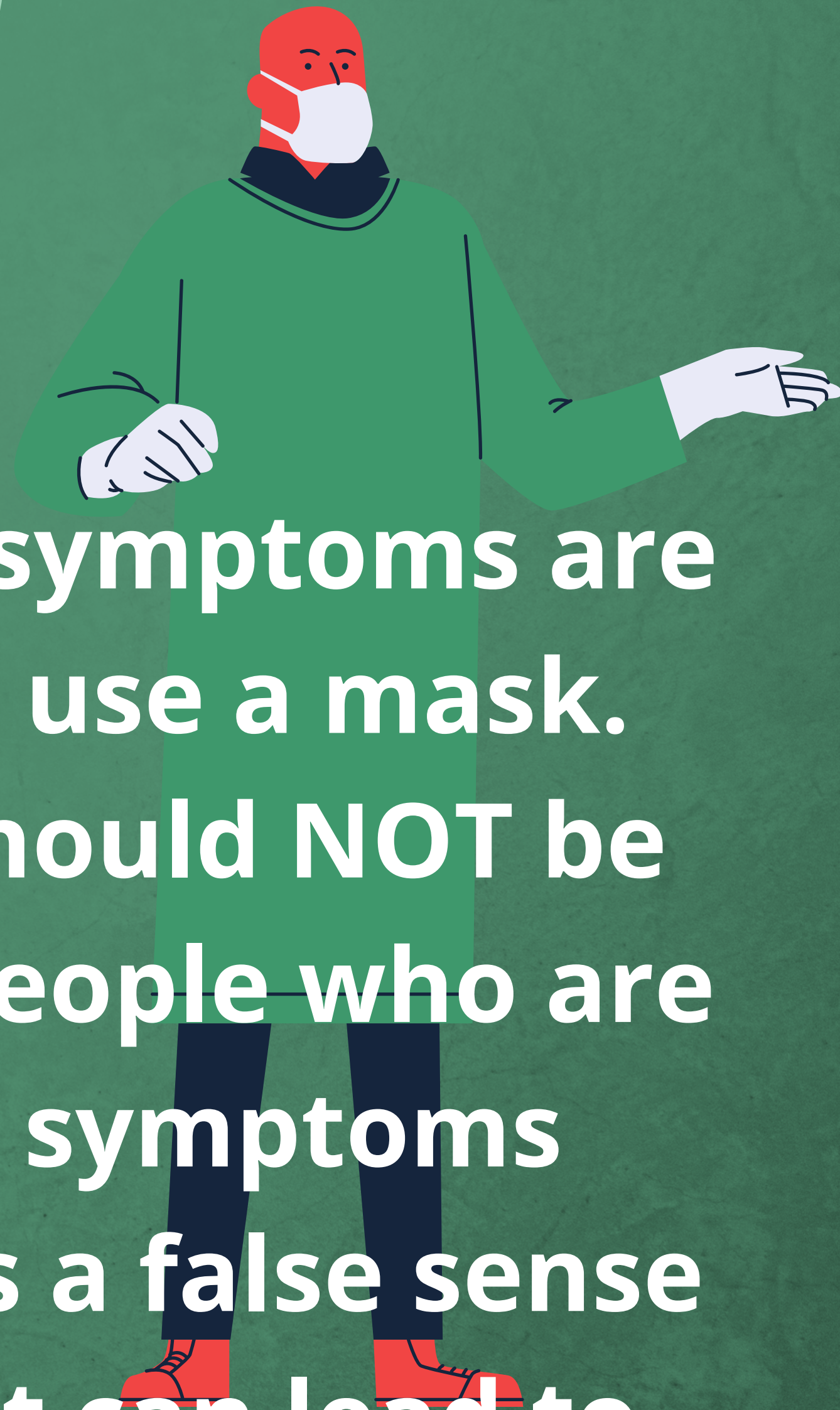
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.



Stay home if you feel unwell. If you have a fever, dry cough and difficulty in breathing, seek medical attention.



Who are required to wear a mask?



People having no symptoms are **NOT** required to use a mask. Medical masks should **NOT** be used by healthy people who are not having any symptoms because it creates a false sense of insecurity that can lead to neglecting other essential measures such as washing of hands.



Role of a hand sanitizer



Hand sanitizers are to be used when you are caring for the patients infected with Corona Virus.

If hands are dirty or soiled then do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.



Are there any diet restrictions for treating corona virus infection?

**There are no specific
recommendations on
this however, one can
continue to take
his/her regular diet
which includes fruits,
vegetables etc. to stay
healthy.**



**Is there any vaccine available
for the treatment of corona
virus?**



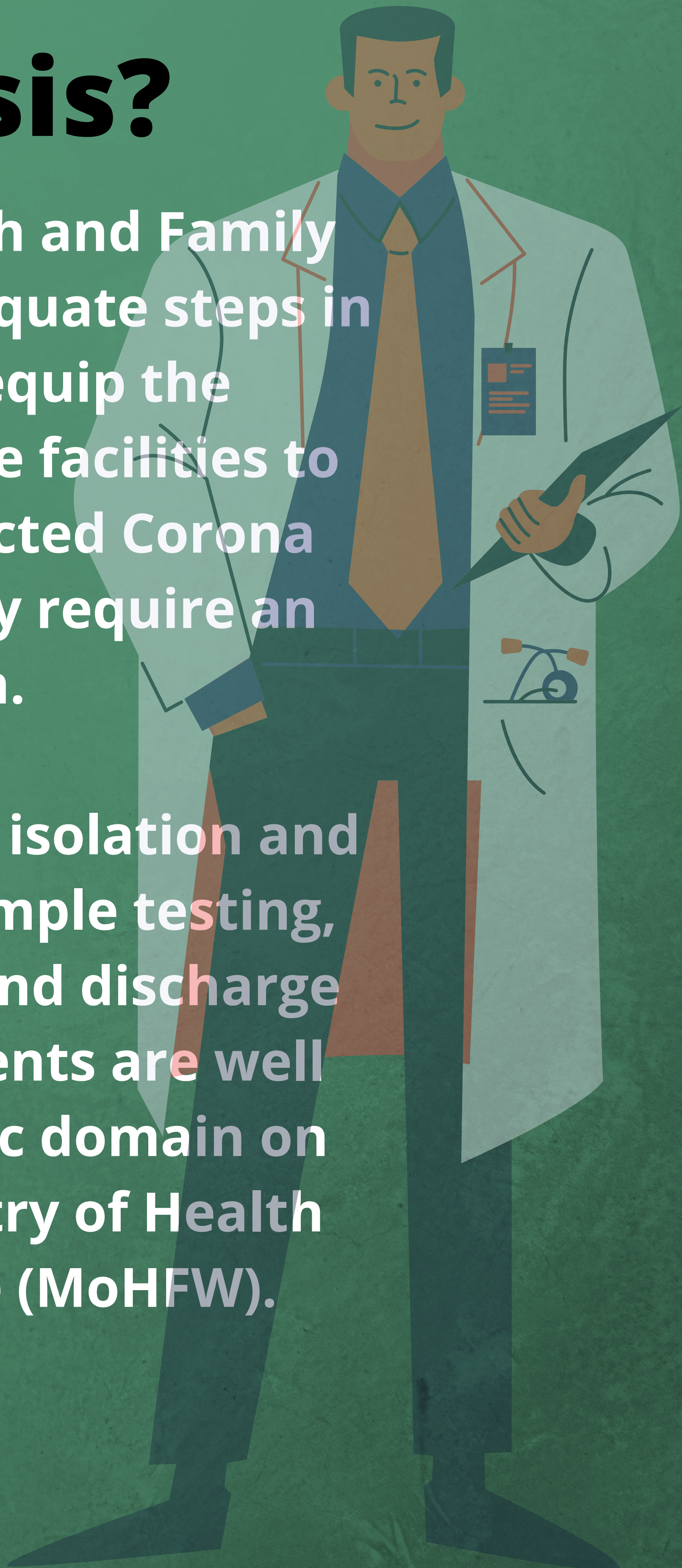
**As of now, there is
NO SPECIFIC vaccine
available for the
treatment of Covid-19
infection.**



Are we well equipped to face corona virus crisis?

The Ministry of Health and Family Welfare has taken adequate steps in this direction to equip the designated healthcare facilities to take care of the infected Corona Virus patients, if they require an admission.

The relevant SOPs for isolation and home quarantine, sample testing, laboratory facilities and discharge of the admitted patients are well available in the public domain on the website of Ministry of Health and Family Welfare (MoHFW).



Common myths among the public

1. Does the disease spread through food especially eating chicken, eggs and meat?

There is no conclusive evidence that the properly cooked food transmits the disease.




2. Does the disease spread through pets?



The transmission of disease has not been seen through pets.

3. Does the dead body of a person infected with Corona Virus transmit the infection?

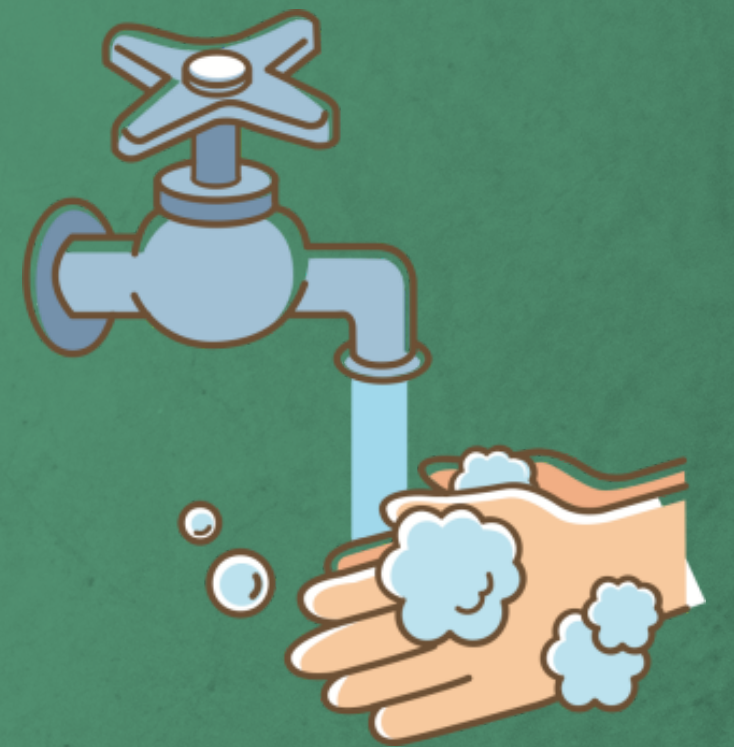


There is no transmission of Corona Virus infection from The dead body of the person. But it's always safe to keep a safe distance.



How can I help in containing the disease?

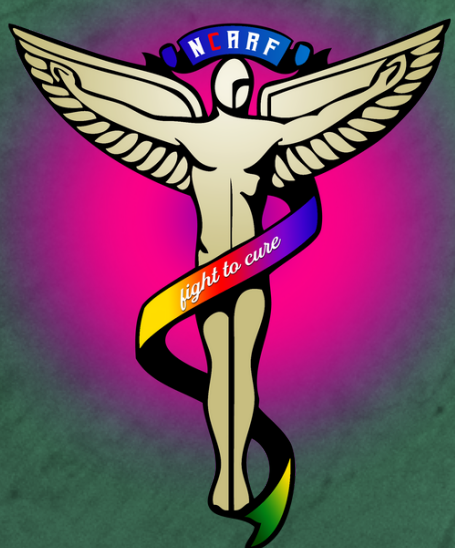
One can help by following good **personal hygiene**, hand washing and cough etiquettes.



One can also **avoid/restrict unnecessary travel**, participation in **public gatherings** and can ensure a reasonable social distancing.



This can contribute greatly in **breaking the chain** of active transmission.



What are the helpline numbers to be contacted in case of need?

Government of India's 24x7
helpline **011-23978046**

Toll Free No: **1075**

**NCARF Helpline Number for Corona
Virus is +91 7994583413**

Visit us at :
www.ncarf.in

Write to us :
ncarf.india@gmail.com

