

Handbook for Preventing & Combating COVID-19

**A compilation of
COVID-19 Resources
for your assistance**



What is Coronavirus?

Novel Coronavirus or COVID-19 is a new strain of coronavirus that can cause respiratory infections in humans. It was first identified in December 2019 in China and has spread rapidly around the world. Most people who catch COVID-19 only feel mild symptoms, but some can get extremely ill. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



HOW IS COVID-19 TRANSMITTED?

Some strains of human coronavirus spread from one sick person to another through:

1. Contaminated droplets in coughs or sneezes
2. Contaminated hands and surfaces



HOW CAN I AVOID GETTING INFECTED?

The virus enters your body via your eyes, nose and mouth, so it is important to avoid touching your face with unwashed hands.



CAN I GET SICK FROM A PERSON WHO IS ASYMPTOMATIC?

The virus is transmitted mainly through the respiratory droplets that someone with COVID-19 secretes when coughing. The risk of getting COVID-19 disease is diminished when that person is asymptomatic, but many people with the disease show only slight symptoms. This is especially true in the early stages of the disease. Therefore, COVID-19 can be transmitted by a person who suffers from only a mild cough and does not feel ill.



WHAT ARE THE SYMPTOMS?

COVID-19 infects the lungs. The incubation period lasts for up to 14 days and it takes an average of 5 days for symptoms to appear. A high temperature (38° C or 100.4° F), tiredness and a dry cough are the main symptoms, which can lead to breathing difficulties.



SYMPTOMS



Note: The symptoms mentioned herein are illustrative and are subject to change given the nature of the virus.



**Assistance is
closer than
you think!**

For any query, concern, or question about **COVID-19** reach out to the Central Helplines set-up by the Government of India:

NATIONAL HELPLINES



+91-11-23978046

Toll Free: 1075



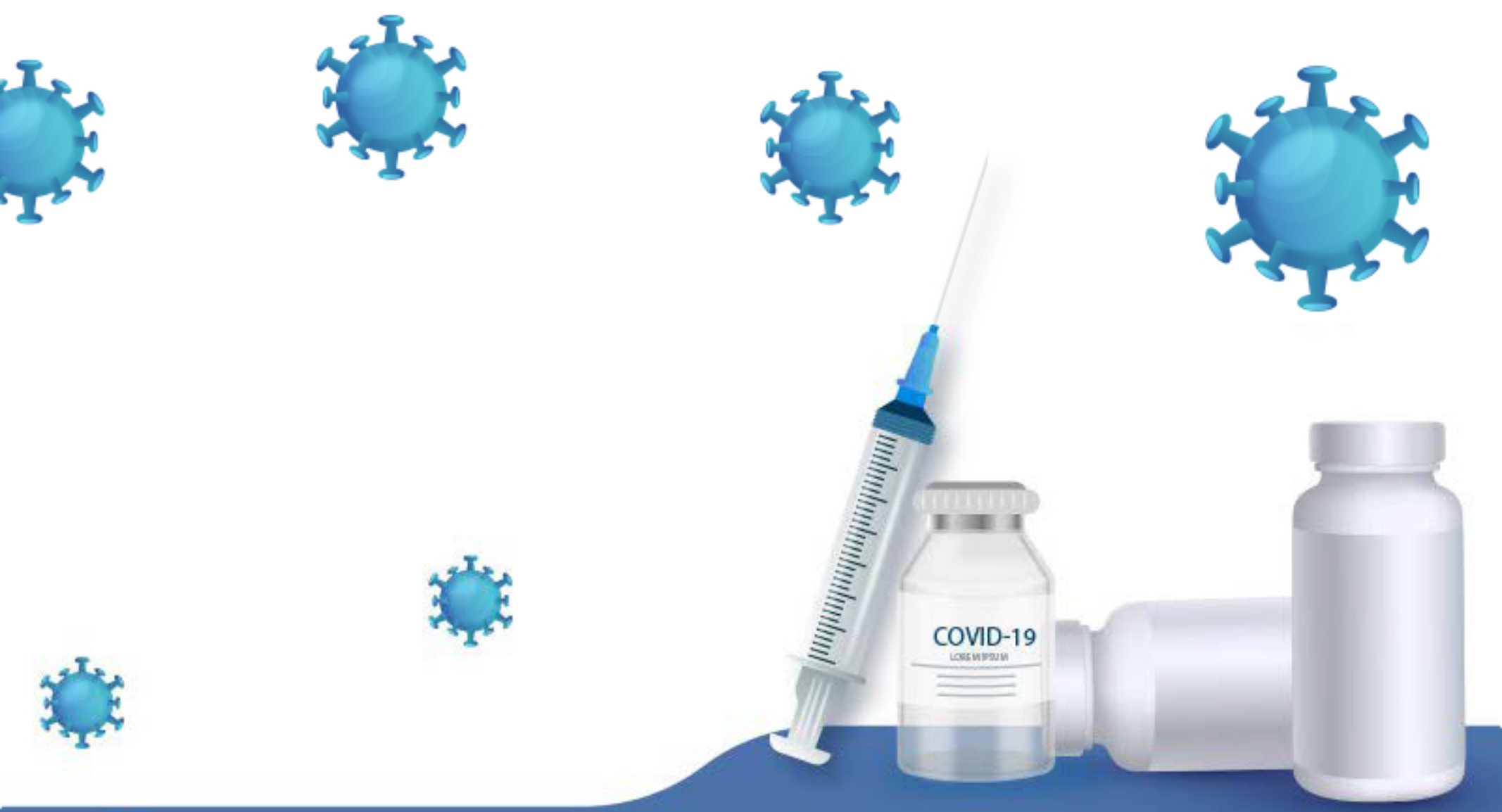
ncov2019@gmail.com



FOR STATE-SPECIFIC HELPLINES

[Click here](#)





Comprehensive list of Resources for **COVID-19 Assistance**



Doctor-on-Call Service

Resources to Consult Doctors for COVID-19 treatment

[Click Here](#)



COVID-19 Testing Assistance

Resources to conduct RT-PCR Test & Home Sampling

[Click Here](#)



Hospital Bed Availability

Resources to Check the availability of Ward & ICU Beds in our city

[Click Here](#)



Oxygen Supply Assistance

Resources to reserve oxygen supply

[Click Here](#)



Ambulance Booking

Resources to find Ambulance Services

[Click Here](#)



Plasma Donation Assistance

Resources to find verified Plasma Donors

[Click Here](#)



Home Care/Home ICU Assistance

Resources to receive COVID-19 Care from the comfort of your home

[Click Here](#)



NGO Assistance

Resources to find NGOs offering help

[Click Here](#)



COVID Meals Assistance

Resources to find free/paid food services

[Click Here](#)



Blood Donation Assistance


Resources to find verified Blood Donors

[Click Here](#)

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What we know about the *Omicron variant!*

What is the Omicron variant?



It is a new heavily mutated coronavirus, also known as B.1.1.529. It has been called as a variant of concern by WHO.

How did the Omicron variant develop?



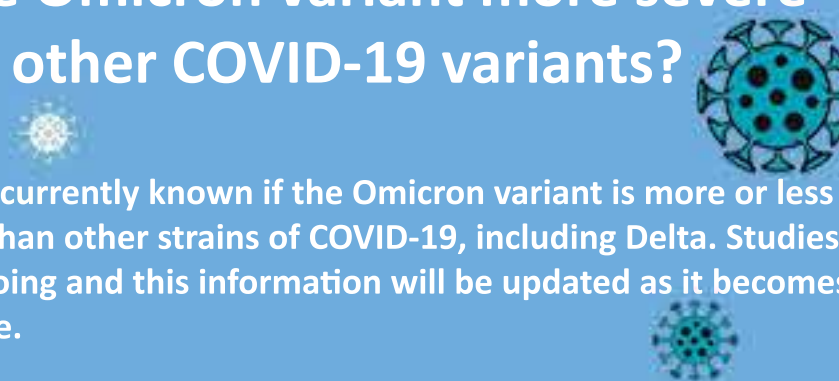
When a virus is circulating widely and causing numerous infections, the likelihood of the virus mutating increases. The more opportunities a virus has to spread, the more opportunities it has to undergo changes.

Where is the Omicron variant present?



The Omicron variant has been detected in several regions of the world. WHO reports that the likelihood of the Omicron variant spreading further globally is high.

Is the Omicron variant more severe than other COVID-19 variants?




It is not currently known if the Omicron variant is more or less severe than other strains of COVID-19, including Delta. Studies are ongoing and this information will be updated as it becomes available.

Which variant is more causing hospitalisations?




As per medical experts, it was noted that until Dec 2021 about 30-40% of strains in hospitalisation cases belongs to Delta. Omicron strains are quite mild. In India cases are moving in high numbers and out of which only 8% is Omicron strain and the larger number is still Delta variant.

Are the COVID-19 vaccines effective against the Omicron variant?




Researchers are looking into any potential impact the Omicron variant has on the effectiveness of COVID-19 vaccines. Although information is still limited, WHO believes it is a reasonable assumption that the currently available vaccines offer some protection against severe disease and death.

Does the Monoclonal Antibody Cocktail help to cure COVID 19?



Yes, the monoclonal antibody (Casirivimab and Imdevimab) reduce the chances of hospitalisation by approximately 70% in mild to moderate symptoms. The cocktail blocks the virus's attachment and subsequent entry into human cells.






About Monoclonal Antibody Cocktail

What is the Monoclonal Antibody Cocktail?

It is the combination of two drugs - Casirivimab and Imdevimab. These two drugs come in separate vials (multi dose pack) which can be used for two patients. The two vials are administered together in a saline drip to the patient. The cocktail is specifically directed against the spike protein of SARS-CoV-2 and blocks the virus from attaching to human cells and prevents replication.

It has to be taken as single dose by a patient.

One multi dose pack can be used for two patients and has to be stored at 2-8 degree .throughout. After opening it has to be used within 48 hours. Single patient dose cost is around Rs 55,000 to 60,000/-



Who is it prescribed to?


Treatment for RT-PCR positive patients with mild to moderate symptoms having atleast one risk factor for progressing to severe COVID 19 and who do not require oxygen support.

When is it prescribed?

Preferably administered within 5-7 days of onset of COVID 19 symptoms and can be given upto 10 days. The earlier the better as viral load is less.

SPECIFIC CRITERIA BEFORE PRESCRIBING THE COCKTAIL

It is usually prescribed to 12 years & above and (weighs at least 40 kgs and having atleast one risk factor). Risk factors such as - patients - those above 60 years of age, Overweight or obese, Heart & high BP patients, those with Asthma, Chronic lung disease patients, Diabetes (type 1 &2), those with chronic kidney and liver diseases, immunosuppressants individuals, people with HIV, Sickle cell anaemia and Cancers.




What is the Efficacy rate of this Monoclonal Antibody Cocktail?

It has been observed by medical experts that those who were administered this monoclonal antibody cocktail


- Mild symptomatic patients: It reduces the risk of hospitalization & death by 70% & shortens the duration of symptoms by 4 days & duration of high viral load.
- High risk Patients: When used for PEP (means after being exposed to Covid 19 infected individuals), it can relatively reduce infection by 81.4%

Prevention


New variants like Omicron are a reminder that the COVID-19 pandemic is far from over. It is therefore essential that people get the vaccine when available to them and continue to follow existing advice on preventing the spread of the virus, including physical distancing, wearing masks, regular handwashing and keeping indoor areas well ventilated.



Wash hands frequently




Wear a Mask



Maintain physical distancing

Sources:
<https://www.indiatoday.in/coronavirus-outbreak/story/cdsc-co-approves-antibody-cocktail-drug-for-restricted-emergency-use-to-treat-mild-covid-19-cases-1804859-2021-05-20>
<https://medicaldialogues.in/news/industry/pharma/roche-antibody-cocktail-for-post-exposure-prophylaxis-of-covid-19-for-adults-gets-cdsc-panel-okay-82215>
<https://economictimes.indiatimes.com/news/science/japan-becomes-first-country-to-approve-ronapreve-covid-treatment/articleshow/84581379.cms>



For more insights, Watch Dr. Jeenam Shah (MD, DNB Pulmonary Medicine, FCCP (USA), EDRM (UK), DAA, Fellowship in Interventional Pulmonology (Guangzhou, China) working as Consultant Interventional Pulmonologist at Wockhardt Hospital in our Interactive Webinar on Omicron and Evolving COVID-19 situation in India.



Watch Video



COVID-19 Awareness Guide



The purpose of this section is to spread awareness about COVID-19 and provide clear and actionable guidance for prevention, detection, control, and treatment of the virus from home. It will also assist you in handling stress and anxiety associated with living in the current pandemic times.

PRACTICING GOOD HYGIENE

Everyone must continue to practice good hygiene at all times to prevent the virus spreading.

But REMEMBER as far as hygiene is concerned and how you prioritize what you do:

- COVID-19 can only “breed” inside human or animal cells. It cannot multiply on environmental surfaces and will gradually lose its infectivity over time
- This means that COVID-19 will only enter your home when someone comes in who is infected or when an item you bring in is contaminated. Unfortunately, some people may be infected but not have any symptoms.

As the total number of cases in your city increases, the chance of an infected person entering your home increases. This is why it is important to practice good hygiene regardless of the current health of your family and anyone else who needs to enter your home.

COVID-19 LIFESPAN ON DIFFERENT SURFACES



Glass - 9 days

Includes mobile phones, use disinfectant wipes not alcohol wipes



Non-porous surfaces - 4+ days

Includes door knobs, elevator buttons, hand rails, light switches



Plastic - 2 to 3 days

Includes bottles, plastic bags, containers



Cardboard - 24 hours

Packages and mail unlikely to transmit COVID-19



Copper - 4 hours

Includes taps, drawer handles



Air - 3 hours

Includes moisture from coughs/sneezes, fog, dust, medical gas

Source: World Health Organisation

HOW TO LEAVE CORONAVIRUS BEHIND

• WHEN YOU COME HOME •

1

LEAVE YOUR SHOES OUTSIDE

Don't let your shoes enter your home as they might contain bacteria and viruses

2

SPRAY WITH DESINFECTANT

Clean your phone, wallet, keys or other accessories with a sanitizer or disinfectant

3

WASH YOUR HANDS IMMEDIATELY

Wash your hands thoroughly with soap for 20 secs to get rid of all the germs

4

CLEAN YOUR BODY TAKING A BATH

Get rid of all the germs on your body by taking a bath

5

PUT YOUR CLOTHES IN THE LAUNDRY BASKET

Your clothes may also be exposed to bacteria and viruses so keep them in a separate place and wash them within 24 hours

Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

Source:
World Health
Organization

01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



How to use a mask?

Source: World Health Organization



Before Putting on a Mask:

Clean hands with alcohol-based hand rub or soap and water.



While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands with alcohol-based hand rub or soap and water.**



For more insights, Watch **Dr. Jeenam Shah** (MD, DNB Pulmonary Medicine, FCCP (USA), EDRM (UK), DAA, Fellowship in Interventional Pulmonology (Guangzhou, China) working as Consultant Interventional Pulmonologist at Wockhardt Hospital in our **Interactive Webinar on COVID-19 Preventive and Responsive measures**



Watch Video

SELF-QUARANTINE/ISOLATION

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

NOTE:

Quarantine or isolation: What's the difference?

Quarantine keeps someone who might have been exposed to the virus away from others. Isolation keeps someone who is infected with the virus away from others, even in their home.

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

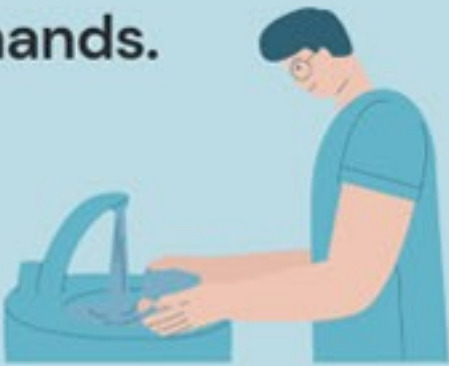
Stay at home.

Limit all your non-essential travels.
Unless you're going out for food, medicines or other essentials.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



If possible, stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.

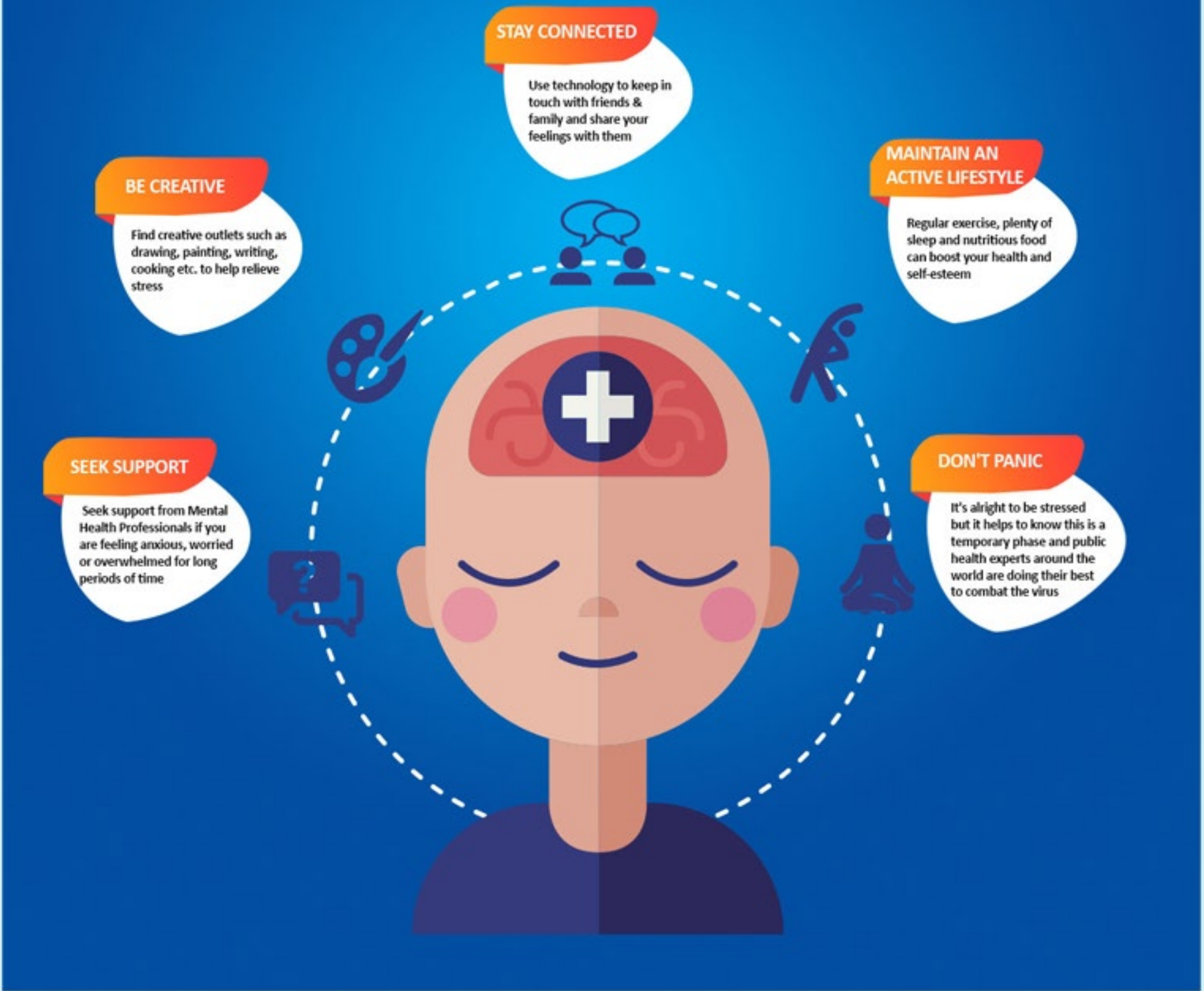


MENTAL HEALTH & EMOTIONAL WELL-BEING

These are unprecedented times. We need to work extra hard to manage our emotions well. Expect to have a lot of mixed feelings. Naturally, we feel anxiety, and maybe waves of panic, particularly when seeing the news headlines. This section will help you with dealing with the stress and anxiety associated with the coronavirus and to focus on your mental health and emotional well-being.

MAKE MENTAL HEALTH A PRIORITY!

BOOST YOUR MENTAL WELL-BEING DURING THE LOCKDOWN PERIOD





Dealing with COVID-19 Anxiety

Fears about COVID-19 can take an emotional toll, especially if you're already living with an anxiety disorder. But you're not powerless. These tips can help you get through this stressful time.

Understanding your anxiety

For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We still don't know exactly how we'll be impacted, how long this will last, or how bad things might get. And that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic. But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.



Stay informed—but don't obsessively check the news



It's vital to stay informed, particularly about what's happening in your city, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. There's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch

Focus on the things you can control

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. For example, you can't control how severe the coronavirus outbreak is in your city or town, but you can take steps to reduce your own personal risk (and the risk you'll unknowingly spread it to others)



Express kindness, patience, and compassion

Be extra kind to yourself. This is a hard time for everyone. Humans across the world are sharing this experience with you. We are all in this together and we may all emerge with a renewed appreciation for our interconnectedness. Helping others in need is both critical to get through this well, and also creates more purpose to our days and well-being.



For more insights, hear **His Grace Amitasana Das**, President of Hare Krishna Movement, Mumbai in our **Interactive Webinar: Freedom from Anxiety**.



Handling Work from Home Stress in COVID-19 times!



A few coping techniques for managing stress and anxiety due to the new working dynamics are as follows:



Protect your sleep & avoid mobile devices late at night:

Using screens late at night can alter sleep patterns & make it difficult to sleep.



Schedule time for water-cooler conversations:

Impromptu moments with our colleagues lead to good ideas. When meeting via phone or videoconference, schedule time for informal conversation at the beginning and end of meetings.



Be compassionate with yourself:

You don't have to be 100% productive all the time. Some days, just doing the priority task at hand is all that can be managed, and that's perfectly okay.



Make family routines:

This is the perfect time to bond with your family and make routines with them. Have meals together, play board games, clean your house together, learn new skills together.



Learn about Mindfulness & Meditation:

Immerse yourself in the present moment no matter what you are doing. Practice and learn about meditation techniques using apps such as Headspace and Calm



Get more insights on Tackling Work from Home Stress from Mental Health Experts from Fortis Hospital, Dr. Kamna Chibber & Dr. Mimansa Singh



Watch Video

PARENTING DURING CORONAVIRUS

With many schools and workplaces closed due to the coronavirus pandemic, many of us have found ourselves dealing with a new, and often very stressful, family situation. As well as having to work from home and run the household, you're likely also trying to keep your kids on track with their virtual school-work—all while enduring the restrictions of social distancing and even being cut off from the support of friends and loved ones.

HEALTHY PARENTING IDEAS

in the time of COVID-19



Make Schedule together

Make a Schedule with them and not for them. Dedicate equal chunks of time for studies, chores, and fun activities. Keep them involved and be flexible



Exercise together

Working out together is a great way of blowing off some steam. Involve them in simple workouts such as dancing and yoga



Having Fun together

Dedicate and schedule time for fun activities. It helps as they have something to look forward to all day



Learn new skills together

Try learning new languages, musical instruments, and sports together. It will help you bond and make the most of this difficult period



Social Distancing

Be open and honest about why they can't go out of home and the importance of Social Distancing. They will follow it only when they understand the rationale behind it



Wash Hands

Teach them to wash their hands every time they go out or touch something from outside



Release Stress

It is a great opportunity to introduce your child to mindfulness and meditation. It will help release stress and anxiety



For more parenting tips, hear from **Disha Kadakia**, Counselling Psychologist working at Enliven Therapy Centre in our Video Series 'Understanding your Child's Behaviour'



Watch now



Hope you & your loved ones are safe and in the best of health!

We have always prioritized the wellbeing of our partners, and in these uncertain times, it is no different. We wanted to assure you that Edelweiss Gallagher is committed to providing you all possible support in this journey.

Feel free to reach out to us at hcm@edelweissfin.com in case you need assistance or support. We would be more than happy to help!

We are confident that we would all emerge out of the current situation stronger & wiser.

Stay Home & Stay Safe!

We are #StrongerTogether

**Best Regards,
Edelweiss Gallagher Family**



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