

1) What are the symptoms of COVID19?



- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

2) When to seek emergency medical attention?

-Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Please call your medical provider for any other symptoms that are severe or concerning to you.

3) Who should get tested for current infection?

- -People who have symptoms of COVID-19.
- Most people who have had close contact (within 6 feet for a total of 15 minutes or more over a 24-hour period) with someone with confirmed COVID-19.
 - Fully vaccinated people with no COVID-19 symptoms do not need to be tested following an exposure to someone with COVID-19.
 - People who have tested positive for COVID-19 within the past 3 months and recovered do not need to get tested following an exposure as long as they do not develop new symptoms.
- People who have taken part in activities that put them at higher risk for COVID-19 because they cannot physically distance as needed to avoid exposure, such as travel, attending large social or mass gatherings, or being in crowded or poorly-ventilated indoor settings.
- People who have been asked or referred to get tested by their healthcare provider

4) How to get tested for current COVID-19 infection?

- Contact your healthcare provider or visit the website of ICMR <https://covid.icmr.org.in/index.php/testing-facilities#-41.9416532/-40.5417366/1local> to find the testing laboratory in your area.

5) How to use results of viral tests?

- If you test positive, know what protective steps to take to prevent others from getting sick.
- If you test negative, you probably were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself.

6) Who all should opt for home isolation?

-Asymptomatic patients like the ones who are pre-symptomatic and have very mild symptoms can opt for home isolation if they have the requisite self-isolation facility at their residence so as to avoid contact with other family members.

According to the guidelines, a caregiver should be available to provide care on 24x7 basis and a communication link between the caregiver and a hospital is a prerequisite for the entire duration of home isolation.

Besides, it called for downloading the [Arogya Setu](#) mobile application and that it should remain active at all times (through bluetooth and wi-fi).

7) Who all should opt for hospitalization?

-People experiencing serious signs or symptoms, including difficulty in breathing, dip in oxygen saturation, persistent pain/pressure in the chest, mental confusion or inability to arouse, slurred speech/seizures, weakness or numbness in any limb or face and developing bluish discolorations of lips/face

List of Covid PrivateHospitals Pan India* –

<https://www.uhcpindia.com/web/statenotifications/documents/Networks/COVID%20-%20NETWORK%20HOSPITAL.pdf>

List of COVID Government Hospitals Pan India*-

<https://www.uhcpindia.com/web/statenotifications/documents/Networks/NO%20NETWORK%20HOSPITAL.pdf>

***Please Note- The Hospitals mentioned in these links are generalized hospitals PAN India and not necessarily under the network of Paramount Health services & Insurance TPA.**

8) What precautions should we take after being discharged from hospital?

-Daily check of oxygen saturation, it should be maintained at >94% in room air.

*You must watch for respiratory symptoms like persistence or worsening of cough and breathlessness.

* Check for persistent rise of body temperature above 100F.

- * Watch out for signs of lethargy, drowsiness, and altered sensorium.
- * Regular monitoring of blood sugar in known diabetic patients. COVID infection (as any other infection) alters blood sugar levels of the body. Strict monitoring once in three days and regular consultation with your doctor is required.
- * Regular blood pressure monitoring in known hypertensive patients is required to avoid accelerated hypertension-related complications. Weekly blood pressure monitoring in case of controlled hypertension, or more frequently in case of abnormal readings, is required.
- * Follow up consultation with the doctor within seven days of discharge.
- * Blood investigations like CBC, CRP at first follow up, and subsequent follow-ups, if advised by a physician.
- * Repeat CT scan of chest after three months to look at the extent of lung recovery post-infection.

9)What to do for Post covid fatigue?

Consume energy-boosting foods like banana, apples, oranges or sweet lime juice to deal with post-COVID fatigue. Add sweet potato in the salad or as a part of your meal. Take warm water with organic honey and lime.

10)How to manage dry cough?

Drink plenty of fluids, like warm water with tulsi leaves to manage COVID symptoms, like cough and itchy throat. Avoid sugary drinks, alcohol, coffee as it leads to dehydration. Inhale steam with the tongue out at least 2-3 times a day.

11) Urinary Tract Infections (UTI) and COVID 19?

Maintain good fluid balance as 'Hydration is the key' to avoid urinary infections. Incorporate good amounts of Vitamin C in the diet, up to 1-2g/day.

12) What cleaning products should I use to protect against COVID 19?

- Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common household disinfectants will work. (1% sodium hypochlorite)

13) Is it possible to have flu and COVID 19 at the same time?

-Yes. It is possible to test positive for flu (as well as other respiratory infections) and COVID-19 at the same time.

14) What is the difference between cleaning and disinfecting?

-Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. If a surface may have gotten the virus on it from a person with or suspected to have COVID-19, the surface should be cleaned and disinfected. Disinfecting kills germs on surfaces. Disinfect with 1% sodium hypochlorite

15) Why is it important to wear a mask or a face shield by a healthcare worker?

- The virus that causes COVID 19 spreads mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). It is extremely important and mandatory to wear mask properly by all the healthcare workers to prevent the spread of infection. We have made available face shields and mouth mask to all our front office staff, customer care and pharmacy as they are exposed to patients. It is very important to don these protective equipments by the staff and

practice social distancing (staying at least 6 feet away from people). Mouth mask and face shield provides an extra layer to help prevent the respiratory droplets from travelling in the air and onto the people

16) Can eating together spread infection?

-Yes, sharing your lunch with a person who is infected with Corona virus or who is a carrier can result in spreading of infection. While we eat, we don't wear our masks. It is essential to maintain social distancing (about 6 feet) while eating as there is a high risk of spread of infection. Staff is requested to eat at their respective places or maintain social distancing at the cafe and avoid gathering while having their lunch or dinner.

17) I had a contact with covid positive person, when should I get tested?

-You should get tested 3-5 days after last contact with the person who has COVID-19 or as soon as you start showing symptoms. Until then you should isolate yourself.

18) What if my test comes negative after being in close contact with a covid positive person?

-If you test negative for COVID-19, you do not have to isolate yourself. Repeat the test if symptoms develop.

19) Do you need to get tested if you've been fully vaccinated?

-Everyone who has symptoms of COVID-19 should get tested regardless of vaccination status.

20) What if the test report comes negative but I have covid like symptoms?

-At the current time, follow the same protocol as of covid positive.

21) How soon after I'm infected will I start to be contagious?

-Researchers estimate that people who get infected with the coronavirus can spread it to others 2 to 3 days before symptoms start and are most contagious 1 to 2 days before they feel sick.

22) Can positive members stay together?

-Yes.

23) What is the criteria to end isolation?

- A full, 14-day quarantine remains the best way to ensure that you don't spread the virus to others.

24) Is negative covid test mandatory to end the isolation?

- No

25) What should I do if I test positive?

-Isolate yourself. If you have symptoms, have a tele- consultation with the doctor. Have a lot of fluids and rest. Keep checking fever and oxygen saturation. Hospitalize yourself if your doctor suggests it.

26) Can I take bath while having covid?

-Yes, it is important to maintain hygiene.

27) Any diet preference?

- Eat healthy balanced diet and have plenty of fluids.

28) How to clean covid positive person's room?

- Clean it with 1% hypochlorite solution (Use 1 part bleach to 99 parts cold tap water)

29) Can nebulisers be used instead of oxygen?

-No

30) I have had covid infection; do I need to get vaccinated?

-Yes. If you get Covid-19 before first dose, you can choose to take it after 3 months.

31) What basic handy medicines should I keep at home?

- You should have Paracetamol, Pain killers (eg- Ibuprofen etc) , Antihistamines (eg – Citrizine), Antacids (eg ranitidine), antiseptic creams and Hydrocortisones to reduce inflammation.