

Advisory: COVID 19

What is COVID 19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (1 meter or 3 feet) with people who are unwell.

How It Spreads?

Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

Symptoms

People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These 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 asthma, high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Who is at risk of developing severe illness?

Older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

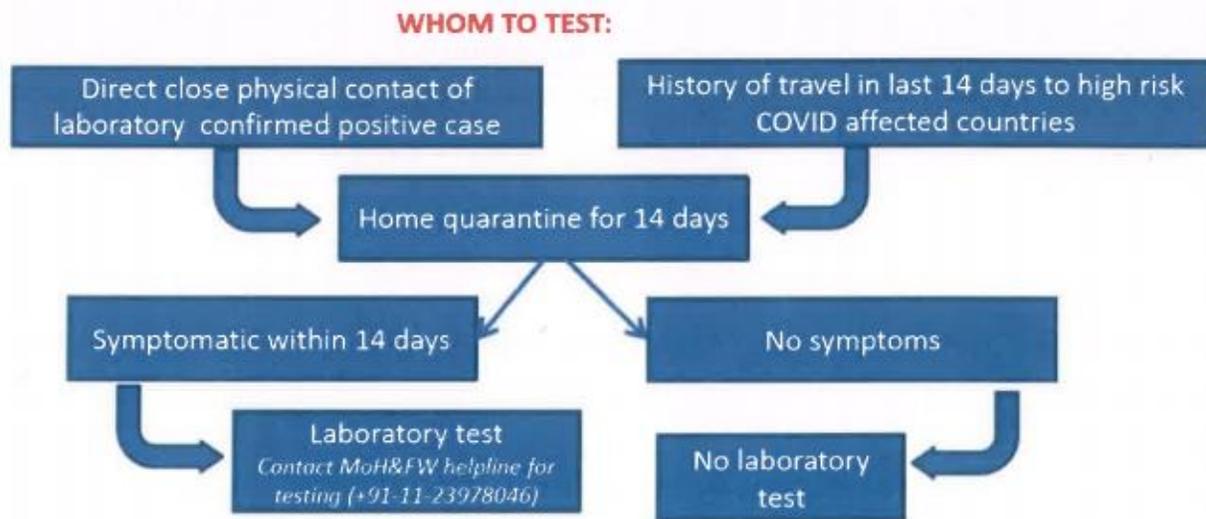
What Happens If I Get COVID-19?

- COVID-19 can look different in different people.
- Being sick with COVID-19 would be a little bit like having the flu. You may get a fever, cough or have a hard time taking deep breaths.
- Most people who have contracted COVID-19 don't get very sick. Only a small group of people who get it have had more serious problems.
- If you suspect you may have COVID-19, call Government of India [helpline +91-11-23978046](tel:+91-11-23978046) or contact nearest healthcare facility to let them know before you reach out to them.

Everything you should know about COVID 19 Testing

1. Testing Strategy for COVID 19(Source: ICMR)

Currently, India has witnessed cases of COVID19 mostly related to travel and local transmission from imported cases to their immediate contacts. Community transmission of the disease has not been documented till now. Once community transmission is documented, the above testing strategy will undergo changes to evolve into stage appropriate testing strategy.



Throat swab + nasal swabs taken in Viral Transport Medium in one tube in cold chain.
List of testing facilities: www.icmr.nic.in/content/covid-19

2. Who should get tested?

As per guidelines, if you develop the acute onset of fever and symptoms of respiratory illness, such as cough or shortness of breath you should visit your nearest health facility and the doctor will decide if you need to be tested for COVID-19, depending upon your history of travel to affected countries or contact with any suspects.

3. Facilities for COVID 19 Testing

The list of Government and Private Laboratories with COVID19 testing facility can be accessed by clicking the link

<https://covid.icmr.org.in/index.php/testing-facilities>

4. What are the documents needed for COVID -19 Testing?

Patient Information Form (for example Patient Proforma, to be provided by SRL Lab personnel) duly filled, along with the referring doctor's prescription, also Govt. photo-id (Aadhaar card/ VoterId/ Passport) to support the current address and contact number of the suspect patient to be provided at the time of sample collection. These are mandatory requirements defined by Govt. of India without which testing of COVID 19 is not allowed.

5. What kind of Sample is needed for Testing?

Nasopharyngeal and Oropharyngeal swab will be collected by taking due precaution

6. What Methodology is being used for Testing?

RT PCR, as recommended by ICMR.

7. How long will it take to get my report?

All patients' reports will be shared with defined Govt. bodies as per the guidelines of Govt of India/ICMR. You can get your report 24 hours after you provide your sample at lab.

8. How to interpret the report?

You are advised to visit your referring doctor/hospital with the report for further advice.

Prevention

Do's

- To maintain personal hygiene and physical distancing.
- To practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.
- To cover your nose and mouth with handkerchief/tissue while sneezing and coughing.

- To throw used tissues into closed bins immediately after use.
- To maintain a safe distance from persons during interaction, especially with those having flu-like symptoms.
- To sneeze in the inner side of your elbow and not to cough into the palms of your hands.
- To take their temperature regularly and check for respiratory symptoms. To see a doctor if you feel unwell (fever, difficulty in breathing and coughing). While visiting doctor, wear a mask/cloth to cover your mouth and nose.
- For any fever/flu-like signs/symptoms, please call State help line number or the 24x7 help line number of the Ministry of Health & Family Welfare at 011-23978046.

Don'ts

- Shake hands.
- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth. • Sneeze or cough into palms of your hands.
- Spit in Public. • Travel unnecessarily, particularly to any affected region.
- Participate in large gatherings, including sitting in groups at canteens.
- Visit gyms, clubs and crowded places etc.
- Spread rumors or panic.

STAY SAFE AND STAY HEALTHY!