

CORONA VIRUS (COVID-19)

A Talk By:

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INTRODUCTION

- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.
- Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected human.

HOW TO IDENTIFY??



An easy way to remember the common signs and symptoms of COVID-19

F- Fever

R-Runny Nose

C- Cough

S- Shortness of Breath

what Corona does to the body??

The Lungs: Ground zero

For most patients, COVID-19 begins and ends in their lungs, because like the flu, coronaviruses are respiratory diseases.

After the SARS outbreak, the World Health Organization reported that the disease typically attacked the lungs in three phases:

- viral replication
- Immune hyper-reactivity
- Pulmonary destruction

Practicing precautions :

- * Use a tissue paper when you cough or sneeze, and throw it away promptly. If you don't have a tissue, cough into your sleeve.
- * Wash your hands thoroughly and often, especially after sneezing or coughing, using soap and water or an alcohol rub. international standards recommends that any soap or washing media with **alcohol content more than 60% is effective to control the spread the sinful virus.**
- * Wipe surfaces like doorknobs using a regular cleaner.
- * If you're sick with flu-like symptoms, even if you don't feel sick enough to go to the doctor, **stay home from work or school to avoid giving the virus to someone else but never and never forget or neglect to report health authorities if symptoms persists or worsen. do not delay in alerting local health authorities.**

THINGS TO REMEMBER FOR PREVENTION; 4W'S

- 1) **WASH**: REGULARLY AND PERIODICALLY YOUR HANDS WITH SOAP.
- 2) **WEAR**: WEAR A SURGICAL MASK FOR PREVENTING TRANSMISSION.
- 3) **WALK**: WALK AND STAND AWAY SIX FEET DISTANCE FROM A SWINE FLU SYMPTOM PERSON.
- 4) **WATCHFUL**: BE WATCHFUL AND OBSERVING FOR ANY SYMPTOMS YOU OR YOUR LOVED ONES HAVE.

Since the virus can remain viable and infectious for about 48 hours on many surfaces, good hygiene and cleaning with soap and water or alcohol-based hand disinfectants are also recommended.

Hand Wash Technique by WHO

The background of the slide features several stylized, glowing virus particles. These particles are spherical with numerous small, rounded protrusions (spikes) on their surface, resembling coronaviruses. They are rendered in shades of yellow and light green, with a soft, ethereal glow that makes them stand out against a light blue and white gradient background.

5 Imp Steps

- Slide It Over – 4 SEC
- Lock It Over – 4 SEC
- Clasp it Over – 4 SEC
- Roll It Over – 4 SEC
- Rub It Over – 4 SEC

Basic Protective Measures to be taken

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health
Organization

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



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Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider

Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



World Health
Organization

Practise food safety

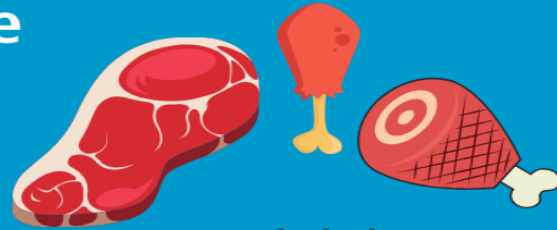
Sick animals and
animals that
have died of
diseases **should
not be eaten**



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Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.



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Shopping in wet markets in China and Southeast Asia? Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



World Health
Organization

Most of the death cases were male (65.9%). More than half of dead patients were older than 60 years (80.5%) and the median age was 72.5 years. The bulk of death cases had comorbidity (76.8%), including hypertension (56.1%), heart disease (20.7%), diabetes (18.3%), cerebrovascular disease (12.2%), and cancer (7.3%). Respiratory failure remained the leading cause of death (69.5%), following by sepsis syndrome/MOF (28.0%), cardiac failure (14.6%), hemorrhage (6.1%), and renal failure (3.7%). Furthermore, respiratory, cardiac, hemorrhage, hepatic, and renal damage were found in 100%, 89%, 80.5%, 78.0%, and 31.7% of patients, respectively. On the admission, lymphopenia (89.2%), neutrophilia (74.3%), and thrombocytopenia (24.3%) were usually observed. Most patients had a high neutrophil-to-lymphocyte ratio of >5 (94.5%), high systemic immune-inflammation index of >500 (89.2%), increased C-reactive protein level (100%), lactate dehydrogenase (93.2%), and D-dimer (97.1%). A high level of IL-6 (>10 pg/ml) was observed in all detected patients. Median time from initial symptom to death was 15 days

Protocol for Treatment of confirmed COVID-19 Infection

1. Treatment of COVID-19 Upper Respiratory Tract Infection (Fever, runny nose, cough without lung infiltrate+ positive PCR)

	Route of administration	Proposed dose for COVID-19
Chloroquine phosphate	PO	500 mg BID 5 days
		+
Oseltamivir	PO	150 mg BID for 5 days

2. Treatment of COVID-19 Pneumonia

	Route of administration	Proposed dose for COVID-19
Chloroquine phosphate	PO	500 mg BID 10 days
		+
Darunavir /Cobicistat (Rezolsta ®)	PO	Darunavir 800 mg/Cobicistat 150 mg OD for 2 weeks
		OR
Atazanavir (Reyataz)	PO	400 mg once daily with food for 2 weeks
		+
Oseltamivir	PO	150 mg BID
		+/-
Corticosteroids	IV	Methylprednisolone 40 mg q12h for 5 days

SPECIMIN COLLECTION:

- 1- Combined nasopharyngeal/oropharyngeal swab
- 2- If positive repeat every 3 days till negative
- 3- If negative repeat second test after 24 hours
- 4- If 2 consecutive negative isolation can be discontinued
 - Lower respiratory specimen is preferred when applicable
 - Airborne and contact isolation is recommended for further information contact your infection control practitioner.

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A blue ballpoint pen is shown writing the words "Thank you!" in a cursive script on a white card. The pen is positioned at the end of the word "you!". The background of the entire image is a light blue gradient with faint, glowing yellow and green circular patterns that resemble bubbles or cells.

Thank you!