#Covid19

ADVISORY

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WHAT IS COVID- 19?

COVID-19 is a respiratory disease caused by SARS-CoV-2, a new coronavirus discovered in 2019. Some people who are infected may not have symptoms. For people who have symptoms, illness can range from mild to severe. Adults 65 years and older and people of any age with underlying medical conditions are at higher risk for severe illness. (https://www.cdc.gov/dotw/covid-19/index.html)

HOW IS COVID-19 TRANSMITTED?

COVID-19 is spread through droplets and aerosols emitted from the nose or mouth, particularly when a person with COVID-19 speaks, coughs, sneezes or spits. It can also be contracted by touching one's eyes, nose or mouth after contact with contaminated surfaces and objects. (MOHFW)

WHAT ARE THE SIGNS AND SYMPTOMS OF CORONAVIRUS INFECTION?

MOST COMMON SYMPTOMS

Fever   **Dry Cough**   **Tiredness**

LESS COMMON SYMPTOMS:

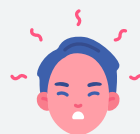**Aches and pains**   **Sore throat**   **Diarrhoea**   **Conjunctivitis or pink-eye**   **Headache**   **Loss of smell or taste**   **A rash on skin, or discolouration of fingers or toes**

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SERIOUS SYMPTOMS:

| Difficulty breathing or shortness of breath | Chest pain or pressure | Loss of speech or movement | Confusion |

Seek immediate medical attention if you have any of the above serious symptoms
(*https://www.who.int/health-topics/coronavirus#tab=tab_3*)

HOW CAN WE PROTECT OURSELVES AND OTHERS?

To prevent infection and to slow transmission of COVID-19, do the following:

- Use your mask properly to cover your nose, mouth and chin at all times when you are outside
- Maintain a physical distance of at least 6 feet (*2 Gaj ki Doori*)
- Wash hands frequently and thoroughly with soap and water or use a sanitizer
- Do not touch your eyes, nose and mouth unless your hands are sanitized
- Cover your mouth while sneezing and coughing and avoid spitting in the open
- Avoid unnecessary travel and visit to crowded places
- Self-monitor your health in case of illness, at the earliest
- Test yourself promptly and isolate yourself on observing symptoms

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

QUARANTINE	- separates and restricts the movement of people who were exposed to the virus or a suspect. - It is done even though a person does not have any signs or symptoms. - The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect turns out negative on laboratory testing

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ISOLATION	• Keeping COVID-19 positive asymptomatic and mild cases (having oxygen saturation at room air of more than 94% and without shortness of breath) away from others, whether at home or in isolation facilities. • It is done to prevent the spread of the virus to others • End isolation after at least 10 days have passed from the onset of symptoms (or from the date of sampling for asymptomatic cases) and no fever for 3 days. • There is no need for testing after the home isolation period is over.

WHAT SHOULD YOU DO IF YOU ARE SICK

If you have a fever, cough or other symptoms, you might have COVID-19. 81% of the COVID-19 patients have mild illness and are able to recover at home.

IF YOU ARE SICK

- Keep track of your symptoms. The first signs of disease, commonly noticed are dry cough, sore throat, fever and runny nose. Many patients also report loss of smell and taste, headaches, fatigue and body aches.
- Stay home except to get medical care. If you experience COVID-19 symptoms, immediately isolate yourself in a well-ventilated room with an attached bathroom, without waiting to get tested, The longer you take to self-isolate, the higher the risk of infecting others, maintain physical distancing, indoor mask use and strict hand hygiene.
- Follow symptomatic management as advised by your physician (hydration, antipyretics, antitussive, multivitamins).
- Stay in contact with the treating physician.
- Seek immediate medical attention if you experience any of the following - breathlessness, falling oxygen saturation, persistent pain or pressure in the chest, poor appetite, diarrhoea, fatigue, weakness or numbness in any limb or the face, high-grade fever or severe cough, particularly if they last for more than 5 days

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IF YOU ARE SICK

- The patient should at all times use a triple-layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. In the event of the caregiver entering the room, both caregiver and patient may consider using N 95 mask.
- Waste masks and gloves should be kept in a paper bag for a minimum of 72 hours of the same or disinfect with 1% Sodium Hypochlorite prior to disposal.
- Stay in a well-ventilated room away from other people with an attached bathroom or use a separate bathroom.
- Take adequate rest and plenty of fluids to maintain hydration.
- Follow respiratory etiquettes at home.
- Wash hands with soap and water for at least 20 seconds.
- Do not share personal items with others.
- Monitor Temperature and oxygen saturation levels regularly
- Stay in contact with your treating physician and follow symptomatic management as per their advice (hydration, antipyretics, antitussive, multivitamins).

IF YOU ARE CARING FOR A SICK PATIENT

- Ensure that the caregiver is healthy, (without co-morbidities, elderly or immune-compromised)
- Avoid direct contact with body fluids particularly oral or respiratory.
- Preferably use disposable gloves while handling patient care articles or cleaning. Wash hands after removing gloves.
- Preferably provide food inside the patient's room.
- Wear a triple layer medical mask. N95 mask may be considered when in the same room with the ill person.
- Wash dishes and utensils in hot water.
- Clean your hands after taking off gloves or handling used items.
- Wash your hands often; avoid touching your eyes, nose, and mouth
- Frequently clean surfaces with 1% hypochlorite solution or Lysol or any disinfectant at home.
- Ensure the patient follows the prescribed treatment.
- The caregiver should be quarantined for 14 days.
- Follow COVID-19 appropriate behaviour

Source: https://www.mohfw.gov.in/pdf/RevisedGuidelineshomeisolation4.pdf

WHO IS ELIGIBLE FOR HOME ISOLATION?

- Only mild or asymptomatic cases
- Should have the facility of a well-ventilated room with attached / separate toilet others can avail the facility of the COVID-19 care centre.
- Elderly patients with co-morbid conditions like hypertension, diabetes, heart disease, chronic lung/liver/kidney disease, cerebrovascular diseases shall only be allowed home isolation after evaluation by the treating physician.
- A care giver should be available to provide care on a 24x7 basis.
- Download Aarogya Setu mobile app and should remain active.

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ISOLATION CENTRES

The booking can be made through COVID-19 war rooms. Patients with the milder infection will be given admission to isolation centres after approval from the physician. (https://zeenews.india.com/india/mumbai-hospitals-to-convert-five-star-hotels-into-covid-isolation-centres-details-here-2354998.html)

- Maintain hand hygiene
- The social distancing of a minimum of 1-meter from other patients.
- Avoid sharing of equipment.
- Practice 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 and wash your hands after that.
- Carry minimum articles to isolation facility, you can carry a sturdy water bottle, thermos jug, fruits and dry fruits, personal medicines, clothing and toiletries. (https://www.indiatoday.in/india/story/essentials-covid19-coronavirus-patient-carry-with-self-quarantine-centre-hospital-1689062-2020-06-14)
- Adhere to the facility rules and regulations

CHECKING OXYGEN LEVEL

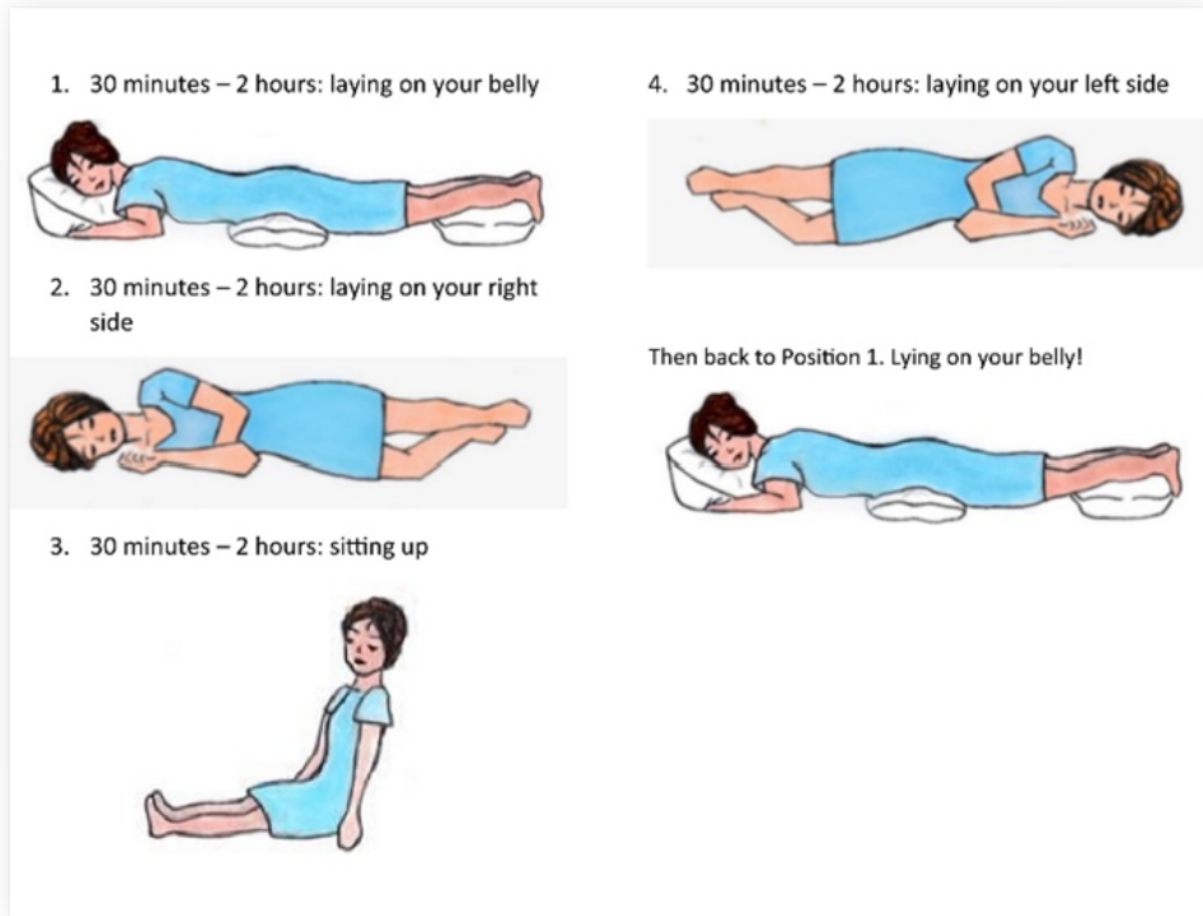**A pulse oximeter checks the oxygen level in the blood.**
95-100 is the normal SpO2

THINGS TO NOTE WHILE CHECKING SPO2

- Place the probe on the finger and stay steady for 30 seconds before finalizing the reading.
- If the reading is low, remove the machine and check it in someone else's finger to ensure the machine is not faulty.
- If the machine is not faulty, ensure that your finger is free of Nail polish / Mehandi or tattoo as they sometimes alter the reading.
- Do not check the reading while shivering, during any physical activity, or while sleeping or resting since it won't detect 'silent' or latent hypoxia or sleep apnoea
- The oxygen level can also be low in COPD, Asthma or in chronic smokers.
- If you have a low reading, note the reading and take a walk for 6 minutes and check the oxygen level again. If the level drops by six points or more seek medical help.
- A reading below 94 is considered to be a red flag. Lie down on your abdomen (known as Proning) and monitor your oxygen levels continuously.
- Inform your physician and do not panic.

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PRONING FOR SELF CARE

- Proning is a medically accepted position to improve breathing comfort and oxygenation. It is extremely beneficial to COVID-19 patients with compromised breathing comfort, especially during home isolation.
- Proning is required only when the patient finds it difficult to breathe and the SpO2 is below 94.
- Prone positioning improves ventilation, keeps alveolar units open and breathing easy.

1. 30 minutes – 2 hours: laying on your belly
2. 30 minutes – 2 hours: laying on your right side
3. 30 minutes – 2 hours: sitting up
4. 30 minutes – 2 hours: laying on your left side

Then back to Position 1. Lying on your belly!

FOR SELF-PRONING:

- You will need 4-5 Pillows. (One pillow below the neck, one or two pillows below the chest through to upper thighs, two pillows below the shins)
- Make regular alterations in lying positions. It is best to not spend more than 30 minutes in each position.

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CAUTION

- Avoid proning for an hour after meals
- Maintain proning for only as many times as easily tolerable
- One may prone for up to 16 hours a day, in multiple cycles, as per your comfort
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially, around bony prominences

AVOID PRONING IF YOU HAVE CONDITIONS LIKE:

- Pregnancy
- Deep Vein Thrombosis (treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

Source: *https://www.mohfw.gov.in/pdf/COVID19ProningforSelfcare3.pdf*

WHAT IS THE PROCESS TO BE FOLLOWED IF THE SYMPTOMS ARE NOT MANAGED AT HOME?

If the symptoms cannot be managed at home, contact the COVID-19 war room number as per your ward. According to the assessment and condition of the patient, guidance will be provided.

COVID-19 WAR ROOM

The Municipal Corporation of Greater Mumbai (MCGM) has asked residents of Mumbai to call the numbers of the respective war rooms based on the wards (the area that residents live in), for guidance in case of emergencies. Mumbai is divided into 24 wards, each with its own war room.

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KEEP THIS INFORMATION HANDY WHILE CALLING WAR ROOM NUMBERS:

- Your Ward Name
- Requirements (as per you) To be finally ascertained by Doctors, Medical team
    - Ambulance Pick Up
    - Bed Type: Normal / O2 / ICU
    - Hospital Type: Pvt / BMC
- Response from Ward War Room
- Patient Details
    - Name
    - Age
    - Gender
    - Contact No.
- Details of close relative
    - Name
    - Contact No.
- COVID-19 Status
- CT Value
- Swab Collected Date
- COVID-19 Report copy
- Symptoms (SPO2 Level, Fever, Weakness, Headache, Cold, Cough, Loss of smell/taste, Loose motions etc.)
- HRCT Score
- Have comorbidities?
- Patient Address (Diabetes/ Hypertension/ Heart Conditions/ Others)
- Patient Address - Google Map Link

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TYPES OF COVID-19 DEDICATED FACILITIES

COVID-19 CARE CENTER (CCC)

- Only for mild or very mild or suspected cases.
- Makeshift facilities set up in hostels, hotels, schools, stadiums, lodges etc.
- Basic health care and basic life support ambulance are available

Links for the list of CCC:

https://stopcoronavirus.mcgm.gov.in/assets/docs/CCC1-Details.pdf#toolbar=0

https://stopcoronavirus.mcgm.gov.in/assets/docs/CCC2-Details.pdf#toolbar=0

DEDICATED COVID-19 HEALTH CENTRE (DCHC)

- For moderate cases
- Can be an entire hospital/separate block in a hospital
- Beds with oxygen and basic life support ambulance are available

Link for the list DCHC:

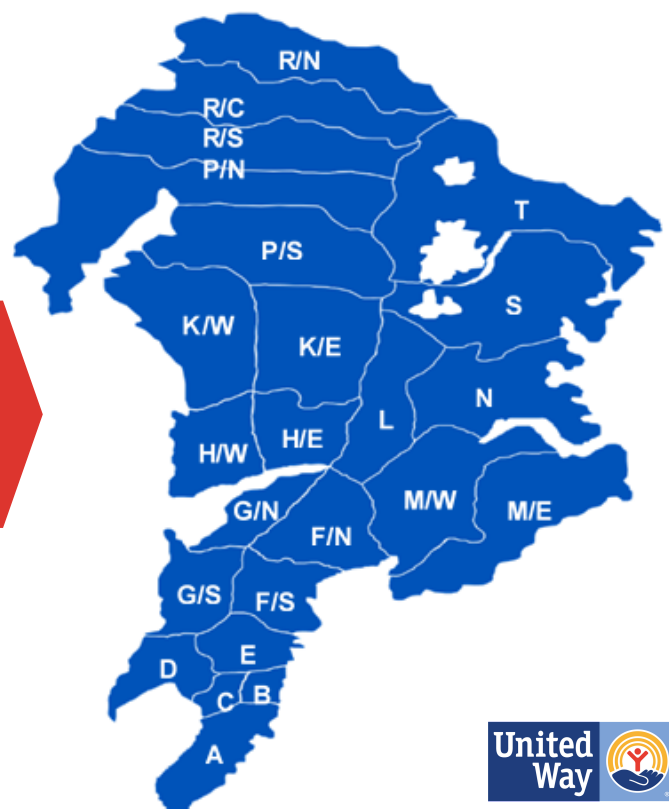*https://stopcoronavirus.mcgm.gov.in/assets/docs/DCHC.pdf#toolbar=0*

DEDICATED COVID-19 HOSPITAL (DCH)

- Dedicated hospitals for clinically severe cases
- ICU, ventilators and oxygen support beds

Link for the list of DCH:

https://stopcoronavirus.mcgm.gov.in/assets/docs/DCH.pdf#toolbar=0

MCGM WARDS

R/N
R/C
R/S
P/N
P/S
T
S
K/W
K/E
N
L
H/W
H/E
M/W
M/E
G/N
F/N
G/S
F/S
D
E
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B
A

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COVID-19 WAR ROOM NUMBERS, MUMBAI			
Helpline		1916	
Ward	Ward area	Call War Rooms Nos	
A	Churchgate, Colaba, and Navy Nagar	022-22700007	022-22700023
B	Masjid Bunder, Mohd. Ali Road, Dongri and Bhendi Bazar	022-23759023	022-23759025
C	Pydhonie and Bhuleshwar	022-22197331	
D	Grant Road, Walkeshwar, Malabar Hill, Breach Candy to Haji Ali	022-23835004	
E	Byculla, Madanpura, Agripada, Nagpada, Dockyard Road, Reay Road, Chichpokli	022-23797901	
F South	Parel	022-24177507	8657792809
F North	Matunga, Sion, Wadala, Hindu Colony	022-24011380	8879148203
G South	Worli and Prabhadevi	022-24219515	7208764360
G North	Dharavi, Mahim and Dadar	022-24210441	8291163739
H East	Bandra East, Khar East and Santacruz East	022-26635400	
H West	Bandra West, Khar West, Santacruz West	022-26440121	
K East	Andheri East, Jogeshwari East, and Vile Parle East	022-26847000	8657933681
K West	Andheri West, Jogeshwari West, and Vile Parle West	022-26208388	8928443687
P South	Goregaon	022-28780008	8828476098
P North	Malad, Manori, Marve, Aksa, and Madh	022-28440001	9321598131
R South	Kandivali and Charkop	022-28054788	8828495740
R North	Dahisar	022-28947350	8369324810
R Central	Borivali	022-28947360	9920089097
L	Sakinaka, Chandivali, Asalpha, and Kurla	7678061274	7710870510
M East	Mankhurd, Anushakti Nagar, Deonar, Cheetah Camp, Shivaji Nagar	022-25526301	
M West	Chembur, Sindhi Society, Chheda Nagar and Tilak Nagar	022-25284000	
N	Ghatkopar, Vidyavihar and Pant Nagar	022-21010201	
S	Bhandup, Powai, Kanjurmarh, Vikhroli and Nahur	022-25954000	022-25947570
T	Mulund	022-25694000	9004744480

https://stopcoronavirus.mcgm.gov.in/assets/docs/Dashboard.pdf

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WHAT CARE SHOULD WE TAKE POST- RECOVERY

- Continue COVID-19 appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
- Drink an adequate amount of warm water (if not contra-indicated).
- Take immunity promoting AYUSH medicine as prescribed by a qualified practitioner of AYUSH.
- If health permits, regular household work can be done. Professional work to be resumed in a gradual manner.
- Mild to moderate exercise
    - Daily practice of Yogasana, Pranayama and Meditation, as much as health permits or as prescribed.
    - Breathing exercises as prescribed by treating physician.
    - Daily morning or evening walk at a comfortable pace as tolerated.
- A balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Adequate sleep and rest.
- Avoid smoking and consumption of alcohol.
- Take regular medications as advised for COVID-19 and for managing any comorbidities
- Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry, etc. (if medically advised)
- If there is persistent dry cough / sore throat, do saline gargles and take steam inhalation. Cough medications should be taken on the advice of a medical doctor or qualified practitioner of Ayush.
- Look for early warning signs like high-grade fever, breathlessness, Sp02 less than 95%, unexplained chest pain, new onset of confusion, focal weakness.

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VACCINATION

Vaccination is a simple, safe, and effective way of protecting people against harmful diseases before they come into contact with them. It uses your body's natural defences to build resistance to specific infections and makes your immune system stronger.

1. Who will get the vaccine?
Citizens above 18 years of age are eligible to get the COVID- 19 Vaccination in India.

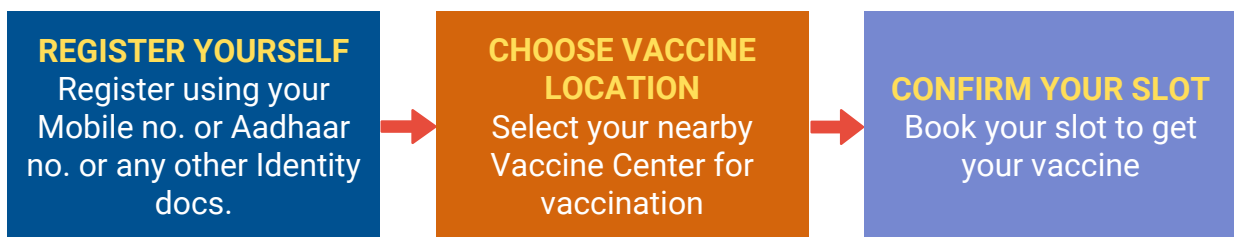**2. Where should I register for the vaccination?**
The registrations can be done through the CoWIN platform and Aarogya Setu App.

3. What is Co-WIN?
Co-WIN is a platform for the citizens of India to Register for COVID-19 vaccination and schedule their vaccination slots at the nearest vaccination centres.

4. Here's how to register for vaccination on CoWin:
- Log on to cowin.gov.in and enter your mobile number
- An OTP will be sent to your registered number
- Enter OTP, click on verify button
- Once validated, Registration of Vaccination page will open up
- Enter details required along with photo ID proof
- Feed-in details of comorbidities if you have
- Once done, click the Register button at the bottom right
- Once registration is done, you will be shown Account Details. You can schedule your appointment from the Account Details page
- If you want to add more people, all you have to do is press Add More button at the bottom right side of the page and enter all the details. You can add up to 4 people with a single phone number.

REGISTER YOURSELF	CHOOSE VACCINE LOCATION	CONFIRM YOUR SLOT
Register using your Mobile no. or Aadhaar no. or any other Identity docs.	Select your nearby Vaccine Center for vaccination	Book your slot to get your vaccine

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5. Where can I get the vaccine from?

Vaccines are available from Government and Private Health Facilities as notified, known as COVID-19 Vaccination Centres (CVCs).

6. Can I get vaccinated without registration?

There will be no walk-in allowed for beneficiaries in the third phase.

7. Which vaccines are currently available in India?

India is currently using Serum Institute of India's Covishield and Bharat Biotech's Covaxin for its vaccination programme. The Russian Made vaccine Sputnik V will also be available as a part of COVID-19 vaccines soon.

8. How will the beneficiary receive information about the due date of vaccination?

Following online registration, the beneficiary will receive SMS on their registered mobile number about the due date, place and time of vaccination.

9. What is the dosing schedule of both vaccines?

The time interval between two doses of the Covishield vaccine has been extended from 4 to 6 weeks to 12 to 16 weeks. The second dose of Covaxin can be taken four to six weeks after the first.

10. Is it necessary for a COVID-19 recovered person to take the vaccine? And if I had a COVID-19 infection and was treated, why should I receive the vaccine?

Yes, it is advisable to receive a complete schedule of the COVID-19 vaccine irrespective of past history of infection with COVID-19. This will help in developing a strong immune response against the disease. Development of immunity or duration of protection after COVID-19 exposure is not established therefore it is recommended to receive the vaccine even after COVID-19 infection. Wait for 3 months after recovery from COVID-19 symptoms before getting the vaccine

11. Who cannot get vaccinated?

The Health Ministry fact sheet says the vaccine cannot be given to three categories:
- Persons with a history of an allergic reaction to a previous dose of COVID-19 vaccine;
- Those with an allergic reaction to vaccines or injectable therapies, pharmaceutical products, and food items;
- Pregnant women and women who are not sure of their pregnancy are ineligible to be vaccinated.

These categories are temporarily advised not to get the vaccination.
1. Persons having active symptoms of SARS-CoV-2 infection.
2. SARS-COV-2 patients who have been given anti-SARS-CoV-2 monoclonal antibodies convalescent plasma
3. Acutely unwell and hospitalized (with or without intensive care) patients due to any illness.

In these conditions, COVID-19 vaccination is to be deferred for 4-8 weeks after recovery

12. Do I have an option of choosing which vaccine I can take?

Initially, vaccination centers had only one brand of the COVID-19 vaccine, hence the option of choosing a particular brand did not arise. Now, if a centre administers two vaccines, some states have allowed beneficiaries to choose. The CoWin platform, however, does not allow a beneficiary to choose between the vaccines.

13. My first dose was that of Covishield, can I take a shot of Covaxin as the second dose or vice-versa?

No. Covaxin and Covisheld are based on different platforms. Covaxin is an inactivated vaccine while Covishied is based on a viral vector platform. It's important to take the same shot the second time to develop immunity.

14. I tested positive for COVID-19 after taking the first vaccine dose. How long should I wait before I take the second dose of the vaccine? Or will I have to take both doses again?

The recommendation is that the second dose of the vaccination should be deferred by 3 months from clinical recovery from COVID 19 illness.

15. Between the first and second dose of the vaccine, is there any particular diet I should follow?

No, a regular diet is to be followed.

16. Are there any side effects of the vaccines? What are they? Are they normal?

As with any other vaccine, minor side effects have been reported after the COVID-19 vaccination. These include arm soreness, mild fever, tiredness, headaches, muscle or joint aches. Despite the occurrence of extremely rare adverse effects (1-2 per million vaccinees), the benefit-risk ratio is hugely in favour of administering the vaccine.

17. I have taken the second dose of vaccine as well. Will the immunity last forever or do I need a booster shot?

At present, there is no recommendation for booster doses after completing the primary schedule. Protective antibody titers are expected to last for 6-12 months. However, protection by the T-cells is expected to last longer. Only long-term follow up of the vaccinated cohorts in the trials and follow up of the vaccinated population will give an answer regarding the need for boosters. Studies are underway to assess the response and safety of booster doses.

18. Do children need to get vaccinated as well?

Children have not been prioritized for COVID-19 vaccination for two reasons. Vaccines are usually tested in adults first, to avoid exposing children who are still developing and growing. Now that the vaccines have been determined to be safe for adults, they are being studied in children. In the meantime, make sure children continue to physical distance themselves from others, clean their hands frequently, sneeze and cough into their elbow and wear a mask if age-appropriate. (Source: WHO)

19. Can I consume alcohol a day before, on the day or a day after I have taken a vaccine shot?

Yes, in moderation, as alcohol can suppress the immune response.

(https://www.news18.com/news/opinion/can-i-drink-alcohol-before-or-after-taking-covid-19-vaccine-this-and-other-faqs-answered-3670385.html)

20. I am on medication for co-morbidities, do I need to stop taking the medicines before or after vaccination?

No. All medications are to be continued. There is no need to stop any medications.

21. I have taken both doses of the vaccine. Do I still need to wear a mask while stepping out?

Yes. Protection conferred by vaccines is not absolute. Social distancing, masking and hand hygiene is to be continued after vaccination as well.

22. Can women take COVID-19 vaccines five days before and after their periods?

COVID-19 vaccines have been found to be safe in all concerns. It's also important to understand that menstruation is a natural body process and doesn't really limit or decrease the body's immune response. Therefore it is absolutely safe for all to get vaccinated during menstruation.

(https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-vaccine-can-women-take-the-covid-19-vaccine-during-their-periods/photostory/82257857.cms)

THESE ARE LINKS THAT PROVIDE LATEST INFORMATION ABOUT COVID-19:

- https://www.who.int/emergencies/diseases/novel-coronavirus-2019
- https://www.mohfw.gov.in/
- https://www.covid19maharashtragov.in/mh-covid/dashboard
- https://stopcoronavirus.mcgm.gov.in/
- https://www.businesstoday.in/current/economy-politics/registration-for-vaccination-of-18-yrs-and-above-from-apr-24-heres-how-to-register-on-cowin/story/437239.html
- https://www.indiatvnews.com/news/india/vaccination-registration-18-years-old-cowin-app-start-april-28-699734
- https://indianexpress.com/article/explained/how-to-book-a-covid-vaccine-dose-7210158/
- https://www.cowin.gov.in/home
- https://www.mohfw.gov.in/covid_vaccination/vaccination/faqs.html#vaccine-registration
- **BMC IEC Materials:** http://stopcoronavirus.mcgm.gov.in/things-to-do

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