

Awareness of Patients Regarding Pandemic of COVID-19

1. What is COVID-19?

COVID-19 stands for "coronavirus disease 2019"

“It is caused by a virus called SARS-CoV-2. The virus first appeared in late 2019 and quickly spread around the world.”

People with COVID-19 can have fever, cough, trouble breathing, and other symptoms. Problems with breathing happen when the infection affects the lungs and causes pneumonia

2. How is COVID-19 spread?

The virus that causes COVID-19 mainly spreads from person to person. This usually happens when an infected person coughs, sneezes, or talks near other people. The virus is passed through tiny particles from the infected person's lungs and airway. These particles can easily travel through the air to other people who are nearby. In some cases, like in indoor spaces where the same air keeps being blown around, virus in the particles might be able to spread to other people who are farther away.

it can also spread at gatherings where people are talking close together,

- shaking hands
- hugging,
- sharing food
- Eating at restaurants raises the risk of infection, since people tend to be close to each other and not covering their faces.
- Doctors also think it is possible to get infected if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

3. What is the incubation period for COVID-19?

The incubation period for COVID-19 is thought to be within 14 days following exposure, with most cases occurring approximately four to five days after exposure

4. What are the symptoms of COVID-19?

Symptoms usually start 4 or 5 days after a person is infected with the virus. But in some people, it can take up to 2 weeks for symptoms to appear. Some people never show symptoms at all.

When symptoms do happen, they can include:

- Fever
- Cough
- Trouble breathing
- Feeling tired
- Shaking chills
- Muscle aches
- Headache
- Sore throat
- Problems with sense of smell or taste
- digestive problems like nausea or diarrhea
- rashes or other skin symptoms. For example, some people with COVID-19 get reddish-purple spots on their fingers or toes.

5. Is there a test for the virus (COVID-19)?

1. Yes. swab from inside your nose(nasopharyngeal) or mouth for testing. These tests can help your doctor figure out if you have COVID-19 or another illness.
2. The tests used to diagnose COVID-19 are either "nucleic acid tests" or "antigen tests." Nucleic acid tests look for the genetic material from the virus. Antigen tests look for proteins from the virus.
3. There is also a blood test that can show if a person has had COVID-19 . This is called an "antibody" test. Antibody tests are generally not used on their own to diagnose COVID-19 or make decisions about care. But it is used to learn how many people in a certain area were infected without knowing it.

6. When should patients with confirmed or suspected COVID-19 be advised to stay at home? Go to the hospital?

Home management is appropriate for most patients with mild symptoms (eg, fever, cough, and/or myalgias without dyspnea), provided they can be adequately isolated, monitored, and supported in the outpatient setting.

Patients being managed at home should be educated about the potential for worsening disease and advised to closely monitor for symptoms of more serious disease, including dyspnea or persistent chest pain. The development of these symptoms should prompt clinical evaluation and possible hospitalization

7. How is COVID-19 treated?

Many people will be able to stay home while they get better. But people with serious symptoms or other health problems might need to go to the hospital.

●**Mild illness** – Mild illness means you might have symptoms like fever and cough, but you do not have trouble breathing. Most people with COVID-19 have mild illness and can rest at home until they get better. This usually takes about 2 weeks, but it's not the same for everyone.

"self-isolate" until your doctor or nurse tells you it's safe to stop. Self-isolation means staying apart from other people, even the people you live with. When you can stop self-isolation will depend on how long it has been since you had symptoms, and in some cases, whether you have had a negative test (showing that the virus is no longer in your body).

●**Severe illness** – If you have more severe illness with trouble breathing, you might need to stay in the hospital, possibly in the intensive care unit (also called the "ICU"). While you are there, you will most likely be in a special isolation room. Only medical staff will be allowed in the room, and they will have to wear special gowns, gloves, masks, and eye protection.

The doctors and nurses can monitor and support your breathing and other body functions and make you as comfortable as possible. You might need extra oxygen to help you breathe easily. If you are having a very hard time breathing, you might need a breathing tube. The tube goes down your throat and into your lungs. It is connected to a machine to help you breathe, called a "ventilator."

8. Can COVID-19 be prevented?

There is not yet a vaccine to prevent COVID-19. But there are things you can do to help slow the spread. These steps are a good idea for everyone, especially in areas where there are a lot of cases of COVID-19.

●**Practice "social distancing."** It's most important to avoid contact with people who are sick. But social distancing also means staying away from **all** people who do not live in your household. It is sometimes called "physical distancing."

Avoiding crowds is an important part of social distancing. But even small gatherings can be risky, so it's best to stay home as much as you can.

When you do need to go out, try your best to stay at least 6 feet (about 2 meters) away from other people.

●**Wear a face mask** when you need to go out. It is mostly so that if you are infected, even if you don't have any symptoms, you are less likely to spread the infection to other people. It might also help protect you from others who could be infected.

You can use a cloth or homemade mask to cover your mouth and nose. Cloth masks work best if they have several layers of fabric. When you take your mask off, make sure you do not touch your eyes, nose, or mouth. And wash your hands after you touch the mask.

- **Wash your hands** with soap and water often. This is especially important after being out in public or touching surfaces that many other people also touch, like door handles or railings.

Make sure to rub your hands with soap for at least 20 seconds, cleaning your wrists, fingernails, and in between your fingers. Then rinse your hands and dry them with a paper towel you can throw away.

If you are not near a sink, you can use a hand sanitizing gel to clean your hands. The gels with at least 60 percent alcohol work the best. But it is better to wash with soap and water if you can.

- **Avoid touching your face:** especially your mouth, nose, and eyes.

- **Avoid traveling** if you can. Some experts recommend not traveling to or from certain areas where there are a lot of cases of COVID-19. But any form of travel, especially if you spend time in crowded places like airports, increases your risk.

If you do need to travel, be sure to check whether there are any rules about COVID-19 in the area you are visiting. If you travelled you need to "self-quarantine" for 14 days

9. Why is social distancing so important?

Keeping people away from each other is one of the best ways to control the spread of the virus that causes COVID-19. That's because the virus can spread easily through close contact, and it's not always possible to know who is infected. In many areas where the weather is getting colder and people are spending more time inside, cases of COVID-19 are increasing.

In many places, schools, day cares, and businesses are closed, or have new rules in place. Many events have been canceled or postponed. But social distancing is not just about avoiding big crowds. The safest thing to do is to avoid **any** gatherings with people from outside your household, even in small groups. Many people find it helpful to stay in touch with friends and relatives in other ways, like over the

phone or online. If you have outdoor space, or can take a walk without getting near other people, it can also help to get fresh air when you are able.

It's normal to be tired of social distancing, and to miss spending time around other people. Many people find this especially hard around holidays, when they are used to seeing family or friends. But it's important to limit this as much as possible. If you do choose to gather with other people, keep in mind that:

- The virus can spread both indoors and outdoors. But being outdoors is probably less risky.
- The more people you come into contact with, and the more often you do this, the higher the risk of spreading the virus.
- Washing your hands often, staying 6 feet (2 meters) away from people, and wearing a cloth mask will all help lower the risk to you and others.

10. Can COVID-19 cause problems with pregnancy?

From what experts know so far, most people who get COVID-19 during pregnancy will not have serious problems. But problems can happen if the mother becomes seriously ill.

Pregnant people who get COVID-19 might have an increased risk of preterm birth. This is when the baby is born before 37 weeks of pregnancy. This seems to be more of a risk in people who get very sick and have pneumonia. Preterm birth can be dangerous, because babies who are born too early can have serious health problems.