

COVID-19

pandemic has disrupted the whole world. It causes testing and stressful time creating public health emergency. Due to panic nature of the condition, there are misguided information and rumours among the public which further affect the recovery of the condition.



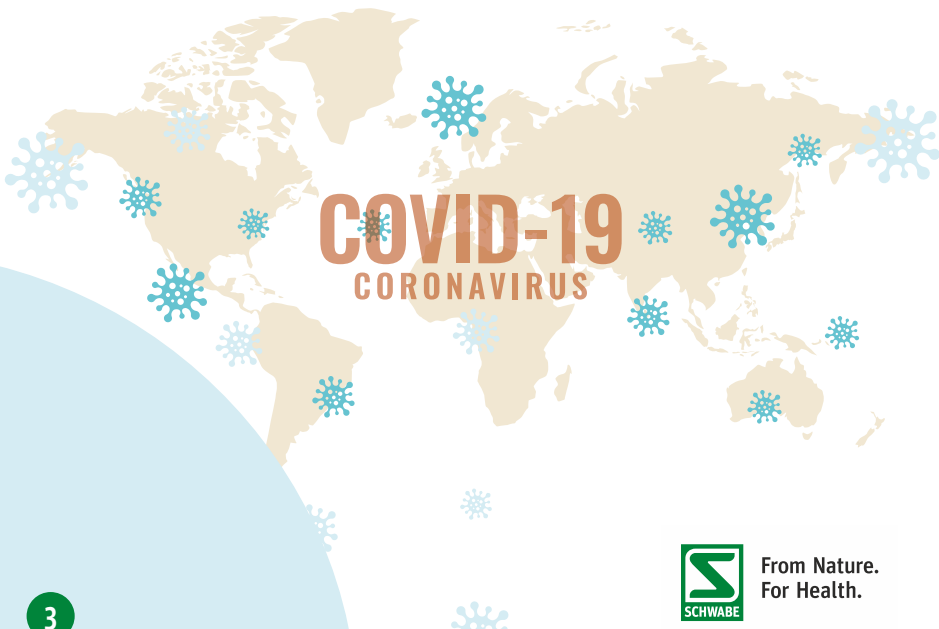
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COVID-19: How it spreads

In the late 2019, a new disease condition caused by a modified strain of coronavirus emerged as a deadly disease. It was named COVID-19 by WHO, also referred to as SARS-CoV-2. Soon the disease became pandemic covering all continents due to its rapid spread. At the end of April 2021, there were about 150 million cases with 3 million deaths.

Currently, there is no specific treatment for this disease. COVID-19 is an infectious disease caused by the recently discovered strain of coronavirus. This virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. The virus enters the human body via nose, mouth and eyes. Some recent studies suggest that the virus may be airborne and can be spread through fine infected droplets that remain suspended in the air in closed air-conditioned environments of offices, AC cabs-buses, shopping malls and theatres due to absence of crossventilation, even when you are not in direct contact with an infected person.



Why is there Stigma?

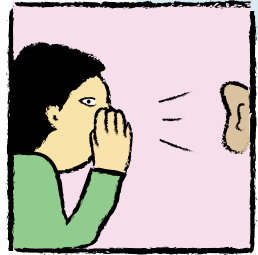
Stigma associated with COVID-19 is based on three main factors:



Lack of adequate information



Fear of the disease



Rumours or misinformation

Who are facing Stigma and Discrimination:

- People affected with COVID-19, their families/caregivers/ friends
- People under quarantine and their families
- Frontline health care providers like doctors, nurses, paramedics, field workers, hospital staff and sanitation workers, etc.
- Those who have recovered from COVID-19
- Migrant workers



Tips to reduce transmission of COVID-19 are as follows:

- Stay at home, especially if you are more than 60 years or less than 5 years of age, or have comorbidities like diabetes, hypertension or chronic ailments
- Avoid meeting visitors
- Wash hands and face at regular intervals with soap and water
- Wear mask at all times & keep a distance of 6 feet from others when out of the house
- Ensure regular sanitization of frequently touched surfaces with disinfectant/sanitizer
- Avoiding closed spaces with central air-conditioning like offices, malls, etc.
- Take balanced diet & be well hydrated with plenty of fluids like fruit juices, herbal drinks and turmeric in milk.
- Do Yoga, light exercise and meditation daily
- Avoid self-medication and seek medical advice whenever needed
- Take extra precaution while attending to patient in family
- Take your medicines regularly as prescribed to you by your doctor

The most commonly reported symptoms of Covid-19 are:

1. Fever or chills, Fever 100 degree F or above
2. Cough, Sore throat
3. Chest may feel too tight to inhale or exhale fully
4. Loss of appetite, smell and/or taste
5. Tiredness, body aches, muscular pain or fatigue
6. Uneasy feeling in stomach and poor appetite
7. Congestion and running nose
8. Low BP, Mental Fog (confusion), dizziness, increased heart rate



The duration of symptoms and severity of disease for people who have COVID-19 can vary; for most people, usually the symptoms take 7-14 days to subside. Some people may have no symptoms while others may require hospitalization to treat these symptoms. Recovery from symptoms varies from person to person.

In some cases these symptoms might persist even after testing negative for COVID-19. If you have any of these symptoms, you should consult your physician who will advise for COVID testing if indicated. If you test positive and you have mild symptoms, the doctor may advise home treatment. Else, hospitalization may be advised. Every positive test result is also informed to government and government representatives may visit your house for checking on you and isolating the family members. Corona is curable, if diagnosed early. **DON'T DELAY.**



From Nature.
For Health.

What is recommended for patients in home isolation?

- Stay isolated in separate well ventilated room with attached (separate) toilet
- Maintain distance with other members in the family
- Always use triple layered mask. Change the used mask after every 6 to 8 hours.
- Keep the used mask separately in paper bag and dispose of after 72 hours
- Cough and sneeze in masks, handkerchief or into your elbows
- Don't share your utensils, towel, bed linen etc. with other members in the family
- Measure body temperature with thermometer and oxygen level with pulse oximeter twice daily and note down simultaneously

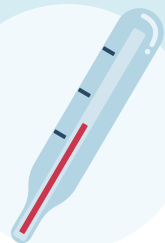


- Continue your medication of diabetes, B.P. etc. with your doctor's advice
- Eat fresh fruits and vegetables and prefer more proteins in diet than carbohydrates
- Avoid smoking and drinking alcohol
- Keep away of your pets
- Download "Arogya Setu App" in your mobile and keep notification, location and GPD tracking on
- Avoid guests and meeting outsiders at home. Don't visit public places like bank, school, etc.
- Avoid social gatherings like marriages, birthday parties, etc.
- It is important for covid patients to be in healthy state of mind and body both. So enjoy talking to your family and friends on phone. Read books watch your favourite TV programmes and movies or play games on mobile phone.



Keep a regular check on some health parameters

- Check body temperature with the help of thermometer (It should not be more than 100F)
- You can easily **check your pulse** on the inside of your wrist, below your thumb. Gently place 2 fingers of your other hand on this artery. Do not use your thumb because it has its own **pulse** that you may feel. Count the beats for 30 seconds; then double the result to get the number of beats per minute. Your **pulse rate** is the number of times your **heart** beats per minute. A **normal resting heart rate** should be 60–100 beats per minute, but it should not be more than 100
- When checking respiration, it is important to also note whether you have any difficulty breathing. Normal respiration rates for an adult person at rest range from 12 to 16 breaths per minute
- Switch on the oximeter & place it on your middle or index finger. The reading takes time to steady, Keep the oximeter in place for at least a minute or longer if the reading is not stable. Record the highest result once it has not changed for 5 seconds



What to eat?

- Eat home cooked food
- Prefer wheat, millet, brown rice, porridge, etc.
- Protein rich food...beans, pulses
- Fresh fruits & vegetable esp. citrus fruits like orange, tangerine
- Drink 8-10 glasses of water daily
- Prefer spices like turmeric, ginger, garlic, etc.
- Toned milk and milk products
- Non vegetarians can take skinless chicken, fish and eggs
- Wash fruits and vegetable under running water before use
- Prefer low cholesterol fat to cook



What not to eat

- Avoid fried, fatty, oily and junk foods
- Canned foods & drinks (eg carbonated drinks)
- Non veg only two to three times in a week
- Mutton, liver, fried and processed food



How to take care of family member who is covid positive

Any person between the age group of 25 to 50 years can take care of Covid positive patient in the family, provided he is not suffering from any serious diseases like cancer, asthma, diabetes, hypertension, kidney disease, any respiratory disease etc. with following precautions:

- Always wear triple layered medical mask, disposable gloves and plastic apron. Always keep the apron clean, use sodium hypochlorite for cleaning
- Change the used mask after every 6 to 8 hours. Keep the used mask separately in paper bag and dispose of after 72 hours
- Wash hands under running water with soap for 40 seconds or use hand sanitizers with 70% alcohol
- Don't touch your nose, mouth or face without washing hands
- Washing of hands is very important before and after cooking and going to toilet
- Wipe your hands with tissue or paper napkin after washing hands



- It is advisable to sanitize room, bathroom and toilet of patient
- Follow the treatment and guidelines prescribed by the doctors
- Avoid coming in direct contact with body fluids of patient like sneeze, saliva, etc.
- Place the stool outside the room or the bedside of patient to serve the food in disposables and avoid to come in direct contact with the patients as much as possible
- Keep a check on your health parameters like temperature, O2 level etc. Immediately contact your doctor if you suffer any symptoms like fever, cough, cold or difficulty in breathing
- If any family member who is above 60 years of age or suffering from any serious diseases like cancer, asthma, diabetes, hypertension, kidney disease, any respiratory disease etc or any pregnant lady is there than ask them to keep away from Covid patient



How to behave in presence of Covid positive patient in neighbourhood

- Don't panic if there is any covid positive patient in your building or society. Following few precaution can help you to keep your family safe
- Sanitize the building common area twice a day with 1% sodium hypochlorite solution
- Avoid touching the frequently touched surfaces of building like railing of staircases & lift buttons
- Help the patient until he/she becomes alright (declared negative)
- Ask them on phone & make the daily needs available to them like vegetable, fruits, medicines, groceries etc. Keep these things at their door step and settle the accounts digitally or after they become healthy again
- Keep in touch with them regularly on phone and motivate them by sharing the talks about those patients who have recovered successfully
- Don't look down upon the covid patient better consider them as fighter
- Don't pose any difficulty to patient or its family as our fight is not with them but with the disease



Method to sanitize common surfaces and articles

What	How	Time	When
Toilet	First clean with detergent and water and then wipe with 1% sodium hypochlorite solution	10 minutes	After every 4 hours
Apparatus like Pulse oximeter, Thermometer, Stethoscope, B.P. Apparatus, Glucometer, Nebulizer, Thermal scanner, etc.	Clean with Sanitizer	2-3 minutes	Before and after every use
Frequently touched surfaces	With 1% sodium hypochlorite solution	10 minutes	After every 2 hours
Floor	First clean with detergent and water and then wipe with 1% sodium hypochlorite solution	10 minutes	After every 8 hours
Roof and walls	With 1% sodium hypochlorite solution	10 minutes	Once in a day
Corridors	With 1% sodium hypochlorite solution	10 minutes	After every 8 hours
Linen	With 1% sodium hypochlorite solution	30 minutes	In a day or two



COVID-19 testing - when and how?

WHOM TO TEST

- All individuals need not be tested, because Disease is primarily reported in Individuals with travel history to the affected countries or close contacts of positive cases
- All symptomatic people who
 - o Have history of international travel in last 14 days
 - o Had come in contact of confirmed cases
 - o Are healthcare workers
 - o Are hospitalized patients with Severe Acute Respiratory Illness (SARI) or Influenza Like Illness (ILI) or severe pneumonia
- Asymptomatic direct and high-risk contacts of confirmed cases should be tested once between day 5 and day 14 of coming in his/her contact. Direct and high-risk contact include:
 - o Those living in same household with a confirmed case
 - o Healthcare workers who examined a confirmed case without adequate protection as per WHO recommendations



List of labs (Govt. & Private)
can be accessed at: icmr.nic.in

Your Guide to Masks

WEAR YOUR MASK CORRECTLY

- Wash your hands or use hand sanitizer before putting on your mask.
- Put the mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.



HOW NOT TO WEAR A MASK



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

How to take off a mask



①

Carefully, untie the strings behind your head or stretch the ear loops



②

Handle only by the ear loops or ties



③

Fold the outside corners together



④

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Proning for Self care

- PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- Proning is a medically accepted position to improve breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.
- **IMPORTANCE OF PRONE LYING**
- Prone positioning improves ventilation, keeps alveolar units open and breathing easy.
- Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94 (less than 94).
- Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.
- Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications.
- Timely proning and maintaining good ventilation could save many lives.

POSITIONING OF PILLOW

- One pillow below the neck
- One or two pillows below the chest through upper thighs
- Two pillows below the shins



For Self-Proning:

- You will need 4-5 Pillows
- Regular alterations in lying position
- Best is to not spend more than 30 minutes in each position



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!

CAUTION:

- Avoid proning for an hour after meals
- Maintain proning for only as much times as easily tolerable
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
- 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 IN CONDITIONS LIKE:

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

NON-SELF PRONATING PATIENTS (IN EMERGENCY):

Five-step method to place a patient in the prone position using a regular bed, flat sheet, and family members

- Using a flat sheet, pull the patient to one side of the bed.
- Place the flat sheet around the arm that will pull through (the side you are turning toward).
- A second flat sheet is placed on the bed and tucked under the patient. This sheet will pull through as you are turning the patient.
- Using the sheet, turn the patient over and position the patient prone. The arm and sheet will pull across the bed.
- Pull and center the patient. Discard the sheet that was used to place the patient in the supine position. Straighten lines and tubes.

This may need modification with emerging evidence

Role of AYUSH medicines in the management of Covid-19 & its symptoms

Use of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy)

- Can be an effective way in boosting immune response against the infections. In addition, it was found that the use of vitamins, in general, is beneficial in improving immune health and function. However, as a few clinical investigations show the effectiveness of AYUSH in the prevention and treatment of infectious diseases.

<https://pib.gov.in/PressReleasePage.aspx?PRID=1600895>

- Herbal medicine is considered one of the alternative approaches in the treatment of COVID-19. In China, the National Health Commission has declared the use of herbal medicine combined with Western medicine as a treatment for COVID-19, and has issued many guidelines on herbal medicine-related therapy.

Integr Med Res. 2020 Jun;9(2):100407.

- Scientific evidence in various epidemics clearly showcase that Homoeopathy can be used both therapeutically and /or as prophylactic with success..... Its greatest successes have been recorded in the prevention & treatment of flu like illnesses.

Varanasi R, Nayak D. Homoeopathy in the management of infectious diseases: Different facets of its use and implications for the future. Indian J Res Homoeopathy 2020;14:110-21

PLEASE NOTE THAT AYUSH MEDICINES CAN BE USED AS SELF CARE FOR PREVENTION AND DURING MILD SYMPTOMS AS ADJUVANT AND BEYOND THAT CONSULT YOUR PHYSICIAN FOR STANDARD THERAPY.



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Self Help for Good Health: A Naturopathy Perspective

- While there is no medicine for COVID-19 till date, it will be good to take preventive measures which boost our immunity in these times with the following self-care measures.

SELF CARE MEASURES FOR OPTIMAL IMMUNITY

- **Sunlight:** Exposure to the sun and air in the morning and evening hours is known to reduce stress and confer immunity by improving Vitamin D metabolism.



- **Sleep:** Regular healthy sleep of 7 to 8 hrs is essential to modulate immunity.



- **Nutrition:** Food rich in proteins, vitamin C and D are recommended. Lemon juice with honey, Zinc and Selenium rich foods like spinach, beans, legumes, pumpkin seeds, cashews, Flax seeds etc can be had frequently. Plenty of colored fruits and vegetables, Millet based diets, should be included in everyday diet.



- Note: Opt for locally available seasonal fruits and vegetables. Try to include maximum colors (fruits and vegetables) in the plate.

- **Exercise & Yoga:** Exercises of moderate-intensity like brisk walking covering 4 kms in an hour with an optimal frequency of three to five days a week, and activities like gardening, etc for an optimal duration of 20 to 30 minutes can be done.
- Yoga practice for an hour everyday including breathing practices, Pranayamas and Kriyas, play a crucial role in preventing infections and strengthening the Upper Respiratory Tract.
- **Stress reduction:** To overcome stress and inculcate positive attitude towards life the practice of Meditation, Mindfulness, Relaxation techniques, Music therapy, engagement with nature (gardening, sun walk, star gazing, bird watching, pool sitting, bare foot walking, swimming, forest walks, mountaineering, hiking, cycling etc.), learning to sing, dance, new language, cultivating a hobby, engaging in social work, helping others or care for plants and animals and so on can be resorted. Sufficient evidence exists to justify the practices mentioned above in maintaining immunity at an optimum level.
- **Salt water Gargling:** Salt water gargles are the recommended for symptomatic relief for sore – throat. It also helps reduce viral load by expelling it at regular intervals and more importantly before going to bed.

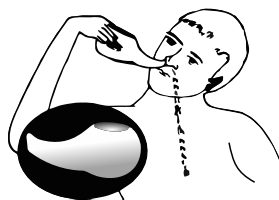


- **Use of Steam (with or without)**

Essential Oils: Steam inhalation is for relieving congestions & mitigating cold and flu like symptoms. Steam generated with 3-6 drops of essential oils like Eucalyptus, Rosemary, lavender, sweet orange or lemon when added to 50 ml of boiling water can help in alleviating symptoms of common cold, stress and anxiety.



- **Netikriya:** Jalaneti or Nasal Irrigation is the application with warm saline water, poured into one nostril and expelled through the other and then another nostril, with the help of Neti pot. It will help to reduce nasal congestion, dryness and airway reactivity. This practice should be followed by Kapalabhatikriya twice a week to reduce airway reactivity.



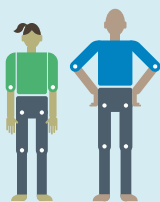
- **Hot foot immersion:** A local immersion bath covering the feet and ankles at temperatures ranging from 39° – 43°C / 103-110°F can be taken to relieve congestion headache and chest congestion.



- **Fasting:** Fasting or abstinence of food voluntarily for a certain period of time giving physiological rest can help boost immunity, decrease inflammation, and increase resistance to oxidative stress.



Support for Rehabilitation Self-Management after COVID-19 Related Illness



- Your healthcare professional may indicate the exercises that are appropriate for you from this leaflet. The exercises and advice in this leaflet should not replace any individualised exercise programme or advice you may have been given by healthcare professionals when you left hospital.
- Your family and friends can help support you as you recover, and it may be helpful to share this leaflet with them.

Managing breathlessness



- It is common to experience breathlessness after being in hospital. Feeling breathless can make you feel anxious, which can make breathlessness worse. Staying calm and learning the best way to manage your breathlessness will help.
- Your breathlessness should improve as you slowly increase your activities and exercise, but in the meantime, the positions and techniques below can also help to manage it.



If you start to feel severely short of breath and it does not get better with these positions or techniques, contact your healthcare professional.

Positions to ease breathlessness

- These are some positions that may reduce your breathlessness. Try each of them to see which one/s help you. You can also try the breathing techniques described below while in any of these positions to help ease your breathing.



1. High side lying

Lying on your side propped up by pillows, supporting your head and neck, with your knees slightly bent.



2. Forward lean sitting

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, and your arms resting on the table. You can also try this without the pillows.



3. Forward lean sitting (no table in front)

Sitting on a chair, lean forwards to rest your arms on your lap or the armrests of the chair. without the pillows.



4. Forward lean standing

While standing, lean forwards onto a windowsill or other stable surface.



5. Standing with back support

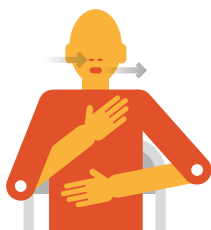
Lean with your back against a wall and your hands by your side. Have your feet about a foot away from the wall and slightly apart.

Breathing techniques

CONTROLLED BREATHING

This technique will help you to relax and control your breathing:

- Sit in a comfortable and supported position
- Put one hand on your chest and the other on your stomach
- Only if it helps you to relax, close your eyes (otherwise leave them open) and focus on your breathing
- Slowly breathe in through your nose (or mouth if you are unable to do this) and then out through your mouth
- As you breathe, you will feel the hand on your stomach rise more than the hand on your chest
- Try to use as little effort as possible and make your breaths slow, relaxed, and smooth



PACED BREATHING

This is useful to practice when carrying out activities that might take more effort or make you breathless, like climbing the stairs or walking up a hill. It is important to remember that there is no need to rush.

- Think about breaking the activity down into smaller parts to make it easier to carry out without getting so tired or breathless at the end
- Breathe in before you make the 'effort' of the activity, such as before you climb up a step
- Breathe out while making the effort, such as climbing up a step
- You may find it helpful to breathe in through your nose and out through your mouth

Exercising after leaving hospital

Exercise is an important part of recovery after a severe COVID-19 illness. Exercise can help to:

- Improve fitness
- Increase muscle strength
- Improve your thinking
- Increase confidence
- Reduce breathlessness
- Improve balance and coordination
- Reduce stress and improve mood
- Improve your energy

Find a way to stay motivated with your exercises. Keeping track of your progress with a diary or exercise 'app' on your phone or watch may help.

EXERCISING SAFELY

Exercising safely is important, even if you were independent with your mobility (walking) and other exercise before becoming sick. It is particularly important if you:

- Had difficulty with your mobility before going into hospital
- Had any falls before going into hospital or during your time in hospital
- Have any other health condition or injury that may put your health at risk with exercising
- Have been discharged from hospital on medically prescribed oxygen

In these cases, you may need to exercise with someone else for safety. Anyone on additional oxygen **MUST** discuss their use of oxygen during exercise with a healthcare professional before starting.

These simple rules will help you exercise safely:

- Always warm-up before exercising, and cool down after exercising
- Wear loose, comfortable clothing and supportive shoes
- Wait at least an hour after a meal before exercising
- Drink plenty of water
- Avoid exercising in very hot weather
- Exercise indoors in very cold weather





If you feel any of the following symptoms, do not exercise, or stop exercising, and contact your healthcare professional:

- Nausea or feeling sick
- Dizziness or light headedness
- Severe shortness of breath
- Clamminess or sweating
- Chest tightness
- Increased pain

Remember to obey physical distancing rules when exercising outdoors, if these exist where you live.

EXERCISING AT THE RIGHT LEVEL

To work out whether you are exercising at the right level, think about speaking a sentence:

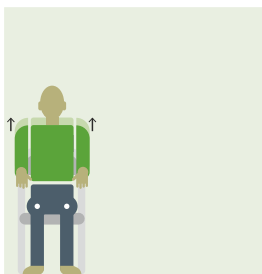
- If you can speak the whole sentence without stopping and are not feeling breathless, then you can exercise harder
- If you cannot speak at all, or can only say a word at a time and are severely breathless, then you are exercising too hard
- If you can speak a sentence, pausing once or twice to catch your breath, and are moderately to almost severely breathless, then you are exercising at the right level

Remember that it is normal to feel breathless when you exercise, and it is not harmful or dangerous. Gradually building your fitness can help you become less breathless. In order to improve your fitness, you should feel moderately to almost severely breathless when you exercise.

- If you do feel too breathless to speak, you should slow down or stop to rest until your breathing feels more controlled. You may find the positions to relieve breathlessness on page 25 helpful.

Warm-up exercises

- Warming up prepares your body for exercise to prevent injury. Your warm-up should last around 5 minutes, and at the end you should feel slightly breathless. Warm-up exercises can be done in sitting or in standing. If you do your warm-up in standing, hold on to a stable surface for support if needed. Repeat each movement 2-4 times.



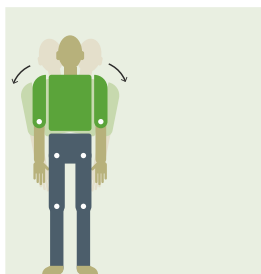
1. Shoulder shrugs

Slowly lift your shoulders up towards your ears and then down again



2. Shoulder circles

Keeping your arms relaxed by your side or resting on your lap, slowly move your shoulders round in a circle forwards, and then backwards



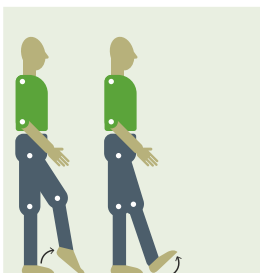
3. Side bends

Start with your body straight and your arms by your sides. Slide one arm, then the other, a short way towards the floor, bending sideways



4. Knee lifts

Lift your knees up and down slowly, no higher than your hip, one at a time



5. Ankle taps

Firstly, using one foot, tap your toes and then your heel on the ground in front of you; repeat with the other foot



6. Ankle circles

Using one foot, draw circles with your toes; repeat with the other foot

Fitness exercises

- You should aim to do fitness exercise for 20-30 minutes, 5 days each week.

EXAMPLES OF FITNESS EXERCISES

1. Marching on the spot

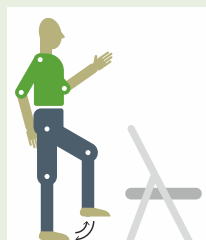
- If needed, hold onto a stable chair or surface for support, and have a chair nearby to rest
- Lift your knees one at a time

Progressing this exercise:

- Increase the height you lift your legs, aiming to reach hip height if possible

When you might choose this exercise:

- If you cannot go outside to walk
- If you are not able to walk very far before needing to sit down



2. Step-ups

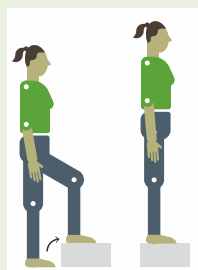
- Use the bottom step of your flight of stairs
- If needed, hold on to the handrail for support, and have a chair nearby to rest
- Step up and down, changing the leg you start with every 10 steps

Progressing this exercise:

- Increase the height of the step, or speed of stepping up and down
- If your balance is good enough to do this exercise without holding on, then you can carry weights as you step up and down

When you might choose this exercise:

- If you cannot go outside
- If you are not able to walk very far before needing to sit down



3. Walking

- Use a walking frame, crutches, or stick if needed
- Choose a route that is relatively flat

Progressing this exercise:

- Increasing the speed or distance you walk, or if accessible, include walking uphill in your route

When you might choose this exercise:

- If you can get outdoors to exercise

4. Jogging or cycling

- Only do jogging or cycling if it is medically safe for you

When you might choose this exercise:

- If walking is not making you out of breath enough
- If you could jog or cycle before you became unwell

Strengthening exercises

- Strengthening exercises will help improve muscles that have become weaker as a result of your illness. You should aim to do three sessions of strengthening exercise each week. Strengthening exercises will not make you feel breathless in the same way as fitness exercises. Instead, your muscles will feel like they have worked hard.
- You should aim to complete up to 3 sets of 10 repetitions of each exercise, taking a short rest in between each set. Do not worry if you find these exercises hard. If you do, start with a smaller number of repetitions in each set and build up to achieving sets of 10. As you get better with the exercises, use heavier weights to make your muscles work harder. You can use tins of food or bottles of water as weights.
- Some strengthening exercises for your arms and legs are described below, which can be done in sitting or standing. These can be done in any order. Keep a good posture, with your back straight and your tummy tucked in, and complete the exercises slowly.

Remember to breathe in as you prepare to do the hardest part of the exercise and breathe out as you make the effort.

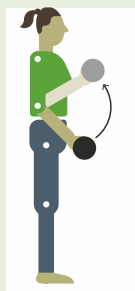
Examples of strengthening exercises for your ARMS

1. Bicep curl

- With your arms by your side, hold a weight in each hand with your palms facing forwards
- Keep the top part of your arm stationary. Gently lift the lower part of both arms (bending at the elbows), bringing the weights up
- You can do this exercise sitting or standing

Progressing this exercise:

- Increase the weight you use while doing this exercise

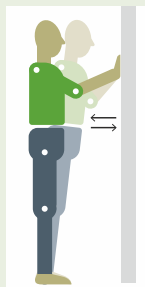


2. Wall push off

- Place your hands flat against a wall at shoulder height, with fingers facing upwards, and your feet about a foot away from the wall
- Keeping your body straight at all times, slowly lower your body towards the wall by bending your elbows, then gently push away from the wall again, until your arms are straight

Progressing this exercise:

- Stand further away from the wall

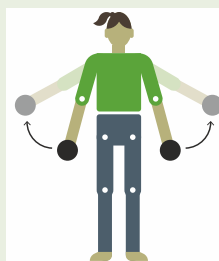


3. Arm raises to the side

- Hold a weight in each hand, with your arms by your sides, and your palms facing inwards
- Raise both arms out to the side, up to your shoulder level (but not higher), and slowly lower back down
- You can do this exercise sitting or standing

Progressing this exercise:

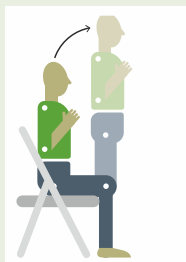
- Increase the height that you lift your arms, but no higher than your shoulder level
- Increase the weight you use while doing the exercise



Examples of strengthening exercises for your LEGS

1. Sit to stand

- Sit with your feet hip-width apart. With your arms by your side or crossed over your chest, slowly stand up, hold the position for the count of 3, and slowly sit back down onto the chair. Keep your feet on the floor throughout
- If you cannot stand up from the chair without using your arms, try a higher chair. If this is still too hard at first, you may push with your arms



Progressing this exercise:

- Make the movement as slow as possible
- Perform the exercise using a lower chair
- Hold a weight close to your chest whilst doing the exercise

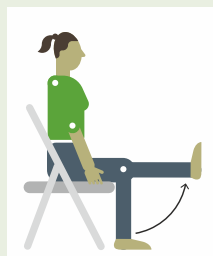


2. Knee straightening

- Sit in a chair with your feet together. Straighten one knee and hold your leg out straight for a moment, then slowly lower it. Repeat with your other leg.

Progressing this exercise:

- Increase the time holding your leg out straight to a count of 3
- Perform the exercise more slowly

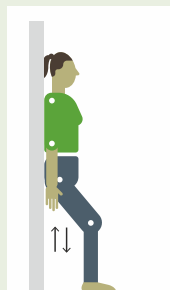


3. Squats

- Stand with your back against a wall or other stable surface and your feet slightly apart. Move your feet about a foot away from the wall. Alternatively rest your hands on the back of a stable chair
- Keeping your back against the wall, or holding on to the chair, slowly bend your knees a short distance; your back will slide down the wall. Keep your hips higher than your knees
- Pause for a moment before slowly straightening your knees again

Progressing this exercise:

- Increase the distance you bend your knees (remember to keep your hips higher than your knees)
- Increase the time you pause to a count of 3 before straightening your knees

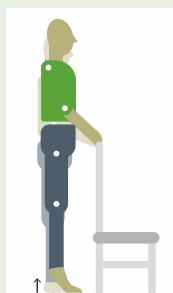


4. Heel raises

- Rest your hands on a stable surface to support your balance, but do not lean on them
- Slowly rise up on to your toes, and slowly lower back down again

Progressing this exercise:

- Stand on your toes for a count of 3
- Stand on one leg at a time



Cool down exercises

Cool down exercises allow your body to return to normal before stopping exercise. Your cool down should last approximately 5 minutes, and your breathing should be back to normal by the end. Try working through all these suggestions, but if you cannot manage all the exercises or stretches, do the ones that you can.

1. Walking at a slower pace or gently marching on the spot, for approximately 2 minutes

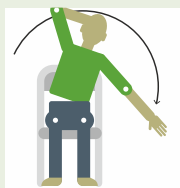
2. Repeat the warm-up exercises to move your joints; these can be done in sitting or standing

3. Muscle stretches

- Stretching your muscles can help to reduce any soreness you may feel over the one to two days following exercise. You can do these stretches in sitting or in standing. Each stretch should be performed gently, and you should hold each one for 15-20 seconds.

Side:

Reach your right arm up to the ceiling and then lean over to the left slightly; you should feel a stretch along the right side of your body. Return to the starting position and repeat on the opposite side.



Shoulder:

Put your arm out in front of you. Keeping your arm straight, bring it across your body at shoulder height, using your other hand to squeeze your arm to your chest so you feel a stretch around your shoulder. Return to the starting position, and repeat on the opposite side.



Back of thigh (Hamstring):

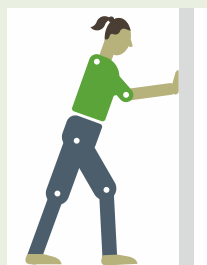
Sit on the edge of a chair with your back straight and feet flat on the floor. Place your leg out straight in front of you with your heel resting on the ground.

Place your hands on your other thigh as support. Sitting as tall as you can, bend slightly forwards at your hips until you can feel a slight stretch down the back of the leg that is stretched out. Return to the starting position, and repeat on the opposite side.



Lower leg (Calf):

Stand with your feet apart and leaning forwards onto a wall or something sturdy for support. Keep your body upright and step one leg behind you. With both feet facing forwards, bend your front knee, keeping your back leg straight and your heel on the floor. You should feel a stretch in the back of your lower leg. Return to the starting position and repeat on the opposite side.



Front of thigh (Quads):

Stand up and hold onto something stable for support. Bend one leg up behind you, and if you can reach it, use the hand on the same side to hold your ankle or the back of your leg. Take your foot up towards your bottom until you feel a stretch along the front of your thigh. Keep your knees close together and your back straight. Return to the starting position and repeat on the opposite side.

You can also do this stretch sitting down on a stable chair: sit near the front of the chair, off to one side (so that you are only sitting on about half of the chair). Slide the leg closest to the edge off the chair and position it so that your knee is pointing down in line with your hip and your weight is through your toes. You should feel the stretch along the front of your thigh. Repeat on the opposite side.



Managing cough after covid



A person who has contracted the disease can get a cough that's either dry or productive (wet cough). If you are recovering from the infection, taking proper care to cure the cough is very important.

TIPS TO MANAGE A DRY COUGH

A dry cough is likely to put greater strain on your throat. According to the UK's National Health Service, the following strategies can be used to manage a dry cough.

- Stay hydrated by drinking plenty of water (lukewarm, preferably).
- Take small sips of fluids instead of taking large sips to facilitate swallowing.
- Steam inhalation is necessary to cure a dry cough. So, pour hot water in a bowl, put your head over the bowl and breathe in the steam. Cover your head and the bowl with a towel if you're comfortable. You can also use a steam inhalation machine if you have one.
- Drink warm water with lemon and honey, or a drink like the Indian kadha, to soothe the throat.
- If you feel the need to cough but don't have a soothing drink or water at hand, swallow repeatedly.

TIPS TO MANAGE A PRODUCTIVE COUGH

A phlegmatic or productive cough can become difficult to manage since you have to spit out the phlegm-filled sputum regularly. It's also important to note that viral infections, especially COVID-19, are contagious, so proper disposal of sputum is very important. You should also ensure that the sink where you dispose of your sputum is regularly disinfected. The NHS recommends the following strategies to manage a productive cough.

- Keep yourself hydrated with lukewarm water, broths, soups, herbal teas and the Indian kadha.
- Take steam inhalation at least thrice a day to loosen the phlegm congested in your lungs.
- Lie on either the left or the right side, instead of lying on your back. This might help drain the phlegm faster.
- Movement makes the lungs function, and it can also move the phlegm to facilitate your spitting it out. So, try to be mobile by walking around your room.

Managing problems with your voice



Sometime people may have difficulties with their voice after being ventilated (having a breathing tube). If your voice is raspy or weak, it is important to:

- Keep talking when it is comfortable. You will need to keep using your voice to make progress. If you get tired while speaking, take breaks.
- Do not strain your voice. Do not whisper as this can strain your vocal cords. Try not to raise your voice or shout. If you need to get someone's attention, try making a noise with an object.
- Take rests. If you run out of breath while talking, be careful not to work harder. Stop and sit calmly, while focusing on your breathing. Try the breathing strategies described earlier in this leaflet. Do these until you feel ready to speak again.
- Try humming to yourself to practice using your voice, while being careful not to strain.
- Use other ways of communicating, such as writing, texting, or using gestures, if talking is difficult or uncomfortable.
- Sip water throughout the day to help keep your voice working.

Managing eating, drinking, and swallowing



If you were ventilated with a breathing tube while you were in hospital, you may notice you have some difficulty with swallowing food and drink. This is because the muscles that help with swallowing may have become weak. Eating well and drinking water/juice are important to your recovery.

Paying attention to swallowing is important to avoid choking and lung infections. This can happen if food/drink goes the wrong way and gets into your lungs when you swallow.

If you experience difficulty swallowing, these techniques may help:

- **Sit upright whenever you eat or drink.** Never eat or drink while lying down.
- **Remain upright** (seated, standing, walking) for at least 30 minutes after meals.
- **Try foods of different consistencies** (thick and thin) to see if some foods are easier to swallow than others. It may help to choose soft, smooth and/or moist foods at first, or to chop up solid foods into very small pieces.
- **Concentrate when you eat or drink.** Try to have your meals in a quiet place.
- **Take your time when eating.** Take small bites of food, take single, small sips of drink between mouthfuls of food, and chew well before you swallow.
- **Make sure your mouth is clear** before taking another bite or sip. If you need to, swallow again.
- **Eat smaller meals throughout the day** if you get tired eating full meals.
- **If you cough or choke**, or your breathing becomes difficult when you eat and drink, take a break to recover.



If eating and drinking continue to be difficult, contact your healthcare professional.

Managing problems with attention, memory, and thinking clearly



It is very common for people who have been severely unwell, especially those who had a breathing tube in hospital, to experience new difficulties with attention, remembering things, and thinking clearly. These difficulties may go away within weeks or months, but for some people, they can last longer-term.

It is important for you and your family to recognise if you are experiencing these difficulties, as they can have an impact on your, daily activities, and your return to work or education.

If you experience these difficulties, the following strategies may help:

- **Physical exercise** can help your brain recover. While this may be difficult if you are experiencing weakness, breathlessness, or fatigue, try gradually introducing gentle exercise into your daily routine. The fitness and strengthening exercises described earlier in this leaflet are a good place to start.
- **Brain exercises**, such as new hobbies or activities, puzzles, word and number games, memory exercises, and reading may help. Start with brain exercises that challenge you but are achievable and increase the difficulty as you are able. This is important for keeping you motivated.
- **Prompt yourself** with lists, notes, and alerts, such as phone alarms, that can remind you of things you need to do.
- **Break down activities** into individual steps to avoid feeling overwhelmed.

Some of the strategies listed below for managing activities of daily living may also help you manage the impact of problems with attention, memory, and thinking clearly, such as adjusting your expectations and letting others help you.

Managing activities of daily living



It is important to become active again when you are recovering, but this can be hard if you feel very tired, breathless, and weak, which is normal after being severely unwell. Everything we do, including washing, dressing, and preparing meals, as well as work and play, takes energy.

After a severe illness, you may not have the same energy you used to, and some tasks may take more effort than before.

If you feel like this, the following strategies may be helpful:

- **Adjust your expectations** for what you can do in a day. Set realistic goals based on how you are feeling. When you are very tired, breathless, or weak, even getting out of bed, washing, and dressing can be achievements.
- **Save your energy** by doing tasks sitting down when you can, such as when showering, dressing, or preparing food. Try not to do tasks that need you to stand, bend down, reach high, or squat for a long time.
- **Pace yourself** and try to do light tasks between heavier ones. You may need to leave yourself time during the day to rest.
- **Let others help you** with tasks that you may be struggling with. Things like caring for children, shopping, preparing meals, or driving may be difficult. Accept offers of support and let people know what they can help you with. Services that can help with activities, such as shopping or cooking, may also be useful while you are still recovering.
- **Ease back into activities.** Do not try to take up full activities until you feel ready. This may mean talking to an employer about a gradual return to work, taking on a role that is easier for you to manage, getting support for childcare, and returning to hobbies slowly.

Managing stress, anxiety, or depression



Being extremely unwell in hospital can be a highly stressful experience. This can have an understandably difficult impact on your mood. It is not unusual to experience feelings of stress, anxiety (worry, fear) or depression (low mood, sadness). Memories or dreams of being in the hospital may come to you even if you do not want them to. You may notice difficult thoughts or feelings related to your survival. Your mood may be further affected by frustrations about not yet being able to return to your daily activities the way you would like to.

In turn, these difficult feelings can affect your ability to engage with daily activities- particularly if you are less motivated because of the difference between your expectations and what is achievable.

Managing stress and feelings of anxiety and depression are therefore an important part of your overall recovery.

There are some simple things you can do.

TAKE CARE OF YOUR BASIC NEEDS

- **Get enough quality sleep.** Your sleep was likely disrupted during hospital. Feeling stressed can also affect your sleep. Try to return to a regular sleeping and waking time, using alarms to remind you. You or your family/carers can ensure that your environment is free from things that might disturb you, such as too much light or noise. Minimizing nicotine (such as from smoking), caffeine, and alcohol and adding relaxation strategies will help you with falling and staying asleep.
- **Eating sufficiently and healthily** is important for your overall wellbeing. If you struggle with eating or swallowing, follow the advice provided in this leaflet or by a healthcare professional. Family/carers can try to ensure that sufficient food is available to you.

- **Be physically active** as this reduces stress and can reduce the chance of depression. Take small steps in gradually and safely increasing your physical activity.

SELF-CARE

- **Staying socially connected** is important for your mental wellbeing. Talking with others can help to reduce the stress and may also help you in finding solutions for challenges in your recovery journey. If you are living alone, staying in contact with friends or family on the telephone or online can help you to feel less alone. Because you may not feel like being socially connected when your mood is low, let family and friends know that they can help by reaching out to you during your recovery.
- **Do relaxing activities** that do not make you too tired, like listening to music, reading, or spiritual practices. Slow breathing also helps to reduce stress and is another example of a relaxation strategy. These should be done gradually if it is too difficult at first. Follow the "Controlled Breathing Exercises" described earlier in this leaflet to learn how to do slow breathing.
- **Gradually increase your involvement** in your daily activities or hobbies to the best of your ability, as this helps to improve your mood.

If you were previously receiving services to support your mental health, talk to your provider to ensure that these continue. Family/carers can also play an important role by supporting people who are physically recovering after being ill but have declining mental health. Family/carers may help them access the support they need, when they need it.

Black Fungus or Mucormycosis: Usually Rare But Invasive

Mucormycosis is a serious but rare fungal infection of the sinuses, brain, and/or lungs. A sinus and brain infection is called rhinocerebral infection. A lung infection is called pulmonary mucormycosis. High risk group include people with uncontrolled diabetes mellitus, patients with cancer, those who are receiving broad-spectrum antibiotics for long, and individuals receiving immunosuppressive agents, including oral or intravenous steroids, etc. It occurs in some people with a weakened immune system. However now it is very often found in severe covid patients who were on prolonged oxygen therapy. The symptoms of mucormycosis depend on where in the body the fungus is growing. Covid patients after discharged from hospital especially who were on prolonged oxygen support & steroids, must be vigilant about the following symptoms & contact their healthcare provider, if any of these symptoms related to mucormycosis is observed:

- Facial pain & swelling
- One-sided headache behind the eyes
- Nasal or sinus congestion that progresses to black discharge
- Black lesions on nasal bridge or upper inside of mouth that quickly become more severe
- Fever, cough
- Acute sinusitis along with eye swelling
- Chest pain, shortness of breath

Please don't panic take care. Be vigilant.

FAQs

- **What are the symptoms of COVID - 19?**

- 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 diarrhoea. 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 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.

- **How is Corona virus transmitted from person to person?**

- People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

- **Is it also transmitted through blood transfusion? Is it safe to donate or receive blood during Corona infection?**

- Individuals are not at risk of contracting COVID-19 through the blood donation process or via a blood transfusion, since respiratory viruses are generally not known to be transmitted by donation or transfusion.

- **Are elderly, children, women, pregnant women at higher risk of infection?**

- While we are still learning about how COVID-2019 affects people, 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.

- **Is there any vaccine or medicine for COVID - 19?**

- YES. Recently Government of India launched COVID Vaccine program. It was started with elderly people above 60 years of age. Later it was extended to those above 45 years of age with comorbidities. Recently Government of India has started vaccination drive for every above 18 years from 1st of May 2021.

- **What one should do to be safe from this disease? What needs to be done in the family?**

- Maintain appropriate distance (6 feet) from both the infected/suspected person;
- Hand-hygiene for himself and guide the same for family members;
- Avoid touching your face with your hands, especially your mouth, nose, or eyes;
- Avoid crowds.

- **Can drinking/rubbing alcohol on your body kill coronavirus?**

- NO. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

- **Can the new coronavirus be transmitted through mosquito bites?**

- NO. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

- **Can I use hand dryers and ultraviolet disinfection lamps to kill Covid-19?**

- No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by

using paper towels or a warm air dryer. UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

- **How effective are thermal scanners for detecting infected people?**

- Thermal scanners don't detect infected people. They just detect body temperature which is one of the prominent symptoms of COVID 19. People with raised temperature should be assessed for other symptoms which are seen with COVID-19 and also travel contact history and if he/she fulfil the criteria than further testing to confirm the disease.

- **If I have cough, cold or fever, should I immediately go for Corona testing? If not, then what to do in such cases?**

- Not every case is COVID-19. However, if you have come in contact with any COVID 19 patient within last 14 day, you should consult the doctor.

- **Where to approach, if I want to get tested?**

- As per Ministry of Health and Family Welfare, if you have any of the above symptoms and have travelled to any of the COVID-19 affected countries or you are a contact of a laboratory confirmed positive case immediately call the State Helpline Number or Ministry of Health & Family Welfare, Government of India's 24x7 helpline Toll free: 1075 ,011-2397 8046 The helpline service will note down your contact details and contact you with the testing protocols of COVID-19

- **What is meant by Isolation and Quarantine and how the two are different?**

- Quarantine refers to separation of individuals who are not yet ill but have been exposed to COVID-19 and therefore have a potential to become ill. There will be voluntary home quarantine of contacts of suspect /confirmed cases.
- Isolation refers to separation of individuals who are ill and suspected or confirmed of COVID-19. All suspect cases detected in the containment/buffer zones (till a diagnosis is made), will be hospitalized and kept in isolation in a designated facility till such time they are tested negative. Persons testing positive for COVID-19 will remain to be hospitalized till such time 2 of their samples are tested negative as per MoHFW's discharge policy.

Ref: <https://ncdc.gov.in/WriteReadData/l892s/42417646181584529159.pdf>

- **What are Dos and Don'ts for Quarantine?**

The home quarantined person should: Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.
- For further information refer to <https://www.mohfw.gov.in/DraftGuidelinesforhomequarantine.pdf>

- **Dos:**

- Wash hands frequently with soap and water or use a sanitizer gels.
- Stay in a well-ventilated single room.
- Stay away from elderly, pregnant women, children's and persons with co-morbidities.
- Eat healthy to boost your immune system.
- Limit alcohol and sugary drinks.

- **Don't:**

- Don't smoke. It can exacerbate COVID-19 symptoms and increase your risk of getting sick.
- Don't attend any social or religious gathering.

- **What is meant by Home Quarantine?**

- Home Quarantine is used to separate and restrict the movement of a person who may have been exposed to confirmed Covid 19 patient in last 14 days .The person is required to stay at home with minimum social/public interactions. In case of symptoms develop, they need to stay home till the test comes negative or access medical care if the symptoms become severe.

- **Is Corona virus transmitted from humans to animals and vice versa?**

- Coronaviruses are a large family of viruses that are common in animals. Occasionally, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. Possible animal sources of COVID-19 have not yet been confirmed.

There is no research to support human to animals spread at this time.

- **How does COVID-19 impact on other illnesses and vice versa?**

- People with pre-existing disease like DM< HTN, CVD have more changes of COVID infection. COVID 19 infection can worsen pre-existing diseases like decompensation of chronic liver disease, worsening of pre-existing renal disease and worsening cardiac functions with heart disease.

- **Is it advisable to go for a walk or exercise during quarantine?**

- Any exercise is advisable only inside the house. No-one should be walking on roads/ parks.

- **Should I travel from one place to other? If yes, with what precautions?**

- Nowadays, the disease may spread, so we should not travel unless there is an emergency.

- **For how long a Corona virus active in human body?**

- It is active from one week to two weeks.

- **How often should I wash my hands?**

- There is no definite frequency defined regarding hand washing. It is better to wash as often as possible.

- **But remember to wash your hands -**

- After returning from public outing, bath room
- Before and after preparing food
- After touching the suspected or infected person

- **Is it necessary to use sanitizer? What are other alternatives? How often should I use sanitizer? Any specifications for sanitizers to be used?**
- Yes, it is necessary to use sanitizer, if you cannot find means to wash your hand. Hand washing with soaps which is equally good as sanitizers. Soap is cheaper but water may not be available in all places. Sanitizers are useful for those who frequently are in touch with surfaces like paper, packaging, grocery stores, etc. and need to disinfect.
- **What is social distancing? How to practice it? How long one has to follow social distancing?**
- Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people.
- If you are sick, stay away from others – that is the most important thing you can do. If unwell, avoid contact with others (stay more than 1.5 metres from people). These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community – and you can use them every day – in your home.
- One should follow social distancing till the time the spread of disease is completely over.
- **Can we eat together in the family? Can it also spread Corona virus?**
- Yes, one can eat together in the family but if any family is suspected/infected with virus then need to stop eating together as this can spread infection.
- **What precautions need to be taken while buying anything from market and bringing it home?**
- If possible wear disposable gloves while buying anything from market
- **Should I eat at / order food, from restaurants these days?**
- Yes, we can eat at and order food from restaurants but need to take care of personal hand hygiene.

- **Is there any relation of this disease with atmospheric temperature? Will this disease disappear with the rise in temperature?**
- COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.
- **How much time it takes to get cured from COVID – 19?**
- At least two weeks' time.
- **What may happen, if I get infected and I don't get to know and don't visit a doctor?**
- Then you can infect other individuals and spread the disease in community. This is why Social Distancing and Lockdown are in effect.

SOME COMMON SIDE-EFFECTS YOU MIGHT EXPERIENCE AFTER GETTING THE COVID-19 VACCINE



MILD
HEADACHES



PAIN OR
SWELLING
AT THE
INJECTION
SITE



MILD
FEVER



IRRITABILITY

Side Effects should go away in a few days

Get the second dose even if you have side effects from the first shot, unless a vaccination provider or your doctor advises you otherwise

As we all know, the COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health and the world of work. The economic and social disruption caused by the pandemic is devastating. Currently, there is no specific treatment for this disease. Immunisation is one of the best ways we can protect our self, our family and the society we live from this infectious disease. Below are some of the frequently asked questions with answers as advised by the Ministry of Health and Family Welfare, Government of India.

FAQs about Covid Vaccine

- **What about the possible side-effects from COVID-19 vaccine?**
- As is true for other vaccines, the common side effects in some individuals could be mild fever, pain, etc. at the site of injection. States have been asked to start making arrangements to deal with any COVID-19 vaccine-related side-effects as one of the measures towards safe vaccine delivery among masses.
- **What are expected immediate and delayed side effects of this vaccine?**
- **Covishield®:** Some mild symptoms may occur like injection site tenderness, injection site pain, headache, fatigue, myalgia, malaise, pyrexia, chills and arthralgia, nausea. Very rare events of demyelinating disorders have been reported following vaccination with this vaccine but without the causal relationship establishment.
- **Covaxin®:** Some mild symptoms AEFIs may occur like injection site pain, headache, fatigue, fever, body ache, abdominal pain, nausea and vomiting, dizziness-giddiness, tremor, sweating, cold, cough and injection site swelling. No other vaccine-related serious adverse effects have been reported.
- **Which drug should be taken to minimize the adverse effects of this vaccine?**
- In case of minor adverse effects such as injection site pain, tenderness, malaise, pyrexia, etc., paracetamol may be used to alleviate the symptoms.
- **Claims on social media suggested that COVID-19 vaccine could affect female fertility. Is it true?**
- Rumours or social media posts suggesting that COVID-19 vaccines could cause infertility are not true and totally baseless. Such rumours were floated in the past against other vaccines also e.g. polio and measles. None of the available vaccines affects fertility. All vaccines and their constituents are tested first on animals and later in humans to assess if they have any such side effects. Vaccines are authorized for use only after their safety and efficacy is assured.



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