









# Why is there so much panic?



- **The lack of verified facts and floating rumours** are to be blamed for this panic. The most important thing is when a virus is new, we don't know how it may affect people.

# Will I die if I catch the disease?

# No.

- Almost 80% of people have **mild symptoms, and recover** from the disease in 2 weeks.
- Most of the symptoms can be treated with **timely medical care.**

Total no. of confirmed cases	No. of deaths	No. of recovered cases	No. of active cases, receiving medical care
121,061	4,368	66,216	57,463

Source: John Hopkins Center for System Science and Engineering (Live dashboard), as reported on March 11, 2020.

# Who is getting sick and how sick?



- Older people are **twice** as likely to have serious COVID-19 illness.
- Most coronavirus led illnesses are **generally mild, especially for children and young adults.**

# Are children also at risk of coronavirus infection?

---

COVID-19 appears to be relatively rare and mild in children.

- Just over **2% of cases** were under 18 years of age.
- Of these, **fewer than 3%** developed severe or critical disease.



# So, how exactly does the Coronavirus spread?

---

An infected person can spread the infection to a healthy person

- through **eye, nose, and mouth**, via droplets produced on coughing or sneezing.
- **close contact** with infected person.
- **contact with contaminated surfaces**, objects, or items of personal use.

# Can the novel coronavirus be passed on through food?

**No.**

**There is no such evidence as yet.**

- experience with other coronaviruses like SARS and MERS suggest that **people do not get infected through food.**

# Can eating chicken or eggs cause Coronavirus?

---

**No.**

**There is no such evidence as yet.**

- The novel coronavirus is not known to spread directly through poultry products. But, experts say it can be a good option to have only properly cooked meat.

# Do I have coronavirus if I am coughing or sneezing?



## **You can suspect to have coronavirus, only if**

You have symptoms (fever, cough, shortness of breath) + any out of these:

- Travel history to a coronavirus-affected area (like China, Iran, Italy, Republic of Korea, etc.).
- Close contact with such a person.
- Visiting a healthcare facility/ labs where Coronavirus patients are being taken care of.

# Track what your symptoms are

**Coronavirus can get you symptoms** like fever, cough, shortness of breath. They can be almost similar to common cold or flu and may appear 2-14 days of exposure. Severity of illness can vary in different people from mild to severe symptoms.

**If you have a fever, cold, or sore throat, don't panic. Take good care of yourself:**



Inhale steam 2-3 times a day to clear off congestion



Stay hydrated and get adequate rest\*



Washing your hands frequently can reduce the spread of the virus



Visit a doctor if condition worsens or does not get better with time



Take medicines as and when advised by the doctor

# Cold Vs. Flu Vs. Coronavirus

**If you have a sore throat, it's more likely a cold than flu or coronavirus, in general.**

	Cold	Flu	Coronavirus
Time between catching the virus and beginning to show symptoms	1-3 days	1-4 days	2-14 days
Symptom onset	Gradual	Abrupt	Gradual
How long do symptoms last	7-12 days	3-7 days	Mild cases: ~2 weeks. Severe or critical disease: 3-6 weeks

## Major symptoms

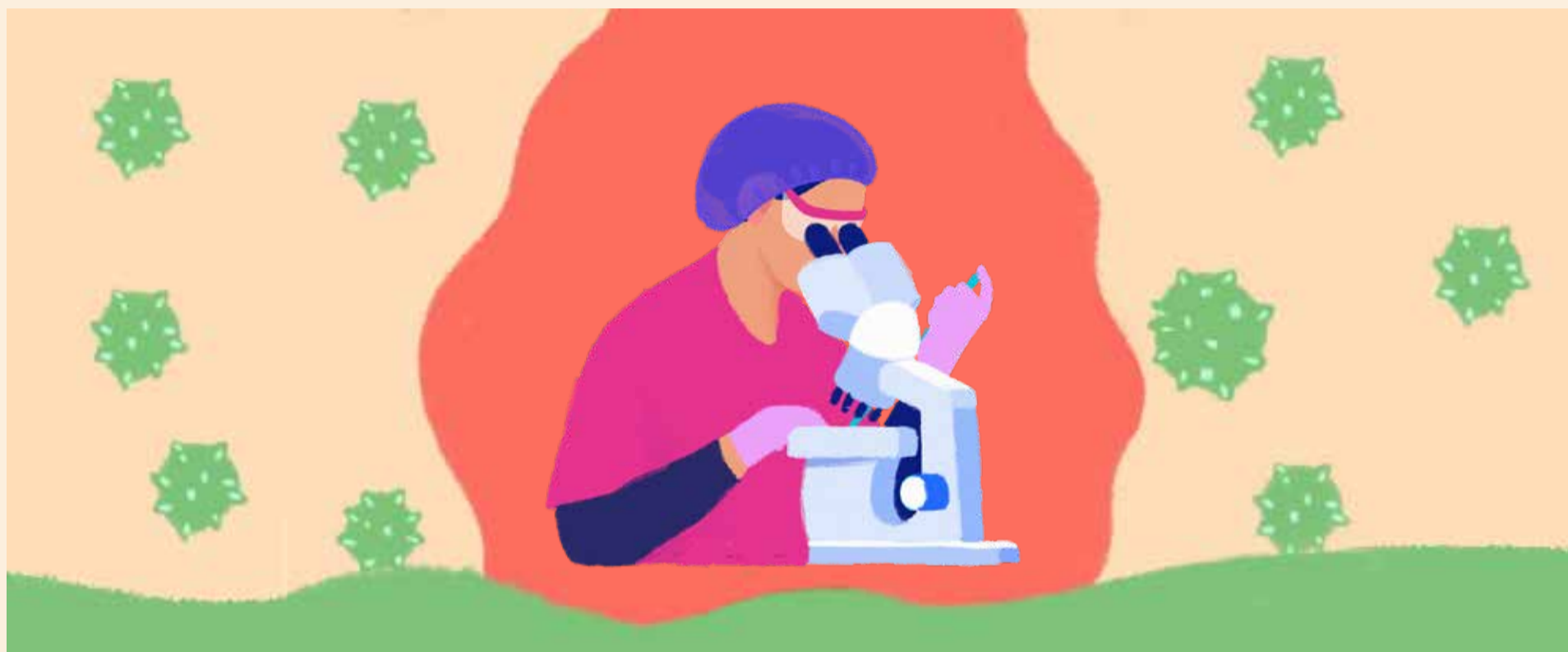
Fever	Sometimes	Common	Common
Runny nose	Common	Sometimes	Less Common
Sore throat	Common	Sometimes	Less Common
Cough	Common	Sometimes	Common
Body Ache	Rare; if occurs, mild	Common	Less Common
Difficulty Breathing	Rare	Rare	Common

**Should I be tested for coronavirus if I have high grade fever, cough and difficulty in breathing? Or can I get a coronavirus test done just for the sake of satisfaction?**

**No.**

- Testing for coronavirus will only be done as recommended by the doctors only if someone falls under the definition of **"suspected case"**.

# Why can only designated labs test coronavirus? Why can't I get a home sample collection done for coronavirus testing?



- It is because the virus is highly contagious and can only be tested by special labs equipped to handle such contagious pathogens. As of now, only **labs with biosafety level 4 (BSL4) can handle the COVID-19 samples.**



# Can a person infected with coronavirus recover completely and be no more infectious?

# Yes!

- In fact, about 80% of people have recovered from the disease **without needing special treatment.**

# Can coronavirus be treated?

---

**Yes !**

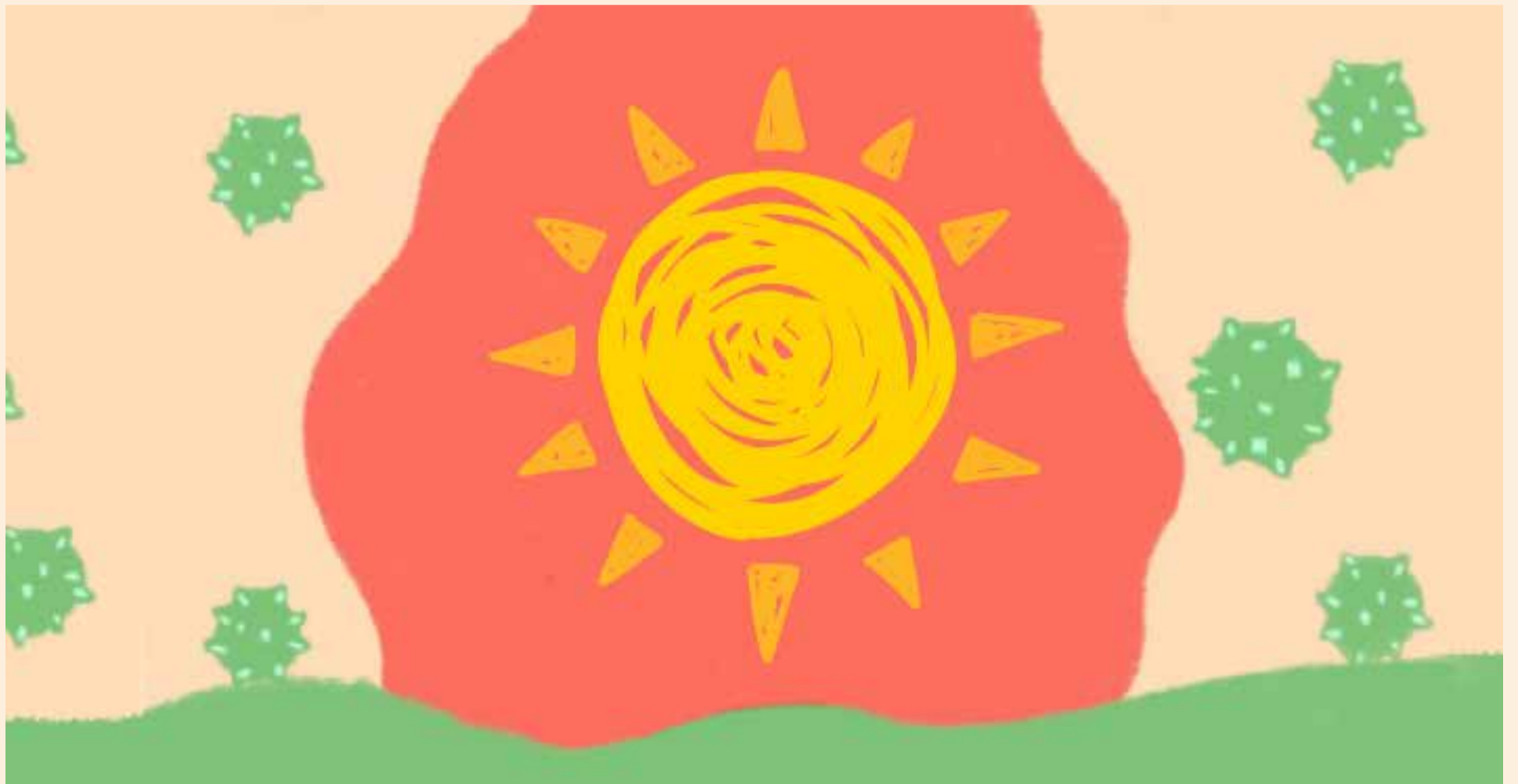
- Symptom-based medical care is given and has proven really effective.
- There is no specific treatment or vaccine available for novel coronavirus as yet.

# Can eating garlic prevent infection with the coronavirus?



- There is **no science-based evidence** that proves its ability to protect against the coronavirus.

# Will warm weather stop the outbreak of COVID-19?



- As per the experts in the field, heat and warm weather is likely to decrease the spread of COVID-19.

# How long does the coronavirus survive over the surfaces or objects?



- Survives up to **8-10 hours** over porous surfaces (like paper, untreated wood, cardboard, sponge and fabric) and a little more than this over nonporous surfaces (like glass, plastics, metals, varnished wood).

# What type of mask should one wear to protect against the coronavirus?



- The **3-layer disposable surgical masks** are good enough to contain the virus.
- N-95 or N-99 masks are not mandated.

# Should the coronavirus outbreak concern you about your pets or other animals?

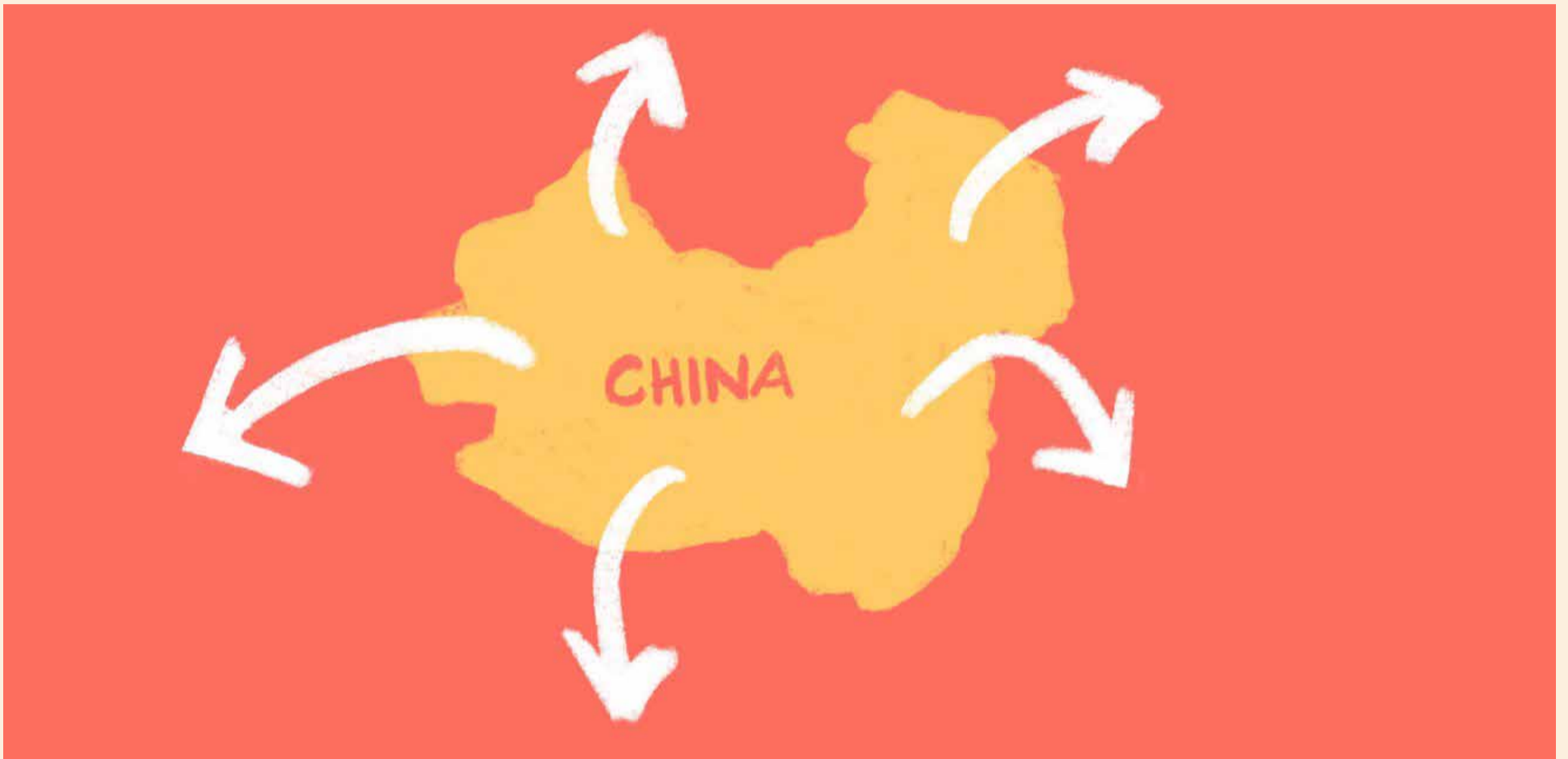
---

**To date, no case has been reported of pets or other animals becoming sick with COVID-19.**

---

- We still recommend **washing your hands before and after you interact with your pets** as you may not know if some infected droplets get on your pet's fur.

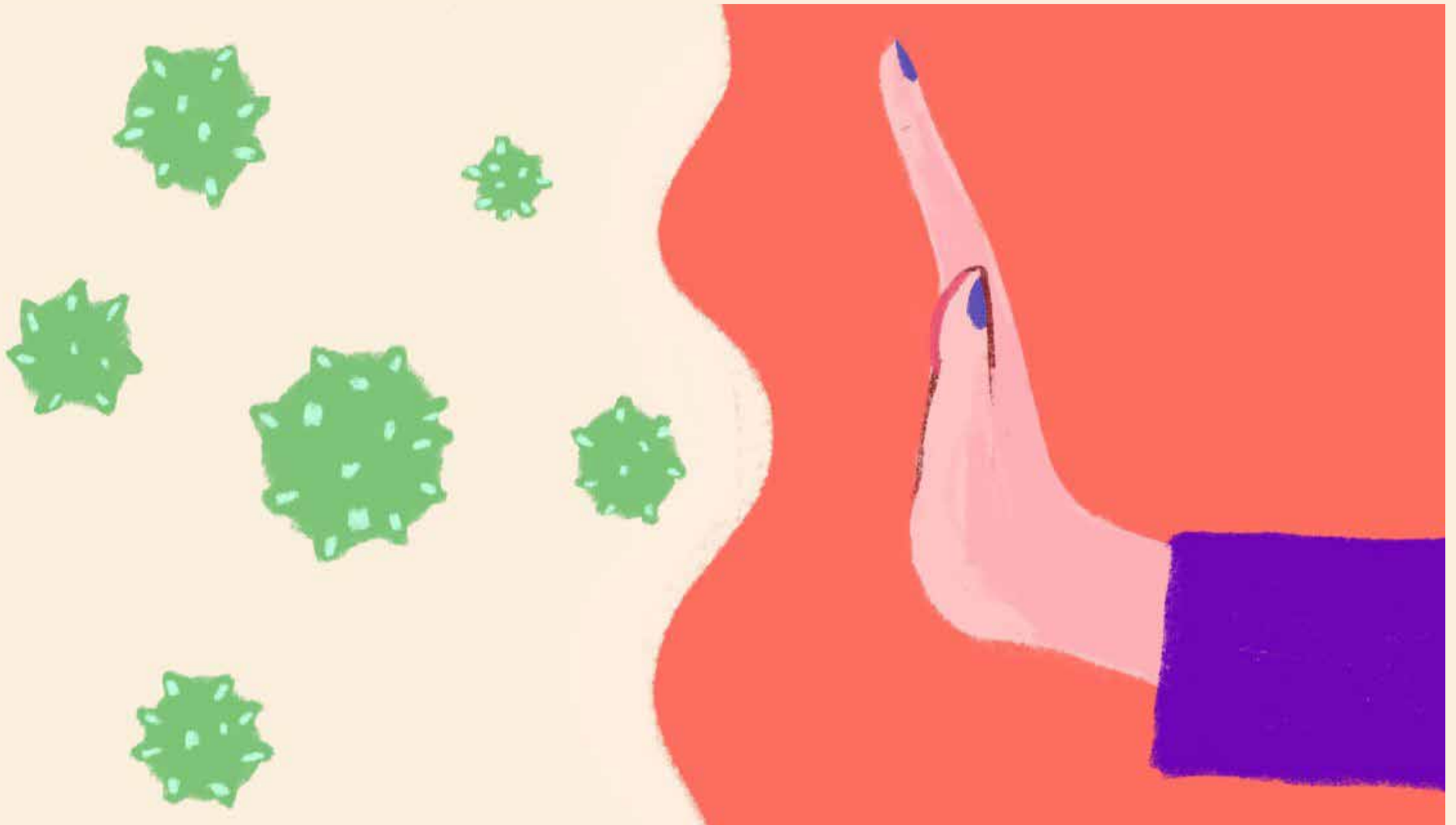
# Major concern: How easily does it spread?



- The virus that causes COVID-19 seems to be spreading easily and continually.
- Community spread is seen only in some affected geographic areas like China, Republic of Korea, Iran, Italy, Hong Kong, etc.



# 3Ps: All it takes to defeat Coronavirus!



**Channel your worries into these  
3 actionable goals:**

- 1. Protect yourselves.**
- 2. Protect your loved ones.**
- 3. Protect your community.**

# Protect yourselves:



- Wash your hand regularly with plenty of soap and water.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Don't touch your eyes, mouth or nose with unclean hands.
- Keep your distance of at least 1 meter from anyone coughing or sneezing.
- Follow no-touch greeting for no germs contracted. Prefer “**namaste**” or **hand waving** over **handshake**.

# Protect your loved ones:



- Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.
- Don't travel or visit crowded places if you're sick.
- Do wear a mask if you're sick and also if you are taking care of someone with the symptoms.

# Protect your community:



- If you feel unwell, seek medical attention.
- If you have a fever, cough, or difficulty breathing, stay indoors. Call healthcare professionals and follow their advice.
- Do not share “just any forwarded message”. Only share authentic information coming through medical experts.

**For any further queries, contact the Ministry of Health & Family Welfare on their 24\*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com).**

Still have questions regarding Novel Coronavirus? Share it with us and we will try to answer it for you: <http://1-mg.in/2IAcs0Bay>

Follow this article for regular and authentic updates on Novel Coronavirus:

<https://www.1mg.com/articles/coronavirus-all-your-questions-answered/>

**References:**

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Harvard Medical School. Coronavirus: Many questions, some answers.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/>

Note: All information and numbers are as available and reported on March 7, 2020.

Disclaimer: This piece is for informational purpose only, it is not a substitute to a doctor's advice or any professional medical advice.



**Bringing Care to Health**

**Download the 1mg App**



**[www.1mg.com](http://www.1mg.com)**