COVID-19 Update -1
WCT COVID TASK FORCE
March 25, 2020
COVID-19 is an infectious disease caused by the most recently discovered novel coronavirus.
How does it spread?

The origin of the novel coronavirus is unknown; however, available information suggests that the virus likely emerged from an animal source and jumped species to affect humans that came in contact.
How is it transferred from people?

Through droplets from nose or mouth which are spread when a person with COVID-19 coughs or exhales. And also, by touching the objects or surfaces contaminated by droplets from a person with COVID-19; and then touching eyes, nose, or mouth.
What is the shelf-life of the virus outside a human host?

Ranging from a few hours to several days depending upon various factors such as the type of surface, humidity, and temperature. Latest study shows that the virus can survive up to three days on plastic, stainless steel, and up to a day on cardboard and paper.
YOU WILL BE FINE!

- The vast majority will have very mild or no symptoms at all (~80%)
- Up to 20% of those infected can suffer serious from more serious symptoms, which may require hospital treatment
- Of those with serious symptoms, it may prove fatal for up to 1-3%, especially if they are elderly or have underlying health conditions
GLOBAL TRENDS

- **343,427** confirmed cases
- **14,905** deaths globally
- **422** confirmed cases in India
- **7** deaths in India (as on March 23, 2020 at 15:30 IST)
- Global risk assessment level- VERY HIGH
- Number of new cases reported globally continues to grow
## Clinical Features

- Flu-like symptoms
- Dry cough
- High fever
- Joint pains
- Lethargy
- Loss of smell and taste

<table>
<thead>
<tr>
<th>Symptom</th>
<th>COVID-19</th>
<th>Common cold</th>
<th>Flu</th>
<th>Allergies</th>
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<tbody>
<tr>
<td>Fever</td>
<td>Common</td>
<td>Rare</td>
<td>Common</td>
<td>Sometimes</td>
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<tr>
<td>Dry cough</td>
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<td>Mild</td>
<td>Common</td>
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<td>Shortness of breath</td>
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<td>No</td>
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<tr>
<td>Aches and pains</td>
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<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Sore throat</td>
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<td>No</td>
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<tr>
<td>Fatigue</td>
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<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Diarrhea</td>
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<td>Sometimes*</td>
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<tr>
<td>Runny nose</td>
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</tr>
<tr>
<td>Sneezing</td>
<td>No</td>
<td>Common</td>
<td>No</td>
<td>Common</td>
</tr>
</tbody>
</table>
PREVENT THE SPREAD THROUGH:

- Personal hygiene
- Hand washing
• Wash your hands frequently with soap and water for at least 20 seconds; especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

• If soap and water are not readily available, use hand sanitiser that contains at least 60% alcohol. Apply all over your hands and rub them together until they feel dry.

• Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid unnecessary travel and use of public transport.
PROTECTION

• Maintain a minimum distance of two meters (6 feet) from individuals who are coughing or sneezing.

• Stay updated with the latest information from credible sources only (WHO, CDC, Government of India’s Ministry of Health and Family Welfare).
PROTECTION

• Stay at home if you are sick.
• Cover your mouth and nose with a tissue or inside of your elbow while coughing or sneezing. Crush the tissue before putting it into the bin. Cover the bin.
• Use a mask if you are sick and around other people, i.e. sharing a room or a vehicle.
PROTECTION

• Throw used tissues and masks in closed trash-bin.

• Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Use detergent or soap and water prior to disinfection.
Why should we be worried about the virus if it kills only 1-3% of those infected?

• New viral infection
• No vaccine, or known medication available
• No certain knowledge about all possible modes of transmission
Higher risks for those:

I. Aged 70 or older (regardless of medical conditions). However, even the age group 20-45 year olds are also being hospitalized.

II. Adults with underlying health conditions listed below:
   - long-term respiratory diseases, such as asthma, or other chronic lung disease
   - chronic heart disease, such as heart failure
   - chronic kidney disease
   - chronic liver disease, such as hepatitis
Higher risks for those:

- chronic neurological conditions
- diabetes
- problems with your spleen – eg., sickle cell disease or if you have had your spleen removed
- have had an organ transplant and are taking immunosuppressant medication
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)
- Pregnancy
USE OF MASKS

• Do we need masks?
  Those who are not ill with COVID-19 need not use masks.

• Who are masks for?
  Only those ill with COVID-19 symptoms (especially coughing); OR those looking after someone who may have COVID-19.

Follow the guidance on proper use and disposal of masks:
USE OF GLOVES

Use of gloves is not recommended as an effective measure of prevention for COVID-19

• Gloves do not replace good hand hygiene.

• It is still possible to pick up COVID-19 contamination on the gloves. If you then touch your face you would end up with the infection.
ISOLATION BASICS (I)

- If you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.

- If you live with others and you are the first in the household to have COVID-19 symptoms, then you must stay at home for 7 days, but rest of the household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day the first person in the house showed symptoms.

- For anyone else in the household who starts showing symptoms will need to stay at home for 7 days from when the symptoms first appeared, regardless of which day it is as per the original 14 day isolation period.

- It is likely that people living within a household will infect each other. Self-isolation for 14 days will greatly reduce the chances of the infection being passed on from the household to the outside community.

- If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.
ISOLATION BASICS (II)

• If you cannot move vulnerable people out of your home, stay away from them as much as possible.

• If you have non-serious coronavirus symptoms:
  • do **not** go to a clinic, pharmacy or hospital
  • testing for coronavirus is not needed if you are staying at home

• Plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household.

• Wash your hands regularly for 20 seconds, each time, using soap and water, or hand sanitiser.

• If you feel you cannot cope with your symptoms at home, or your condition gets worsens, or your symptoms do not get better after 7 days, then use medical services.
STAYING HEALTHY

- Eat foods rich in nutrition
- Drink plenty of fluids
- Rest plenty
- Seek out fresh air (if possible cross ventilate your home)
- Avoid crowded areas
- Maintain good health
- Keep 6 feet distance from those who are unwell
- Hygiene Hygiene Hygiene !!!
DANGER SIGNS TO LOOK OUT FOR

• High fever
• Shortness of breath
• If you have pulse oximeter (oxygen level less than 94)
• Unable to take even a few steps without falling short of breath
• Chest pain especially following mild activity

Remember that various other illnesses such as malaria and dengue can also cause fever
Use standard precautions for malaria - net, spray, repellent, etc.
HOW TO USE A THERMOMETER

We recommend use of a digital thermometer.
For the purpose of reducing chances of contamination, we recommend the ‘Axillary’ method.

How to measure

• Perform hand-hygiene prior to checking the temperature.
• Wait at least 15 minutes after bathing or exercising before taking your axillary temperature.
• Turn on the thermometer and put the end with the covered tip securely under your armpit touching the skin. Hold your arm down tightly by your side.
• Keep the thermometer in your armpit until the digital thermometer beeps.
• Remove the thermometer and record the numbers in the display window.
• Clean the probe (pointed end) with soap and warm water or rub alcohol and rinse it with cool water before and after each use.
DIAGNOSIS METHODS

• India, currently, resorts to use of swabs.
• A test kit which can test a drop of your blood in a cassette is being developed but is not available yet.
• For those who are unwell you will receive the appropriate tests in the hospital near you
TREATMENT

• There is no cure at the moment.
• Remember, 80% will get a very mild flu and need no treatment at all.
• A very small percentage will become very ill and need medical support.
• Vast majority will recover in 14 days.
• The virus can cause lung and heart damage in rare cases and may require to be kept in an ICU.
• There is no vaccine, no proven synthetic, herbal, or traditional cure at the moment.
MEDICATIONS

• Paracetamol, 1000 mg (1 gm) four times a day for pain and fever

• Avoid non-steroidal anti-inflammatory medications such as ibuprofen or diclofenac

• If you have high blood pressure and your doctor has put you on medication, you should continue these unless your doctor tells you to stop

• There is a view that Vitamin C can been helpful and there is no harm in obtaining it. Lemons and sweet lime are a very good source of Vitamin C.

• There is little evidence on other medications at the moment.
We need to protect those who are at a higher risk of getting more serious infection.

- Those who are elderly or at high risk will suffer from a more serious infection and may need serious medical intervention.
- We have to make sure we minimize the number of cases so that our hospitals do not get overcrowded with patients.
- By practicing good hygiene and social distancing we can protect our families and our community.
What is that?
Social distancing is reducing the chances of coming in close contact with people, thereby decreasing the chances of contracting and spreading the infection. This will help reduce the spread of COVID-19.

How does it work?
• Avoid unnecessary contact with anyone to maintain the social distancing rule imposed by the government.
• Avoid non-essential use of public transport when possible.
• Work from home.
• Avoid gathering in public spaces. This includes restaurants, paan-cigarette shops, bars, and similar venues; as infections spread easily in closed spaces. With a lockdown across India, this has been made mandatory.
• Avoid gatherings with building friends and family.
• Keep in touch using remote technology such as phone and internet.
• Use telephone or online services to contact your physician or other essential services.

Why do we need to practice social distancing?
• Protecting yourself and the community.
• Protecting the vulnerable – elderly, pregnant women, and people with underlying health conditions.
Psychological impacts of COVID-19

- Stress
- Isolation
- Uncertainty
- Fear
- Anxiety because of fake news
- Misinformation
- Mental fatigue due to too much information
- Media frenzy
- Financial loss
- Impact on family dynamics
- Loss of loved ones
- Worsening of mental health issues
Reducing Stress

- Communicate your mental state
- Active participation in work
- Avoid unnecessary social media exposure
- Look at government approved sites
- Do not spread panic
- Be prepared
- Be proactive, not reactive
- Ask for help. (Dr. Chet is available 24*7)
Role of the task force

- To summarise and provide clear guidance on the present situation.
- To demystify rumours.
- To contact for support.
- To build policy framework for staff.
- To initiate social enrichment through consistent interaction.
- To keep the team up-to-date
- To strive towards keeping the team safe.
• Kindly follow government directives and keep yourself updated of the latest situation
• Use trusted sites only
  www.mohfw.gov.in
  https://www.who.int/
  https://www.mygov.in/covid-19/
• Taskforce will update you regularly
• Please keep in touch with each other
Our responsibility towards

- Each other
- Our friends and family
- Our community
- WCT
- Wider conservation efforts
- Frontline forest staff

Conservation does not stop. We just have to do things differently

Remember, “Everything we do before a pandemic will seem *alarmist*. Everything we do after will seem *inadequate*.”
Who to get in touch with

To seek clinical guidance related to COVID-19 contact Dr. Chetan Trivedy on whatsapp or by email.

To seek clarity on any WCT-related matters that remain answered by Vertical Heads, contact Anish Andheria (No question is stupid). Call me via Whatsapp as mobile signals are patchy at home).