

# *HOW TO PROTECT YOURSELVES AGAINST COVID-19*

BY DR SHEILA

On 11th March 2020, WHO has declared the SARS-CoV-2 virus causing Covid-19 outbreak a pandemic, pushing the threat beyond the global health emergency. On 12th March 2020, it has been declared as a national emergency, prompting healthcare sectors nationwide to level up the control of spread that has been betiding nations across continents.

The first case was recorded on 17th November 2019 in Hubei province, China. Mortality rate from coronavirus

infection ranges between 2-3%, which is significantly less severe than the 2003's SARS or 2012's MERS outbreaks.

With an incubation period of typically 4-14 days (up to 24 days), the coronavirus spreads from person to person via droplets that enters into the lungs. Having said that, risk of death is only higher among elderly people (above the age of 60) and people with pre-existing health conditions.

The coronavirus mode of spread can be :

- Through eyes, nose and mouth, via droplets produced on coughing or sneezing
- Via close contact with infected person
- Via contact with contaminated surfaces, objects, or items of personal use



# FREQUENTLY ASKED QUESTIONS (FAQS)

## Can coronavirus be passed through food?

No, there is no such evidence yet. Previous experiences with other coronaviruses like SARS and MERS suggest that people do not get infected through food.

## Can eating chicken or egg cause coronavirus infection?

No. There is no such evidence as yet. The coronavirus is not known to spread directly through poultry products, however 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) and any out of these :

- Travel history to a coronavirus-affected area (China, Iran, Korea, Italy, Singapore, Indonesia, etc)
- Close contact with a Covid-19 positive person

## Should I be tested for coronavirus if I have high grade fever, cough and difficulty 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 cant I get a home sample collection done fir 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! Symptoms-based medical care is given and has proven effective. There is no specific treatment or vaccine available for novel coronavirus as yet.

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

As per 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 littel more than this over non-porous surfaces ( like glass, plastics, metals, varnished wood).

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

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

## Should 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.

# BOOST YOUR IMMUNE SYSTEM

## With Vitamin C!

Boosting your immune system with anti-oxidants like vitamin C contributes to the overall defence of your antibodies. Several cells of the immune system can indeed accumulate vitamin C and need the vitamin to perform their task, especially phagocytes and t-cells. A vitamin C deficiency results in a reduced resistance against certain pathogens

whilst a higher supplier enhances several immune system parameters.

## With Optimised Hormones!

The body relies on the thyroid and adrenal glands to stimulate various immune-activated functions. Estrogen, progesterone and testosterone imbalances can suppress the immune response. Hormone levels that are too high or too low will have a strong impact on immunity, so it is imperative to keep hormone levels in check. Support your immune system with a well balanced nutrition and optimised hormonal interplay. Contact your healthcare professionals to check your hormone levels.



## 3 ESSENTIAL POINTS TO REMEMBER

### 1. Protect yourselves

- Wash your hands with soap and water or with hand sanitizers
- Do not touch your eyes, mouth or nose with unclean hands
- Keep your distance at least 1 metre away from anyone coughing or sneezing
- Follow no-touch greeting to reduce the chances of germ contraction.

### 2. Protect your loved ones

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

### 3. Protect your community

- Seek medical attention if you feel unwell
- Stay indoors if you have fever, cough or difficulty breathing. Refer healthcare professionals and follow their advice
- Only share authentic messages to avoid panic spread amongst society

**Unsure if you are taking the right steps to boost immunity? Enquire for more information today!**  
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