

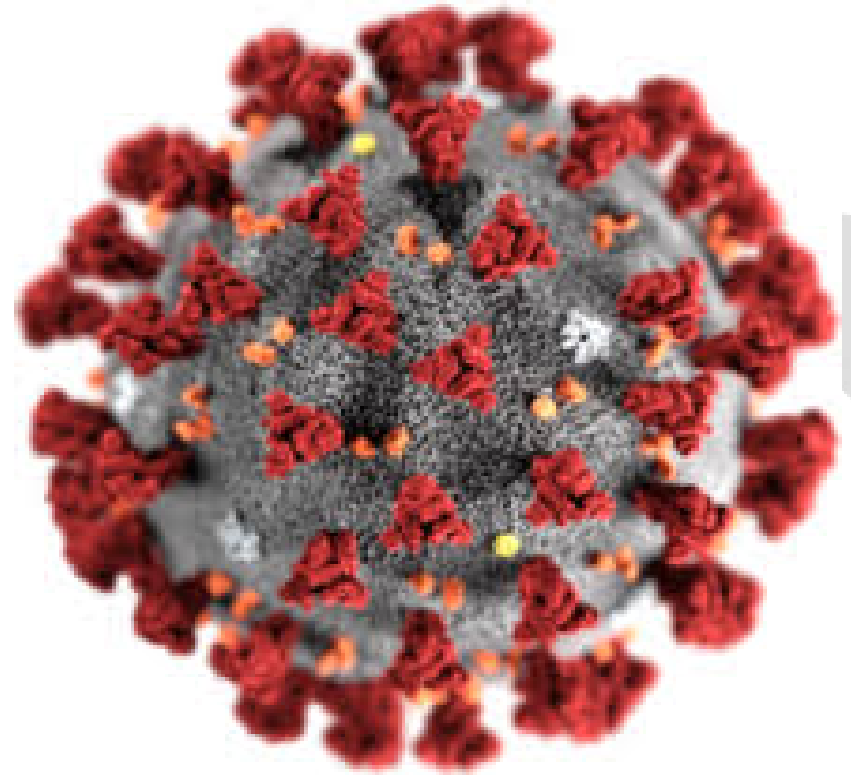
CORONA VIRUS DISEASE 2019 (COVID-19)

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What is a novel coronavirus?

- Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats
- Rarely, animal coronaviruses can infect people and then spread between people such as common cold to more severe diseases i.e., Middle East Respiratory Syndrome [MERS] and Severe Acute Respiratory Syndrome[SARS]
- A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

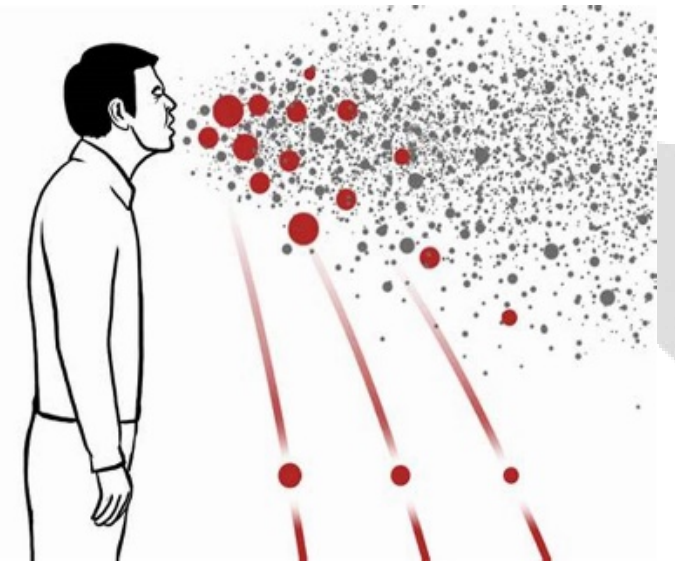


How it started...

- Most of the patients at the epicenter of the outbreak in Wuhan, Hubei Province, China had some link to a large seafood and live animal market, suggesting animal-to-person spread (Jan 2020)
- Later, a growing number of patients reportedly did not have exposure to animal markets, indicating person-to-person spread
- Currently it has been detected in 112 countries and more than 145 locations internationally
- As of 10th March 2020, there were 16 known cases of COVID -19 patients in Pakistan with majority in Karachi. (one case has fully recovered and discharged)

How does the Virus spread?

- Person to person and animals to persons
- Droplet spread from infected patient (with in 1 meter)
- Does not live on ground or air for long
- Remains viable for 10 minutes on hands
- Remains alive on fabrics for 9 hours
- Remains alive on metal for 12 – 20 hours
- It is killed when exposed to temperature above 27⁰ C so going out in sunlight for 20 minutes or so is recommended



Clinical Symptoms and signs

- Fever
- Cough
- Runny Nose
- Shortness of breath

Advanced stages:

Signs and symptoms of Pneumonia/ ARDS (severe difficulty in breathing)

Prevention of Spread

- Stay in quarantine if you have symptoms and exposure to infected person till tests are negative
- Follow cough/ sneezing etiquettes
- Wear mask to prevent others from getting infected

COUGH ETIQUETTE

Cough into your sleeve or the crook of your arm.
Coughing into your hand spreads germs.

Cough into a handkerchief or a tissue.
A tissue is better because it is disposable.

Turn away from people when coughing.
Germs can spread through airborne droplets.

Always wash your hands with soap and water.
This prevents the spread of germs.

The infographic includes several illustrations: a person coughing into their elbow, a hand being placed on a sleeve (marked with a red 'X') and a handkerchief (marked with a green checkmark), a handkerchief being placed in a trash bin, two people talking with speech bubbles, and hands being washed under a running faucet with soap bubbles.

Protecting yourself and family

- Avoid travel to high risk areas; for latest update on international locations see the website (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>)
- Avoid going into crowded places and if you have to go wear face mask and wash hands immediately.
- Avoid touching your face and eyes if you have suspicion of exposure till you have washed your hands as per recommendations (video will be shown)
- Avoid close contacts of persons with COVID-19
- Thoroughly cook meat and eggs
- Contact a doctor/ medical facility if you have any doubts regarding your cold and cough illness for testing

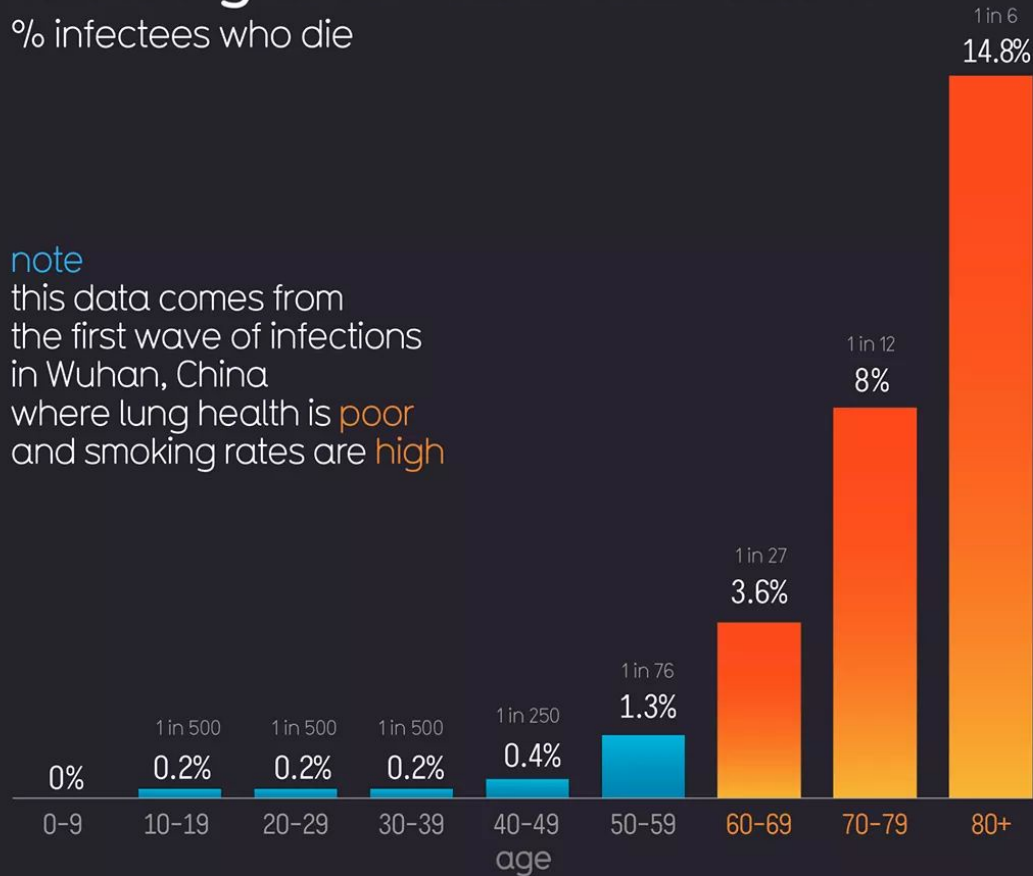
Who's at high risk ?

- For the majority of people, the immediate risk of being exposed to the virus that causes COVID-19 is thought to be low
- Who ever comes in contact with the infected patient
- Health care providers
- Family/ Close contacts of infected patient
- Those who already have any underlying lung condition such as asthma, COPD etc. or any debilitating illness such as AIDS.
- Elderly and immunocompromised people are more susceptible

Those Aged 60+ are Most At Risk...

% infectees who die

note
this data comes from
the first wave of infections
in Wuhan, China
where lung health is **poor**
and smoking rates are **high**

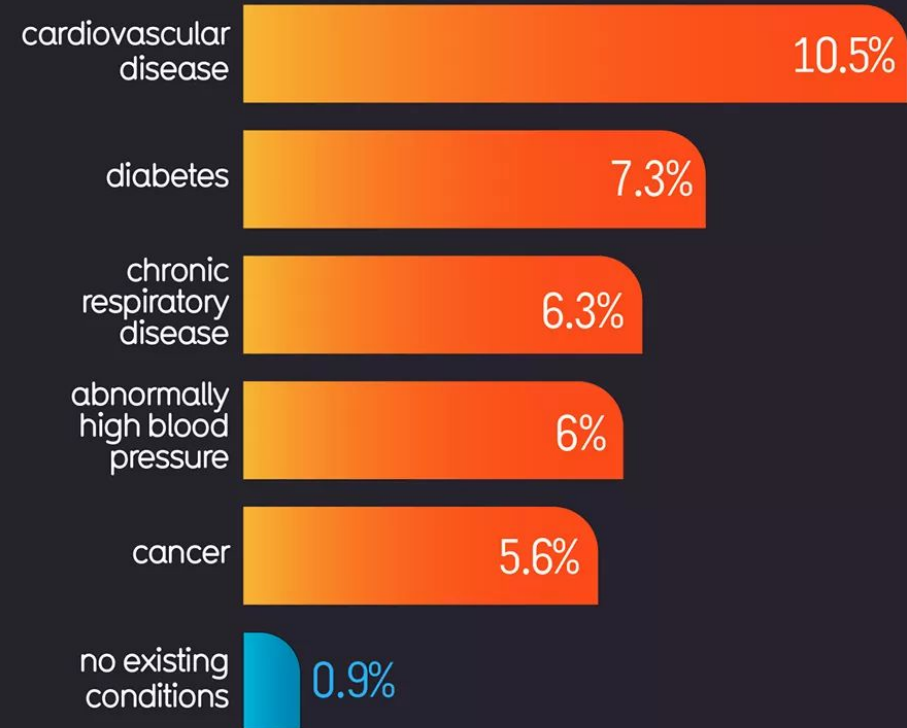


informationisbeautiful

study of 44,672 confirmed cases in Mainland China
sources: China Centre for Disease Control & Prevention, Statista

Especially Those with Existing Conditions

% with other **serious ailments** who die

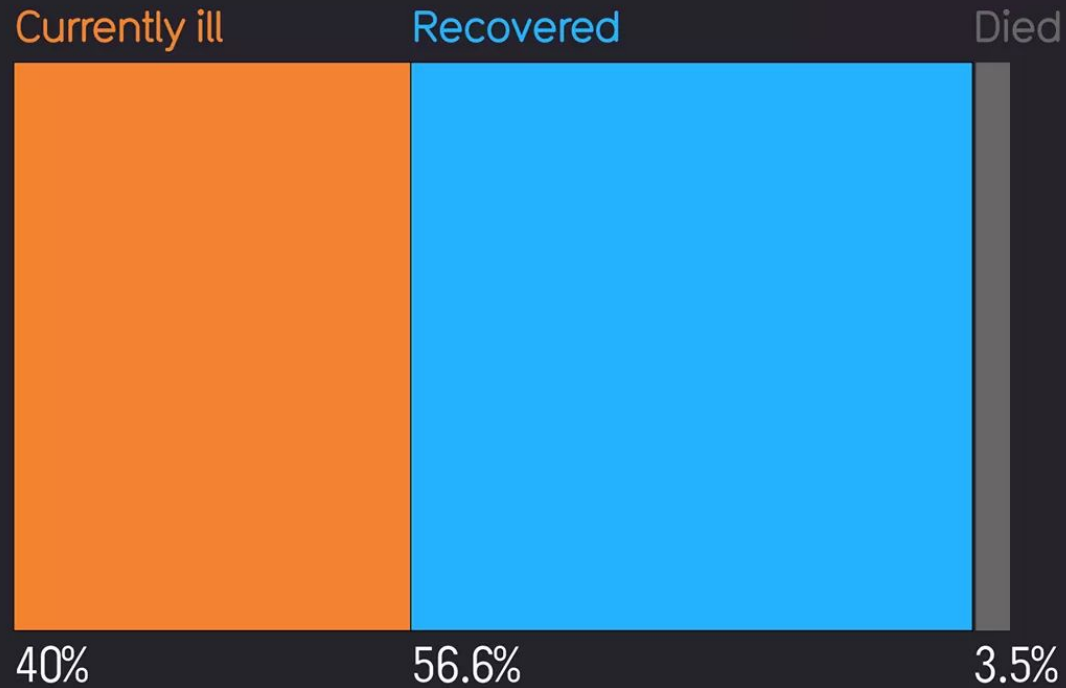


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The Majority of People Recover

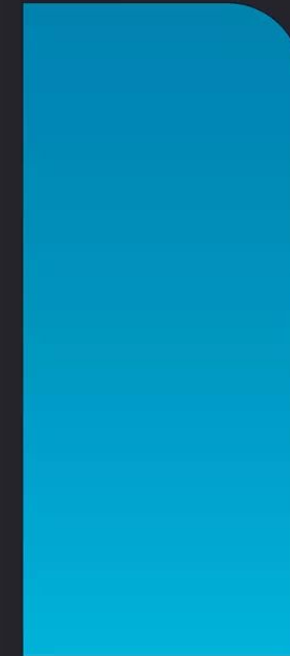
Of total worldwide confirmed cases...



The Majority of Infections are Mild

Seriousness of symptoms

80.9%



MILD
Like flu, stay at home

13.8%



SEVERE
Hospitalization

4.7%



CRITICAL
Intensive care

How to manage?

- No specific medicine
- No vaccine
- Supportive care
- No use of antibiotic

Diagnosis:

- Serology for past infection
- PCR for active infections