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COVID-19 – The Second Wave

Staff Development Programme

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THE SECOND WAVE - WHAT HAS CHANGED

- The UK variant, South African strain, Brazilian strain
- Double mutant variant - India - highly infectious
- Daily cases increased exponentially
- New or altered symptoms
- Healthcare system overwhelmed
- Shortage of oxygen, medicines

COVID-19 COMMON SYMPTOMS



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- **Fever**
- **Cough**
- **Fatigue**
- **Loss of taste and smell**
- **Blocked nose, runny nose**
- **Sore throat**
- **Headache, Body pain**
- **Diarrhoea, vomiting, nausea**
- **Red eye (conjunctivitis)**
- **Rash**
- **ASYMPTOMATIC**

WHY MUST I TEST FOR COVID

- Early detection → Isolation and protection of loved ones
- Early treatment
- Effective treatment

COVID TEST

- RT-PCR

OTHER TESTS

- Blood Tests
- Chest X-ray
- HRCT -chest

Contact is a person who has come in contact with a confirmed case of COVID

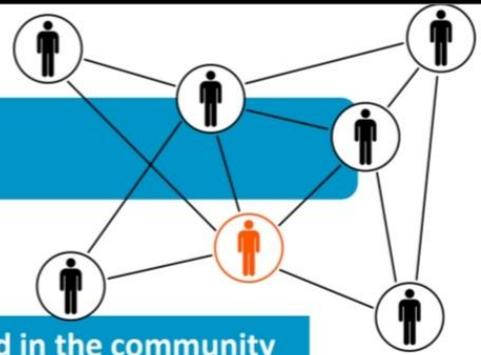
High Risk Contact

- Lives in the same household as the patient
- Anyone in close proximity (within 1 meter) of the confirmed case without precautions (mask) for > 15 minutes
- Had direct physical contact with the body of the patient including physical examination without PPE. (handshake, hugging, kissing, etc.)

Low Risk Contact

All other contacts, not meeting criteria for High Risk Contact

Who is a Contact?



Examples of Contacts – To be traced in the community

- | | |
|-------------------|--|
| Household | <ul style="list-style-type: none">• Family members, Visiting relatives• Domestic help |
| Community | <ul style="list-style-type: none">• Neighbors, friends• Milk/vegetable vendors etc. |
| Travel | <ul style="list-style-type: none">• Co-travelers & drivers in flight/ train/bus/taxi/auto rickshaw etc. |
| Social Gatherings | <ul style="list-style-type: none">• If attended, social gatherings like marriage, parties, funeral , religious meetings, conferences |

COVID-19 WARNING SIGNS

- **Breathlessness**
- **Confusion**
- **Persistent high fever**
- **Chest pain**
- **Confusion**
- **Inability to stay awake**
- **Loss of speech / movement**
- **Bluish discoloration of lips, fingers, toes**

NEED FOR
HOSPITALIZATION
LESS THAN 10% CASES



WHO IS AT HIGHER RISK

- Older adults
- Diabetes
- Hypertension
- Lung Disease
- Heart disease
- Kidney Disease
- Cancer
- Immunocompromised, eg, HIV
- Neurologic conditions' eg Stroke,' Alzheimer's
- Obesity
- Smoking
- Pregnancy

HOW DOES COVID-19 SPREAD

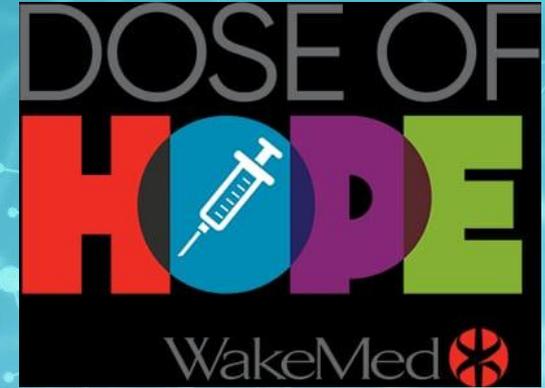
- **Respiratory droplets**
- **Aerosol/ Airborne transmission**
- **Contaminated surfaces (less common/ unlikely)**
- **Pets (rare)**
- **Food (no evidence)**

PREVENTION

- **Wear a mask**
- **Stay home, stay > 6 feet apart from others outside**
- **Avoid crowds and poorly ventilated indoor spaces.**
- **COVID-19 vaccine**
- **Hand hygiene**
- **Respiratory Hygiene - Cough Etiquette**
- **Self-isolate when sick**
- **Quarantine if you are a primary contact**
- **Sanitization of high-touch surfaces**
- **Good nutrition & sleep**

POINTS TO REMEMBER

- Incubation period 5-14 d
- Can be asymptomatic
- Cloth mask efficacy
- The Vaccine protects against serious illness
- Vaccines in India: Covishield & Covaxin



IF I GET SICK – WHAT IS IMPORTANT

- General health and fitness
- Temperature
- Oxygen Saturation
- Respiratory Rate



IF I GET SICK - WHAT IS IMPORTANT



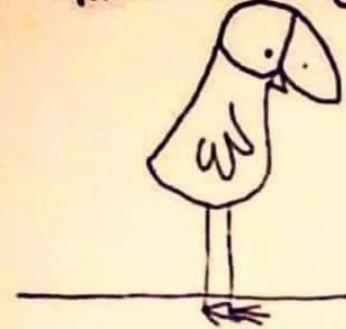
Awake-proning: Following positions may be adapted in series, each for 30 minute to 2 hours as tolerated

S No	Time duration	Position	
1	30 min to 2 hours	Lying on belly (Prone)	
2	30 min to 2 hours	Lying on right side (right lateral)	
3	30 min to 2 hours	Sitting up 60-90 degree (Fowler position) or Supine	 
4	30 min to 2 hours	Lying on left side (left lateral)	
5	30 min to 2 hours	Back to position 1 (prone)	

WHAT I NEED TO REMEMBER

- It's okay if there's no Remdesivir
- Washing/sanitizing everything in sight is not so important
- Improper use of masks can lead to higher chance of infection
- Indiscriminate use of antibiotics does not help
- Stress / Panic lowers immunity
- The vaccine protects. It does not prevent...

What are you throwing away?



Oh just some old ideas and beliefs that were taking up too much space.



A large, powerful ocean wave is crashing, with water splashing and a bright sun reflecting off the surface. The wave is the central focus, with its crest curling over. The water is a deep blue, and the sky is a pale, hazy blue. The sun is visible in the upper right, creating a bright, shimmering effect on the water's surface. The overall scene is dynamic and energetic.

You can't stop the waves from coming, but you can choose which ones to surf... take care, everyone!



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*Thank
You*

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