

## FEW FACTS OF IMPORTANCE IN CORONA

Corona is a very old disease. It's a flu caused by several different strains of different case fatality according to Geographical distribution. This difference in cause is still not clear but may be attributed to climatic conditions causing mutation in the virions.

Eg Covid 19 has 2% mortality (as against 0.01 % of common flues, A, B, Para A, Para B, Swine Flu – slightly higher etc),

UK, US strains 10%, MERS (another strain) in Iran & middle east) 35% (highest).

South African & Brazilian strain, (Virulence exactly not known) have been reported too.

Unfortunately, all these strains have been detected in India. So the Covid now is not just the 2<sup>nd</sup> wave but a separate mutation wave affecting mostly young people (18-40) yrs *without comorbidities* and also kids. (Previously kids less than 12 yrs were naturally immune but now are reported).

**So the only way to control is by extremely speedy vaccination. If 70% of population gets immune, we can say its herd immunity. In India officially about 17 crores out of 135 crores have yet received full vaccination.**

**So long way to go and by no means should the speed of vaccination be stopped. Govt, Pvt centres along with trained local GPs should all be proactive in this.**

A fact of importance is the more the fatality the less is the potential of spread. That's why Covid- 19, having low fatality spread like wild fire.

### **How did we know this?**

While seeing clinical cases of Covid, and confirmed CT scan changes in lung they are coming negative for SAARS CoV2. That gave the clue that it's no more only Covid19 2<sup>nd</sup> wave, but new strain wave.

## **PREVENTION**

- Clean your hands frequently with soap and hot water or use an alcohol-based hand rub containing at least 60% alcohol.
- **Have you ever thought of feet, we are all busy with hands!** Well foot sanitizers are different in alcoholic content, not available in market but Lupin has it, you can ask for samples. It's not available as due some Govt permission issues, hopefully will be soon sorted out. Spray it over your sandals and wear sandals at home. And spray your shoes too after coming

back home with it. (inside/out). If you can't access it at least wash your feet with Dettol/Lifebuoy soap and clean your shoes (don't miss the soles).

- **Your floors are full of different types of droplets, so don't be barefooted at home.**
- A virion in a droplet in air stays about active for 30mnts. Then by gravity falls. Depending on the surface, its survival time varies. Eg over paper, cardboards around 24 hrs, Plastics 24-48 hrs, Steel, Copper about 72 hrs!!
- You take Amazon or other packets regularly or packets from Big baskets. Remember wherever Possible put sanitizer before opening it and throw away the coverings.
- Clean your floors at least twice a day (don't forget to sanitize your hands after dish washing), *the Scotch bites for washing dishes are full of droplets!*
- Clean all doors/window knobs at least twice a day with sanitizers, including your keys – so many people are touching them.
- Sprays for gadgets are available (including your computer key boards etc. Use them.
- Sprays for clothes you don't regularly wash are available. Try spraying them (eg scarfs, dupatta, Tie etc).
- Well the list will not end. Keep vigil.
- You can buy a TRU –V, (Amazon) for sanitizing anything at home.
- A small version, given by MR is with me. It's for only your stationeries. The mechanism is same. Only thing it works with a Power bank (was given with it). You can put in your specks, watch, purse, cards, Masks etc in it only, not like TRU-V for everything. However, these are not full proof. It's your decision.
- **So even if you use such gadgets, you can use conventional methods after that to clean your stuff.**
- **It's like getting vaccinated (There are as of date no vaccine which can prevent Covid –all 60 vaccines are under phase 3 trials. But even after vaccination you are requested to follow universal protection).**
- **That answers a very common question, my mom/dad never goes out, then how did they get Covid? I think you will think over from now on and yourself can get the answers.**
- **Sanitize hands after handling cash always.**
- This much for home.

## **A NEW CONCEPT**

**It's now proved that Covid is no more droplet borne, its airborne (like TB).**

**So avoid parties at home and even if you have too, don't make a large gathering.**

**And finally, if there are more than 4 persons, then wear a mask AT HOME TOO to prevent airborne infection.**

**AT WORK** (Mainly for health workers but may be of use for others too)

- Wear disposable gloves. If you have contact with the person's body fluids or feces (stool).
- Throw the gloves away immediately after use and wash your hands thoroughly.
- **DONT TOUCH THE MASK (you can cover your N95 with another ordinary surgical mask, and throw it after work).**

**Be careful – A word of caution – Many renowned companies are making N95 masks rampantly, not all are safe, (can cause skin rashes).**

- Wearing eyeglasses also may offer some protection.
  - **Cover your head with surgical cap (use & throw cap). Then wear your head masks (face shield).**
- Ordinary surgical masks, if used should not be re-used but n-95 masks can be sterilised by ETO for reuse or in the gadgets mentioned above.
- Wash personal items. Use soap and hot water to wash the utensils, towels, bedding and clothing of someone with SARS. Or your own at chamber/home. Best is cover the bed (examination couch) with each time with a sheet (paper ones if cloth is not available in adequate amount).
- Disinfect surfaces. Use a household disinfectant to clean any surfaces that may have been contaminated with sweat, saliva, mucus, vomit, stool or urine. (includes your chamber desk).

If you can't use sanitizers, there are several types of sanitizer sprays, including for mobiles, where normal sanitizers can damage your phone. Remember many people use a cover for phones – its bullshit.

No need to mention that wear PPE whenever in surgery (Modified less cumbersome ones than last year are now available).

- Diet. It has been seen that a low carbohydrate diet, with high content of salads, fruits (containing Vitamin-C), vitamin –D supplements with calcium and in non-veg, chicken soups improve immunity.

Haldi in India, and in China, they have found certain herbs which also improve immunity. Overall a healthy balanced diet, which may not worsen risk factors like diabetes or hypertension or hypercholesterolemia and improve immunity is advisable.

You can suck a lozenge –drug called **Immune –CZ** instead of these diet. One tab after breakfast daily, it boosts your immunity and contains the substances mentioned above.

### **WHEN DOES A PATIENT DECLARED CURED?**

Recovery and clearance of the virus is thought to be achieved when  $\geq 2$  negative oral swabs are confirmed in an infected individual.

**But this patient can get re-infection after 3 months.**

Remember this patient is himself immune for 3 months but can infect others through stools for next 3-4 weeks. So at home preferably should use his own separate commode.