

# BEAT THE Coronavirus

A RESOURCE GUIDE



## Table of Contents

<b>What is Covid-19?</b> .....	<b>4</b>
<b>Covid-19 and Symptoms</b> .....	<b>4</b>
<b>How to protect yourself and others</b> .....	<b>6</b>
<i>Important Ways to Slow the Spread</i> .....	6
Wear a mask.....	6
Stay 6 feet away from others .....	6
Get Vaccinated .....	7
Avoid crowds and poorly ventilated spaces.....	7
Wash your hands often.....	7
Cover coughs and sneezes .....	7
Clean and disinfect .....	8
Monitor your health daily.....	8
<b>If You Are Sick or Caring for Someone</b> .....	<b>9</b>
Stay home except to get medical care .....	9
Separate yourself from other people .....	9
Monitor your symptoms .....	9
Get Tested .....	10
If you are sick, wear a mask over your nose and mouth .....	10
Cover your coughs and sneezes .....	10
Clean your hands often.....	10
Avoid sharing personal household items.....	11
Clean all “high-touch” surfaces everyday .....	11
<b>Cleaning and Disinfecting Your Home</b> .....	<b>12</b>
Clean Regularly .....	12
Clean and Disinfect your home when someone is sick .....	12
How to disinfect .....	13
<b>Cleaning and Disinfecting Bedrooms and Bathrooms when Someone is Sick</b> <b>13</b>	
If the sick person is able to clean .....	13
If the sick person cannot clean .....	13
After the person who was sick no longer needs to be separated.....	14
After eating .....	14
Handling trash.....	14
<b>Caring for Someone Sick at Home</b> .....	<b>15</b>

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<i>Provide support</i> .....	15
Help cover basic needs .....	15
Watch for warning signs .....	15
Track your own health .....	15
<b><i>How to Treat Coronavirus Symptoms at Home?</i></b> .....	<b>16</b>
For a Fever .....	16
For a Cough .....	16
For Shortness of Breath.....	17
Ayurvedic Immunity Building Measures.....	17
<b><i>Key Takeaways</i></b> .....	<b>17</b>

## What is Covid-19?

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in China.

The virus is now known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease it causes is called coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic.

## Covid-19 and Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea

Other symptoms can include:

- Shortness of breath or difficulty breathing
- Muscle aches
- Chills
- Headache
- Chest pain
- Pink eye (conjunctivitis)
- Rash

This list is not all inclusive. Children have similar symptoms to adults and generally have mild illness.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start.

People who are older have a higher risk of serious illness from COVID-19, and the risk increases with age. People who have existing medical conditions also may have a higher risk of serious illness. Certain medical conditions that may increase the risk of serious illness from COVID-19 include:

- Serious heart diseases, such as heart failure, coronary artery disease or cardiomyopathy
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Type 1 or type 2 diabetes
- Overweight, obesity or severe obesity
- High blood pressure
- Smoking
- Chronic kidney disease
- Sickle cell disease or thalassemia
- Weakened immune system from solid organ transplants
- Pregnancy
- Asthma
- Chronic lung diseases such as cystic fibrosis or pulmonary fibrosis
- Liver disease
- Dementia
- Down syndrome
- Weakened immune system from bone marrow transplant, HIV or some medications
- Brain and nervous system conditions
- Substance use disorders

This list is not all inclusive. Other underlying medical conditions may increase your risk of serious illness from COVID-19.

#### **When to seek emergency medical attention**

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-coloured skin, lips, or nail beds, depending on skin tone

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

## How to protect yourself and others

### Important Ways to Slow the Spread

- Wear [a mask that covers your nose and mouth](#) to help protect yourself and others.
- [Stay 6 feet apart from others](#) who don't live with you.
- Get a [COVID-19 vaccine](#) when it is available to you.
- Avoid crowds and poorly ventilated indoor spaces.
- [Wash your hands often](#) with soap and water. Use hand sanitizer if soap and water aren't available.

### Wear a mask

- Everyone 2 years and older should wear masks in public.
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you.
- If someone in your household is infected, people in the household should take precautions including wearing masks to avoid spread to others.
- Wash your hands or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.

### Stay 6 feet away from others

- **Inside your home:** Avoid close contact with people who are sick.
  - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
  - Remember that some people without symptoms may be able to spread virus.

- Stay at least 6 feet (about 2 arm lengths) from other people.
- **Keeping distance from others is especially important for people who are at higher risk of getting very sick.**

### Get Vaccinated

- Authorised COVID-19 vaccines can help protect you from COVID-19.
- You should get a COVID-19 vaccine when it is available to you.
- Once you are fully vaccinated, you may be able to start doing some things that you had stopped doing because of the pandemic.

### Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

### Wash your hands often

- Wash your hands often 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.
- It's especially important to wash:
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After blowing your nose, coughing, or sneezing
  - After handling your mask
  - After changing a diaper
  - After caring for someone sick
  - After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

### Cover coughs and sneezes

- **If you are wearing a mask:** You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- **If you are not wearing a mask:**

- Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect

- Clean high touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.**
  - **If surfaces are dirty, clean them** using detergent or soap and water prior to disinfection.

### Monitor your health daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of **COVID-19**.
  - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like paracetamol.



## If You Are Sick or Caring for Someone

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you are sick:

- Keep track of your symptoms.
- **If you have [an emergency warning sign](#) (including trouble breathing), call your Support Person.**

## Steps to help prevent the spread of COVID-19 if you are sick

### Stay home except to get medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- **Avoid public transportation**, ride-sharing, or taxis.

### Separate yourself from other people

**As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

**Tell your [close contacts](#)** that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

### Monitor your symptoms

- **[Symptoms](#) of COVID-19 include fever, cough, or other symptoms.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

**Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.

- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

### Get Tested

- If you have symptoms of COVID-19, get tested. While waiting for test results, you stay away from others, including staying apart from those living in your household.

### If you are sick, wear a mask over your nose and mouth

- **You should wear a mask over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.

### Cover your coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

### Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

### Avoid sharing personal household items

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.

### Clean all “high-touch” surfaces everyday

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

*High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.*

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

# Cleaning and Disinfecting Your Home

*Every Day and When Someone Is Sick*

## Clean Regularly

Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces. Disinfection to reduce transmission of COVID-19 at home is likely not needed unless someone in your home is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours.

## When and how to clean surfaces in your home

- Clean high-touch surfaces regularly (for example, daily) and after you have visitors in your home.
- Focus on high-touch surfaces such as doorknobs, tables, handles, light switches, and countertops.
- Clean other surfaces in your home when they are visibly dirty or as needed. Clean them more frequently if people in your household are more likely to get very sick from COVID-19. You might also choose to disinfect.
- Clean surfaces using a product suitable for each surface, following instructions on the product label.

## Reduce contamination of surfaces

Take steps in your home to limit contamination of surfaces from airborne particles or from touching surfaces with contaminated hands.

- Ask unvaccinated visitors to wear masks.
- Follow guidance for fully vaccinated people before inviting visitors to your home.
- Isolate people who are sick with COVID-19.
- Have everyone in your household wash hands often, especially when returning from outside activities.

## Clean and Disinfect your home when someone is sick

In addition to cleaning, disinfect your home when someone is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours. Disinfecting kills any remaining germs on surfaces and reduces the spread of germs.

## How to disinfect

- **ALWAYS follow the directions on the label.**
  - The label includes instructions on how to use the product and specific instructions to keep you safe. Keep disinfectants out of the reach of children. Many products recommend keeping the surface wet with a disinfectant for a certain period of time (see product label).
  - Clean visibly dirty surfaces with household cleaners containing soap or detergent before disinfecting if your disinfectant product does not have a cleaning agent (check the label to verify).
- **Wear gloves for all tasks in the cleaning process.**
  - Additional personal protective equipment (PPE) (e.g., eye protection) might be required based on the cleaning or disinfection products being used and whether there is a risk of splash.
- **Wash your hands often with soap and water for 20 seconds. Be sure to wash your hands immediately after removing gloves.**
  - If soap and water are not available and hands are not visibly dirty, use an alcohol-based hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water for at least 20 seconds.
- Ensure adequate ventilation while using any disinfectant.

## Cleaning and Disinfecting Bedrooms and Bathrooms when Someone is Sick

**Keep a separate bedroom and bathroom for a person who is sick (if possible).**

**If the sick person is able to clean**

- Provide dedicated cleaning and disinfecting supplies to the person who is sick.
  - Supplies include tissues, paper towels, cleaners and disinfectants
- In shared spaces, the person who is sick should clean and disinfect surfaces and items after each use.

**If the sick person cannot clean**

Put on a mask and ask the sick person to put on a mask before entering the room.

- Wear gloves.

- Only clean and disinfect the area around the person who is sick when needed (when the area is soiled) to limit your contact with the person who is sick.
- Open outside doors and windows, and use fans and heating, ventilation, and air conditioning (HVAC) settings to increase air circulation.

#### **After the person who was sick no longer needs to be separated**

- Wear a mask when you enter the room to clean.
- Wait as long as possible (at least several hours) before you clean and disinfect. If you can wait 24 hours to clean the areas that the sick person used (such as the bedroom and bathroom), then you only need to clean (disinfection is not needed).
  - Use and store cleaning and disinfectant products safely and correctly.
  - Store these products securely and use personal protective equipment, like gloves and masks, that is appropriate for the cleaning and disinfection products.

**Alternatively, wait a period of 3 days** after the person who was sick was in the space; after 3 days, no additional cleaning (aside from regular cleaning procedures) is needed.

#### **After eating**

- Wear gloves when handling dishes and utensils for the person who is sick.
- Wash dishes and utensils with soap and hot water or in the dishwasher.
- Clean hands after taking off gloves or handling used items.

#### **Handling trash**

- Use a dedicated, lined trash can for the person who is sick.
- Use gloves when removing garbage bags and handling and disposing of trash.
- Wash hands after disposing of the trash.

# Caring for Someone Sick at Home

*Advice for caregivers in non-healthcare settings*

## Provide support

### Help cover basic needs

Make sure the person who is sick drinks a lot of fluids and rests

- Help the person who is sick follow their doctor's instructions for care and medicine.
  - For *most* people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

## Watch for warning signs

- Have their doctor's phone number on hand.
- Call their doctor if the person keeps getting sicker.

## Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick.
  - Symptoms include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.
- Caregivers should continue to stay home after care is complete. Caregivers can leave their home 14 days after their last close contact with the person who is sick (based on the time it takes to develop illness), or 14 days after the person who is sick meets the criteria to end home isolation.
- The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19.

## How to Treat Coronavirus Symptoms at Home?

The main symptoms of the novel coronavirus are fever, cough and shortness of breath.

### **For a Fever**

**Take a fever reducer.** If you choose to or if your fever is very high, you can take a fever reducer. Paracetamol is what is usually recommended. While ibuprofen is also a fever reducer, there is some concern that it may not be safe to take with the novel coronavirus.

**Stay hydrated.** Fevers usually cause sweating, which means loss of water from your body. Drink lots of fluids (preferably water or juice and not soda or high sugar beverages that might make you thirstier). Caffeinated beverages and alcohol are not recommended.

**Rest.** Your body needs energy to fight the virus. Just rest up and let your body do its job.

### **For a Cough**

**Sip on drinks throughout the day.** Not only will this keep your throat moist and comfortable, it will help keep you hydrated.

**Drink warm beverages, like tea or broth.** These heat up the airways, keep you hydrated and break up any mucus you might have in your throat and upper airway.

**Try a teaspoon of honey in hot tea or hot water.** A little bit of honey tends to soothe a sore throat. However, children under 1 year old should not try honey.

**Breathe in steam.** Use a hot shower, humidifier, vaporizer or other means of making steam. It will soothe a sore throat and open your airways, making it easier to breathe.

**Gargle salt water.** While it is not scientifically proven to help, many people swear that salt water helps their sore throat. There is no harm in trying, and it might help you. Use 1 teaspoon of salt in 8 ounces of warm water. Make sure you spit it out and disinfect the sink afterward.

**Eat a frozen treat.** The coldness may help numb the pain and soothe your throat if it is sore from coughing.

**Suck on cough drops, lozenges or hard candy.** These will keep your mouth and throat moist.

**Try cough medicine.** If you have a wet cough with lots of mucus, you want to take an expectorant to help get the mucus out. If you have a dry cough, a cough suppressant is what you want. Make sure you choose the right one.

**For pain, try paracetamol.** Sometimes a lot of coughing can be painful. A pain reliever can take the edge off.



### **For Shortness of Breath**

**Take slow breaths.** Slowing things down can help you start breathing again properly.

**Try relaxation or meditation techniques.** These will help calm the body and get your breathing more regular. Additionally, having shortness of breath may leave you feeling anxious. Deep breathing or pranayam will help fight the anxiety.

**If you were previously prescribed an inhaler, you may need to use it.** Pay attention to how your chest feels and what symptoms your inhaler was prescribed for. Do not use someone else's inhaler – only use one that is prescribed to you. Make sure you disinfect the mouthpiece after every use.

### **Ayurvedic Immunity Building Measures**

1. Take Chyavanprash. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and other spices - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

### **Key Takeaways**

- Most people will have mild coronavirus symptoms. There is no cure for this virus, but there are many simple ways to treat the symptoms that will help your body fight the virus.
- Contact your doctor if you test positive to see if there are any outpatient treatments available to you.
- Most people will feel better after a few days and feel totally fine within a week. However, they will still be contagious, so they should remain in isolation for 14 days from the time of first symptoms.
- Treat the fever, cough and shortness of breath with the techniques listed above and you will most likely feel better shortly. Staying hydrated and resting will help the most.
- Hydrate and build your immunity to fight the virus and recover from it.
- Remember to stay away from other people and practice good cleanliness protocol to protect your loved ones from contracting the virus as well.