



# COVID19 REDUCE YOUR RISK OF CORONAVIRUS INFECTION



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DIGITAL VERSION

## REDUCE YOUR RISK OF CORONAVIRUS INFECTION

• This information leaflet is meant for education of the general public on the COVID 19 infection and to educate them regarding the precautionary measures and necessary interventions to prevent the spread of infection and for caregivers of the sick.

### INTRODUCTION

• Viral infections are well known to cause epidemics and pandemics of this proportion in the past and the human race has been through many such outbreaks and was able to successfully overcome them. For which there has to be first a collective responsibility of every individual in the community to try to understand the basic infection control measures and necessary steps to be taken to curtail such spread.

• The coronavirus are a family of zoonotic viruses which have moved from the source animal (bats) through an intermediate source (chivets/camels/proposed pangolin) and then jump on to humans by mutation and then cause subsequently human to human spread. The world has already seen 4 epidemics of this scale because of this family of virus (coronavirus) which include SARS, MERS and the COVID 19.

• COVID 19 is the disease caused by the SARS-CoV2 virus. Researchers around the world are trying to unravel the virus and understand it better. Meanwhile what we know is the virus is highly infective and has managed to cross borders and has had a huge ongoing impact causing disruption in day to day life as well as loss of lives.

## HOW DOES COVID 19 SPREAD?

• The virus spreads from an infected person through respiratory droplets-generated during coughing, sneezing, laughing and also through contact with fomites (door handles, desks, handshakes) and gets transferred into the respiratory system of the host when the hand is put near the mouth, nose or eye and subsequently clings on to the respiratory lining through some spokes it has on its surface to get attached to the cells

## SO WHAT PRECAUTIONS SHOULD ONE TAKE IN THEIR DAY TO DAY HYGIENE?

• Nothing is better than Washing Hands. Washing hands in the right way in between activities plays a key deterrent in transfer of infection in the chain. Washing with regular soap is sufficient.

• If you are in a circumstance or situation where u can't wash hands please use an alcohol based hand sanitizer (70% and above) to clean your hand and remember in between the fingers as well until the wrist. Face masks is recommended to prevent COVID-19. Cover your cough and sneeze and make sure the hands are thoroughly washed and necessary precautions taken

• As there is no proven medication to treat the virus yet and no known vaccination it is necessary to use non pharmacological interventions like social distancing in such circumstances by avoiding gatherings and meetings where there is a high concentration of people there by reducing the spread of infection and giving us and the medical community enough time (Flattening the curve) to cope with the hospital burden and to find a vaccination/drug for the disease.

## WHAT ARE THE COMMON SYMPTOMS OF COVID 19 DISEASE?

- Fever
- Sore throat
- Cough
- Running nose
- Diarrhoea
- Patients may present with the above symptoms with various permutations and combinations.
- If you have such symptoms and a recent history of travel outside the country, you need to seek medical care.

## WHO DECIDES WHETHER THE PATIENT SHOULD GET A COVID 19 THROAT SWAB TEST?

• The treating physician will run through a questionnaire and after physical examination may order for some basic blood tests and chest x-ray only if required and also refer patient to designated COVID 19 testing centres for the COVID 19 throat swab to be done. The reports will be available in couple of days after the test until which time the patient will be kept under close observation.

## WHAT IS THE TREATMENT AVAILABLE FOR PATIENTS WHO ARE POSITIVE FOR COVID 19?

• Just like most viral illnesses COVID 19 is self-limiting perhaps if no complication happens during the course of illness. They have to be nursed in isolation in view of the infective nature of illness. The patient will be given paracetamol to reduce fever, oral fluids as tolerated to keep them hydrated and other supportive therapy.

• Most patients with the disease will recover without much complications and will lead a normal life. In a very small proportion of patients there is a chance of getting very sick necessitating an admission and sometimes management in the Medical Intensive Care Unit.

## WHO ARE MORE SUSCEPTIBLE?

• From epidemiological data available so far the disease causes more complications in the elderly age group and frail individuals who have associated co-morbid conditions like chronic illnesses affecting the lung, heart, liver and kidneys, diabetes mellitus, systemic hypertension and many such risk factors and patient who are immunosuppressed individuals due to various factor.

## IS THERE ANY VACCINE FOR COVID 19 ?

• Yes, COVID19 vaccines are available please ask your physician for more details.