

**CORONA**  
**COVID - 19 - Essentials**

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**[www.bengalchamber.com](http://www.bengalchamber.com)**

# COVID - 19

- Corona virus – A kind of NOVEL (New) Virus
- It is a RNA Virus
- SARS – Severe Acute Respiratory Syndrome
- Primarily causing pulmonary viral infection symptoms Usually presents with Flu Like symptoms - SARSCOVE
- Fever, Dry Cough, Back Ache, Fatigue, Shortness of breathe may develop Pneumonia, ARDS

# History

- December 2019: In Wuhan city of China, 15 -16 Cases of Pneumonia were identified to suffer from They were related to Sea Food Market
- Now it has become Pandemic, 11 March 2020 WHO Declared it as PANDEMIC
- Entire world is Concerned about COVID-19 Infection
- That is why we from the Health Committee of The Bengal Chamber of Commerce & Industry is talking to the community as a health care responsible partner of our society

# Country wide – Around >130 countries

- China
- Italy, Germany, France, Switzerland, UK, Spain, Iran, USA, Norway, Australia
- Japan, Korea, Singapore, Hong Kong
- Iran
- South East Asia, Bangladesh, Pakistan
- India

# Symptoms

- This is a unique new virus – Novel from Corona II group – COVID 19 SARSCOV2
- It spreads by droplets – By cough, spitting, sneezing, close contact, touching etc.
- Pre-symptomatic stage people may transmit the virus unlike many viral diseases
- Incubation period is 2 – 14 days Median 5 days
- Common Cold or Flu Like symptoms

# Symptoms

- For extremes in age, the disease may turn out to be serious
- **Mostly the disease is not fatal**
- **However the mortality is about 2-3%**
- But taking the total population vs. the healthcare facility even 2% mortality is very high for us.
- Therefore it is very important to have all possible precautions to prevent the spread of the virus.

# Treatment

- No Definite treatment
- Supportive treatments
- Fever Management, Hydration, Isolation
- Anecdotal reports of Antiretroviral drug like Ritonavir with Antimalarial, like Chloroquin might be effective
- No Vaccine as yet; One volunteer has taken a vaccine on 16<sup>th</sup> March in USA. But Not approved by FDA
- Isolation

# Preventions

- Isolation
- Mask to be worn by patients and carriers not by everybody and Health care delivery workers
- Mask is effective along with frequent hand washing with alcohol based sanitizer (>60% alcohol). Should be changed after 6 hours, while changing remove from behind
- Mask N95 Respiratory face mask Because this mask filters very small at least 0.3 micron particles
- These masks are capable of filtering all types of particles including bacteria and viruses

# Prevention

- Avoid Gatherings in Public places
- Isolation Home Isolation, or Hospital Isolation
- Hand Wash with Soap, Alcohol based sanitizer
- Triple layered fabric based Mask. N 95 in selected cases not for everyone
- Report to any health care centre with early symptom if anyone suspects

# SANITIZER: Soap vs Alcohol

- Soap Water is better because it destroys the fragile Lipid layer of the virus
- Soap has a hybrid structure that is more potent in destroying the Lipid membrane of the virus.
- Vitamin C may increase the immunity
- Fresh Fruits, Fresh vegetables, Exposure to Sunlight

# Corona Covid 19 test in West Bengal

- NICED: National Institute of Cholera and Enteric Diseases: Tests are available
- IPGMR- Test are available
- Website: [covidout.in](http://covidout.in)
- 033-23412600

# Help Line Number

## **Ministry of Health & Family Welfare, New Delhi**

- +91-11 – 23978046
- 1075 (For queries)
- Email ID: [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

## **In West Bengal**

- 033-23412600