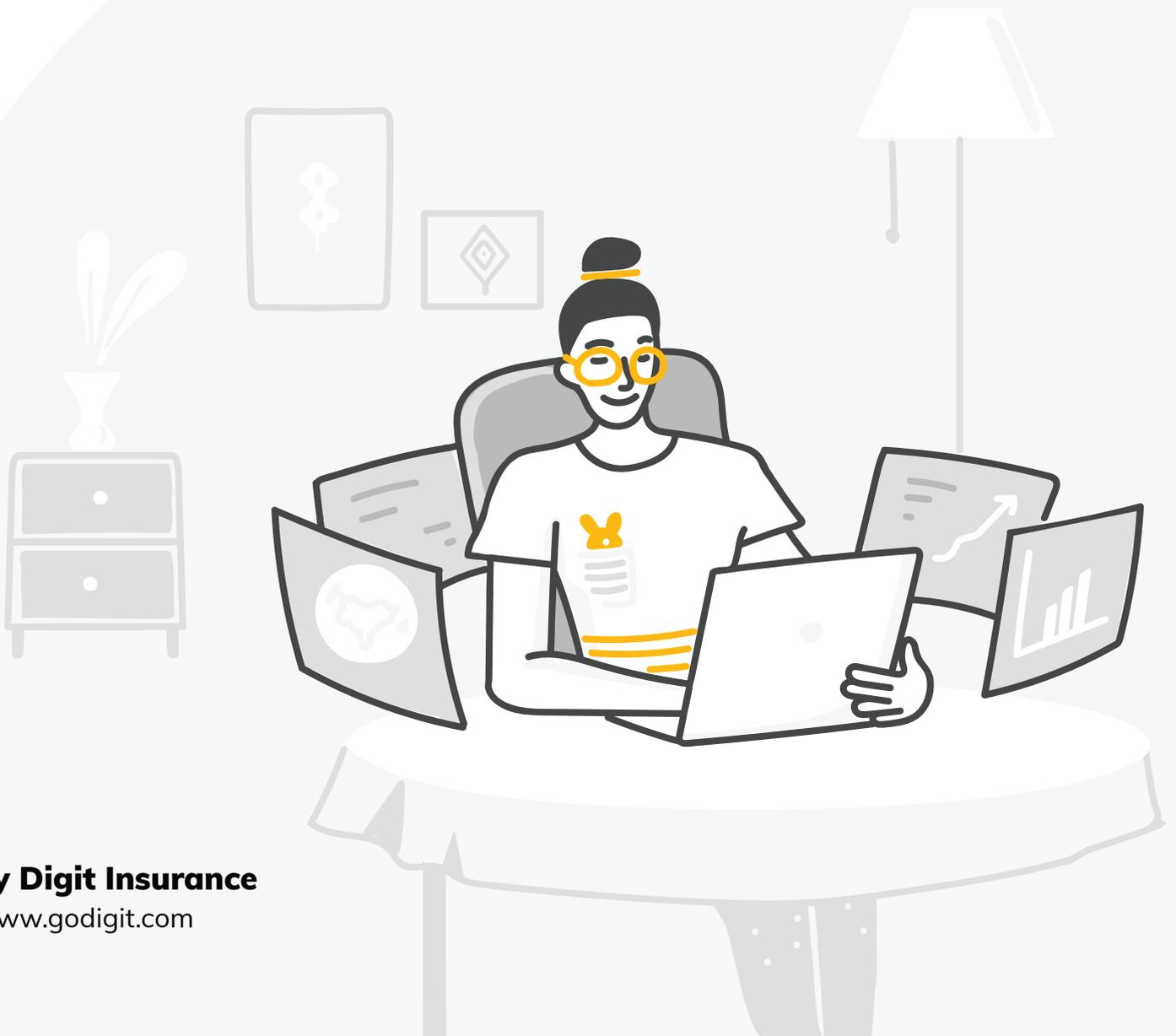


Facts Over Fear: Everything you need to know about the COVID-19

digit



by Digit Insurance
www.godigit.com



Alert, but not anxious!

Over the course of the past few weeks, we've all been surrounded by the new talk of the town; CORONAVIRUS. From day to day conversations to countless WhatsApp forwards and concerning news articles; we're bombarded with information every other minute. Unfortunately, amidst all this there are also MANY MYTHS being shared, leading to a lot of misinformation! Therefore, we bring to you a quick, verified guide on everything you need to know about the COVID; everything from the real numbers and facts to symptoms, precautions and most importantly, how to go about everyday life in the middle of this perturbing pandemic.

Cause



Touching virus contaminated surface & then touching your face without washing your hands.



Close physical contact with an infected person (through shaking hands or touching).



Through faecal matter, although this is unlikely to happen in most cases.

Symptoms to spot for Coronavirus

Dry Cough

Sore Throat

Running Nose

Fever

Difficulty Breathing

Tiredness

Note: It could take up to 14 days for the symptoms to show, and healthier people tend to have very mild symptoms. So if you're someone who has recently been in contact with too many people, or have returned from somewhere recently, it's best to self-isolate at home.

Who can get tested?

Since the symptoms are very similar to a normal flu, and given that we're amid a health crisis, not everyone can easily get tested. Here are the basic criteria to get tested in India (as of 22nd March 2020)

- If you have travelled internationally in the last 14 days
- If you're showing symptoms and have been in contact with any confirmed cases
- If you are a healthcare worker who's showing some symptoms
- Patients with severe acute respiratory illness (who have fever and cough and/or shortness of breath)
- People who have no symptoms but are in direct and high-risk contact with confirmed cases

Note: If you are showing all symptoms, you can still contact the helpline number

 Helpline number: +91 11 23978046  Email helpline: ncov2019@gmail.com

For more information on the COVID, the government has also opened up a WhatsApp Helpline you can reach out to at 9013151515

Precautions to take to contain the spread

Wash your hands often with soap and water for at least 20 seconds



The important thing here is 20 seconds. Many of us wash our hands hastily without applying soap properly. This is pointless. While you can't wash your hands ten times in an hour, you can wash it regularly to keep infections at bay.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash



The virus is spread through droplets in the air that contain the virus. The best precaution against this is to sneeze into a handkerchief to avoid the spread of droplets.

Avoid close contact with people who are sick



If you're ill, stay at home. If someone at work is ill, ask them to stay at home. And if you know someone is ill, keep distance from them.

Avoid touching your eyes, nose, and mouth



This is easier said than done because we do this unconsciously. But pay a little more attention to when your hand moves towards your face.

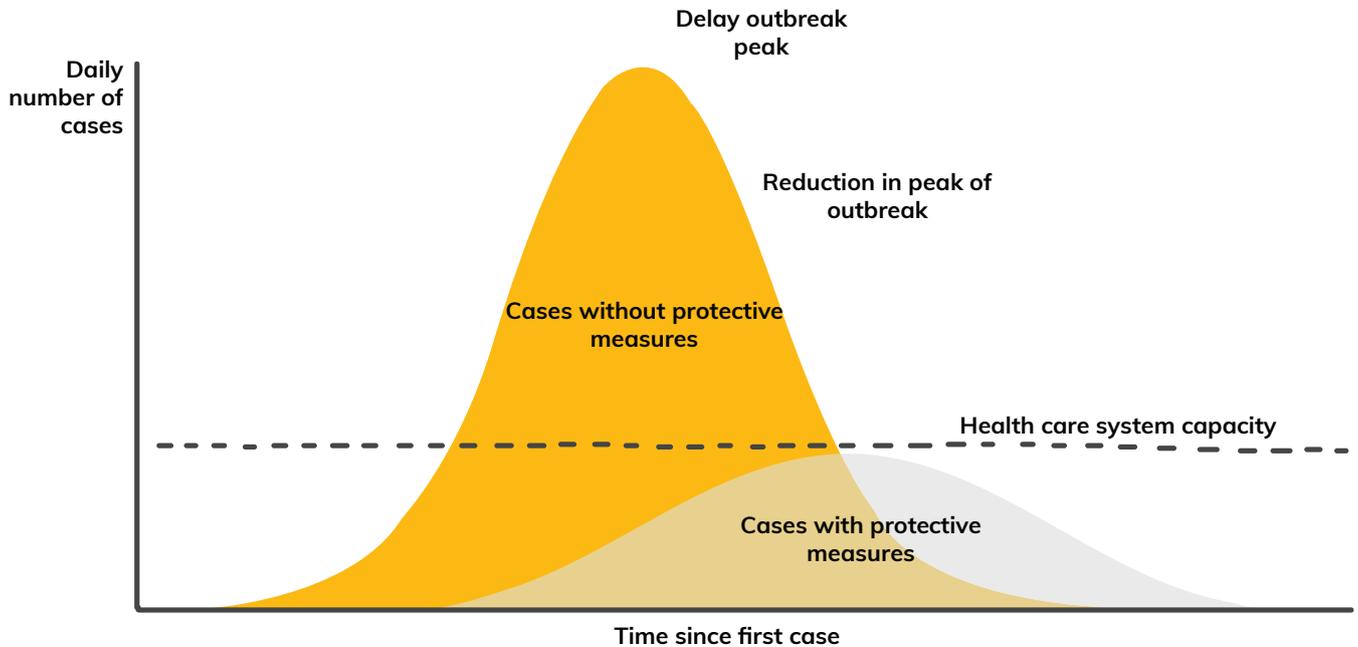
Seek medical advice if you are sick



We don't go the doctor for a cold or a fever. But these are not ordinary times. If you have cold, cough or a fever, don't hesitate to get yourself checked.

Why are we staying at home, anyway?

Basically, the more we stay at home and maintain social distancing, the less likely we are to catch any infections or spread any infections and the better our healthcare facilities can take care of those who need help right now



Source: CDC

Things you can do at home

Nobody likes lockdowns but the least we can do is make the best use of our time. Here are some ideas to get you on track.



Work from home

If your job can be done at home, find a comfortable spot to work from home. Take breaks in between and develop a routine that works for you.



Workout

You're probably moving less now so you need to ensure you're still exercising and staying fit!



Cook Wholesome Meals

After all, one of the things we've all come to realize is that we can never take our health for granted!



Cultivate your Hobbies

There's always that one thing you've wanted to do but never got the time to. Now is your chance to do it



Bond with family

If you're living with your partner or family members, make it a point to spend quality time with them. Play board games. Do home chores together. Talk. Plant. Watch something together. Make a tiktok video.



Read

Reading helps many destress, so if you've been feeling anxious and stressed out due to the given circumstances, it's time to pick up a good read!



Meditation & Mindfulness

It's easy to feel anxious in these uncertain times, practice regular meditation and mindfulness to boost your mental health



Build New Habits

It takes approximately 21 days to build a habit. Take this time to get to doing that one habit you've always wanted to implement.

Common questions about Coronavirus answered

What is the time between catching Coronavirus and developing symptoms?

1 to 14 days.

In most of the cases, patients have exhibited symptoms on the 5th day.

However, this period is not conclusive.

Are face masks effective in the prevention of the Coronavirus disease?

Although its effectiveness to counter COVID-19 is not yet borne by conclusive tests, masks do help in its prevention or postponement.

A surgical or disposable mask is effective to intercept large droplets enter one's mouth or nose; however, it is ineffective against aerosols. An N95 mask is a more efficient variant and can even block aerosols from entering one's respiratory system.

Nevertheless, usage of a mask does not eliminate risks of transmission through eyes or through contact with contaminated surfaces or objects.

Will the arrival of summer season reduce cases of Coronavirus disease?

Fingers crossed!

Scientists and medical experts have yet not confirmed whether the world would witness a reduction in the scale at which coronavirus is spreading although we are hopeful still as viruses cannot live in high temperatures.

Can Coronavirus be passed through food or through Non-vegetarian food?

No.

WHO has clearly said that this virus only spreads through transmission and respiratory droplets.

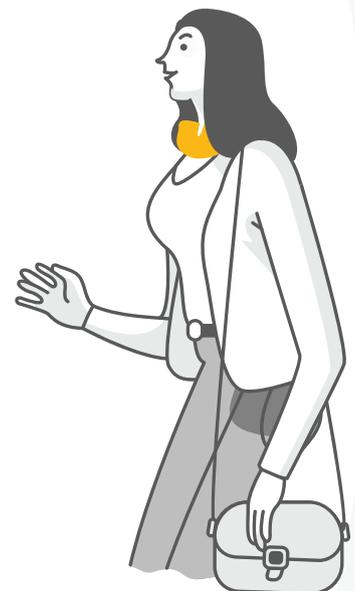
How long does the Coronavirus survive over objects and surfaces?

8 to 10 hours.

Are Antibiotics effective in preventing or treating COVID-19?

No.

Antibiotics do not work against viruses; they only work on bacterial infections. COVID 19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID 19. They should only be used as directed by a physician to treat a bacterial infection.



Recovery from Coronavirus:

With all the scare around, Coronavirus is not a death sentence for most people. It can be cured completely in healthy and young individuals. It is a cause of concern however for seniors and immunocompromised individuals, especially diabetic and cancer patients, and also people with respiratory diseases.

People across the globe are fighting it bravely with around 80% of the sick people recovering completely from it. The death rate is a mere 2%.

Things are changing every day, so for regular updates and more smart recommendations, et al; follow us on our social media channels. Don't worry, we'll get through this soon, we're all in this together! Until then, please... stay at home, treasure the moments spent at home, with your family and oneself! 😊



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