NATIONAL HEALTH MISSION
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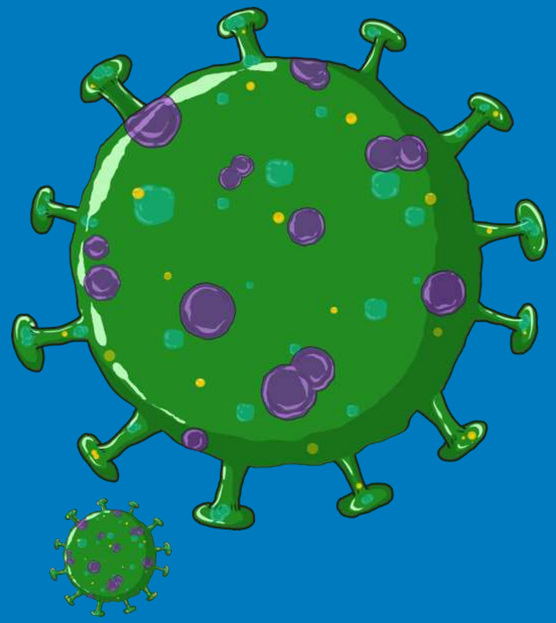
सत्यमेव जयते
Ministry of Health & Family Welfare
Government of India

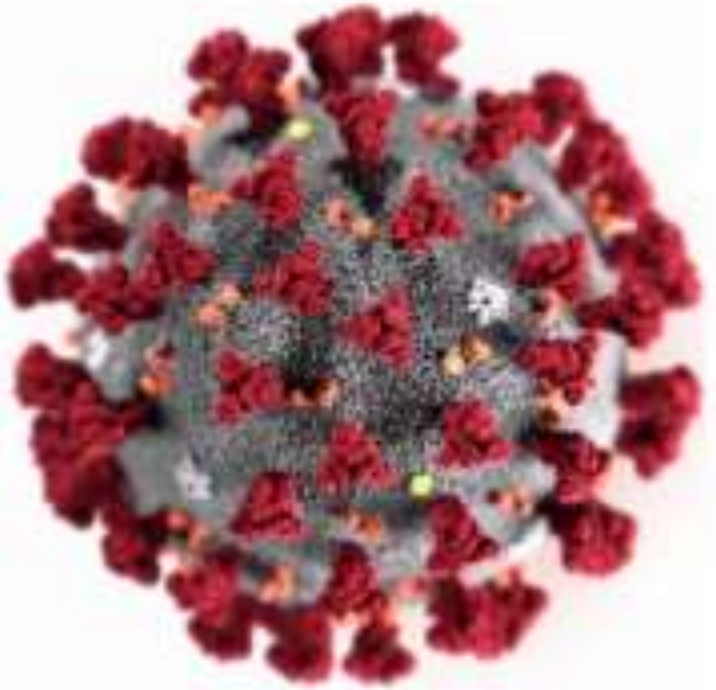


# COVID-19

## CURRENT SITUATION

# What is novel Coronavirus/COVID-19?

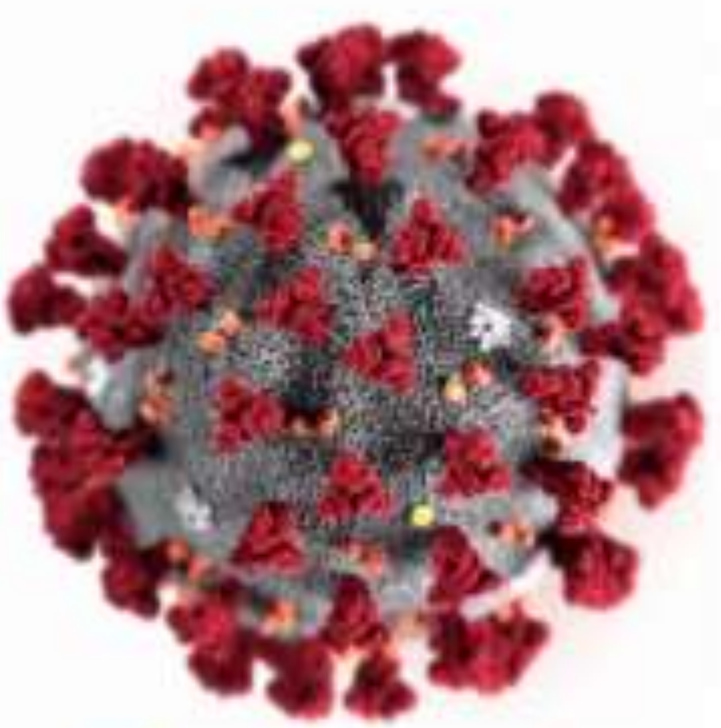
- Coronaviruses are a large family of viruses that cause a wide range of illnesses from common cold to more severe diseases like:
  - ✓Severe Acute Respiratory Syndrome (SARS)
  - ✓Middle East Respiratory Syndrome (MERS)
- New viruses periodically appear in the world.



**Novel Coronavirus 2019 / nCoV** is a type of coronavirus that has not been previously identified in humans. **COVID-19** is the disease caused by it.

# History of COVID-19

- In December 2019, multiple cases of pneumonia caused by unknown agents were reported in Wuhan city, China.
- In January 2020, a novel strain of coronavirus was isolated and identified as the cause.
- The disease caused by this new strain of coronavirus was named as **COVID-19** by the World Health Organization.



Novel Coronavirus

# How deadly is COVID-19?

- Mortality rate ranges between 2-3%. It is significantly less severe than 2003 SARS (MR: 10%) or 2012 MERS (MR: 35%) outbreaks.

- Risk of death is only higher in older people (above an age of ~60 years) and people with pre-existing health conditions like heart conditions, diabetes, asthma etc.)

The New Coronavirus has **"high infectivity but low mortality"**

# Major concern: How easily does it spread?

- The virus that causes COVID-19 seems to be spreading easily and continually.
- Large community spread is seen only in some affected geographic areas like China, Republic of Korea, Iran, Italy, Hong Kong, etc.

# Why there is so much panic?

The lack of verified facts and floating rumours are to be blamed for this panic. The most important thing is when a virus is new, we don't know how it may affect people.

# What do we know about COVID-19?

## Incubation Period

1-14 days (median 5-6 days)

## Modes of transmission

- Droplets sprayed by affected individuals
- Contact with patient respiratory secretions
- Contact with contaminated surfaces and equipment

## Increased risk

- Elderly
- With pre-existing conditions & underlying diseases (heart disease, lung disease, and diabetes)
- Poor immunity

#Although anybody who is exposed to the virus can get the infection

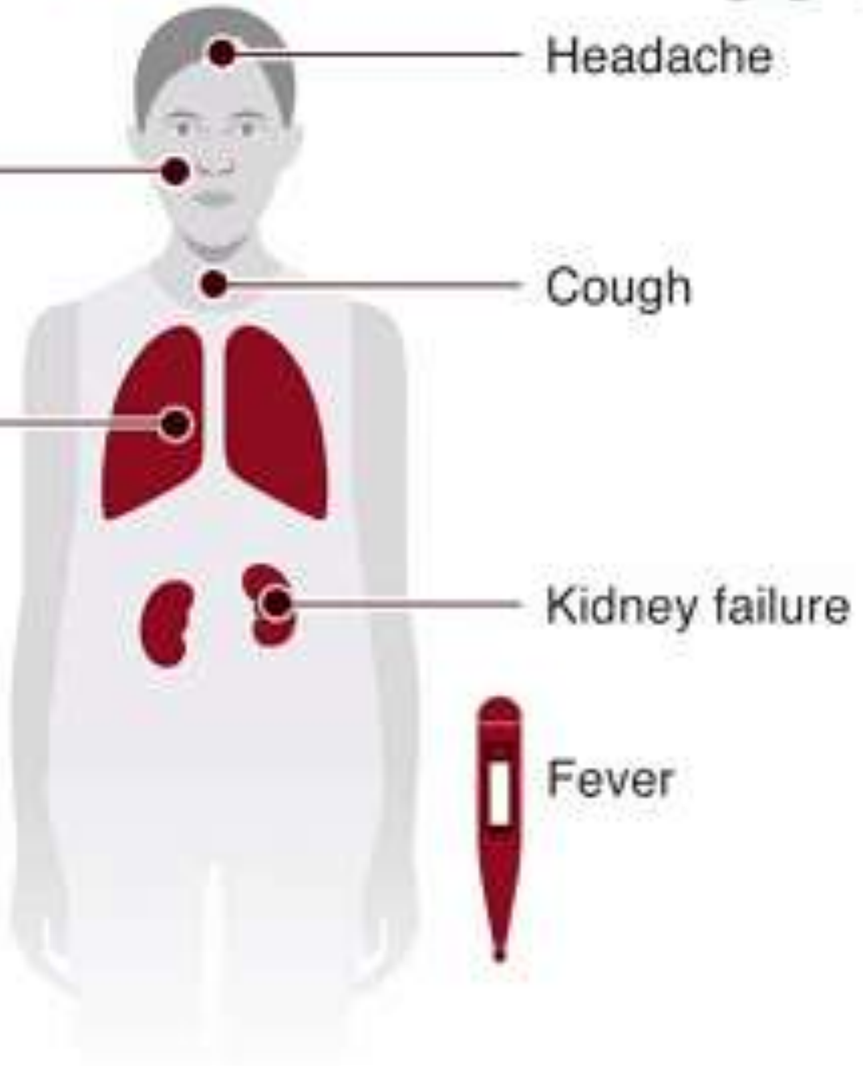
## Treatment

- Currently no available treatment or vaccination
- Only supportive measures

## Vectors of transmission

- Human to human

# Signs and symptoms of COVID-19




Illness seems to start
with a **fever**,
followed by a **dry cough**
and then, after a week,
leads to **shortness of breath**
and some patients
needing hospital treatment

Reported illnesses
range from **mild**
symptoms
to **severe** illness
and **death**
for confirmed
COVID-19 cases

# Emergency warning signs for COVID-19

- Difficulty in breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face

If above signs present, the person must get immediate medical attention. So far, the death rate from the COVID-19 virus is about 3%. However, this may change over time

# How to differentiate probable COVID-19 cases?

| Symptoms | COVID-19 | Cold | Flu |
|---|---|---|---|
| **Severity of symptoms** | Mild to severe | Gradual onset | Abrupt onset |
| **Fever** | Common | Rare | Common |
| **Fatigue** | Sometimes | Sometimes | Common |
| **Cough** | Common (dry cough mostly) | Mild | Common (dry cough mostly) |
| **Sneezing** | No | Common | No |
| **Aches & pains** | Sometimes | Common | Common |
| **Runny or stuffy nose** | Rare | Common | Sometimes |
| **Sore throat** | Sometimes | Common | Sometimes |
| **Diarrhoea** | Rare | No | Sometimes for children |
| **Headaches** | Sometimes | Rare | Common |
| **Shortness of breath** | Sometimes | No | No |

# How does COVID-19 spread?

**COVID-19 is thought to spread mainly from person-to-person contact**

- The virus is thought to spread mainly:
  - ✓ Between people in close contact
  - ✓ Via respiratory droplets when a person coughs / sneezes (Droplets can land in mouths or noses of people nearby or possibly be inhaled into lungs)
  - ✓ Via contaminated surfaces / objects - May be possible that a person can get COVID-19 by touching a surface, then touching their own mouth, nose, or possibly eyes

# Whom to suspect?

A patient with acute respiratory illness {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)}, **AND** a history of travel to or residence in a country/area or territory reporting local transmission (See NCDC website for updated list) of COVID-19 disease during the 14 days prior to symptom onset;

**OR**

A patient/Health care worker with any acute respiratory illness **AND** having been in *contact* with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

**OR**

A patient with severe acute respiratory infection {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness breath)} **AND** requiring hospitalization **AND** with no other etiology that fully explains the clinical presentation;

**OR**

A case for whom testing for COVID-19 is inconclusive.

# Who is a contact?

A contact is a person that is involved in any of the following:

- Providing direct care without proper personal protective equipment (PPE) for COVID-19 patients
- Staying in the same close environment of a COVID-19 patient (including workplace, classroom, household, gatherings)
- Traveling together in close proximity (1 m) with a symptomatic person who later tested positive for COVID-19

# Who is a high-risk contact?

- Touched body fluids of the patient (Respiratory tract secretions, blood, vomit, saliva, urine, faeces)

- Had direct physical contact with the body of the patient including physical examination without PPE.

# Who is a Lab Confirmed COVID-19 case?

**A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.**

# Inclusion criteria of COVID-9 testing

i. All asymptomatic individuals who have undertaken international travel in the last 14 days: -
   - They should stay in home quarantine for 14 days
   - They should be tested only if they become symptomatic (fever, cough, difficulty in breathing)
   - All family members living with a confirmed case should be home quarantined

ii. All symptomatic contacts of laboratory confirmed cases.

iii. All symptomatic health care workers.

iv. All hospitalized patients with Severe Acute Respiratory Illness (fever AND cough and/or shortness of breath).

v. Asymptomatic direct and high-risk contacts of a confirmed case should be tested once between day 5 and day 14 of coming in his/her contact.

# Identification of suspect cases for quarantine

Quarantine is separating a person or group of people who have been exposed to a contagious disease but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease.

Suspect cases for quarantine are to be identified through the following means:-

a. Self registration of persons with travel history abroad or contact history with affected persons in the last 14 days, with 104 Health Helpline or https://covid19.odisha.gov.in/ portal.

b. Persons calling District Help lines and reporting travel / contact history.

c. Persons screened at airport and recommended for home/ facility quarantine, due to travel / contact history.

d. Persons whose travel abroad details have been shared by the Bureau of Immigration.

e. Persons identified with travel/contact history through third parties i.e police, hotels, neighbors / public / private hospitals, etc.

# Quarantine: Home or facility level

a. **Home Quarantine:** required for the following categories of persons:

i. Persons with travel history abroad in the last 14 days, but asymptomatic or with very mild symptoms.

ii. Persons with contact history with affected person in the last 14 days but asymptomatic or with very mild symptoms.

iii. Persons with no travel history or contact history, but having flu-like symptoms.

b. **Facility-level quarantine**: required for the following categories of persons:-

i. Persons with travel history abroad in the last 14 days and showing moderate or severe flu-like symptoms.

ii. Persons with contact history with affected persons in last 14 days and showing moderate or severe flu-like symptoms.

iii. Persons who are not following home quarantine (unwilling/ non-compliant)

# Isolation

Isolation if to **separate sick people with infectious disease** from people who are not sick

**Facility Isolation:** It is at facility-level for the following categories of persons:-

(i) Those confirmed to be Covid-19 positive

(ii) All suspect cases detected in the containment/buffer zones (till a diagnosis is made), will be kept in isolation in a designated facility till such time they are tested negative

(iii) Persons testing positive for COVID-19 will remain to be hospitalized till such time 2 of their samples are tested negative

**Home Isolation:** To separate sick people with infectious disease from people who are not sick. This means you:

- Restrict yourself to a proper hygienic and well ventilated room.
- Do not go to public places such as work, school, shopping centres, park, university or any public place.
- Do not let visitors in - only people who usually live with you should be in your home.

# Odisha Govt. Portal for Foreign Returnees Registration

- Anyone who comes to Odisha from abroad has to register himself/herself mandatorily in the toll free number 104 or the online portal https://covid19.odisha.gov.in
- This should be done within 24 hours of arrival with basic details and phone numbers.
- They will be required to be in home quarantine for 14 days and after they complete the quarantine period they will be given an incentive of Rs 15,000 for registration and home isolation.

covid19.odisha.gov.in
COVID-19 Registration Portal
Government of Odisha
REGISTRATION OF PEOPLE RETURNING FROM ABROAD
All persons coming to Odisha from any country
are required to fillup the self reporting form.
View Notice
FILL UP SELF REPORTING FORM
or
CALL 104