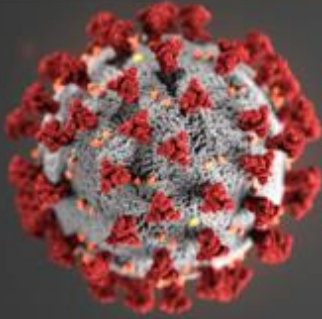


# NOVEL COVID19 CORONA VIRUS



**Aren't we Indians living in an illusion** that the temperature and humidity of India in the coming months will be deactivating the Covid 19 (Corona Virus) and protecting us completely?

**Let's try to understand this in simple terms:**

- The virus may be less active or deactivated at the high temperature (of 40°C or more), but this deactivation doesn't happen just in a second or two. It takes time.
- If the virus finds its passage to another carrier in this time, it will again get activated.
- We need to understand that virus survives and multiplies in the body (secretions).
- If we keep this fact in mind then how would this theory of " High temperature completely protecting against the virus" stand the test of the time?
- With the above logic (fact) we need to understand that we (the Indians in India) are also susceptible to Covid 19 (Corona Virus).

**Now the important question is : What to do to fight this epidemic?**

Let me try to simplify it:

First and the foremost thing is to break the chain of transmission of the Virus.



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## **Ways to break the chain of transmission of Covid 19 (Corona Virus)**



**Wash your hands often**



**Stay home when you're sick**



**Cover your coughs and sneezes**

### **FOR HEALTHY PEOPLE:**

- Avoid (over) crowding.
- Wash hands properly using soap and water many times a day.
- Maintain immunity by eating healthy.
- Sleep well.

### **IF YOU HAVE TRAVELLED TO THE EPIDEMIC ZONES AND YOU ARE ASYMPTOMATIC:**

- If travelled just a day back to less than 2 weeks then opt for self quarantine. Discuss with the health authorities.
- If it's more than 2 weeks and less than 6 weeks, then also discuss with a health care provider

### **IF YOU HAVE TRAVELLED TO THE EPIDEMIC ZONE AND YOU HAVE SYMPTOMS:**

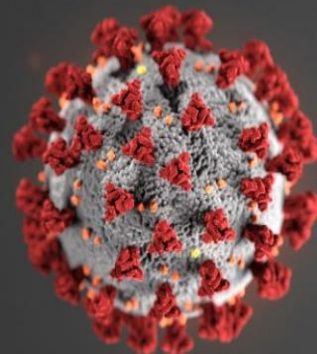
- Contact your health care providers immediately.
- Let your close contacts opt for quarantine, till your diagnosis is not confirmed.
- If you have any symptoms related to breathing then don't wait. Just rush to the nearby tertiary care hospital.

### **IF YOU HAVE A SUSPICION THAT YOU HAVE CONTACTED A CASE OF COVID 19 IN RECENT PAST:**

- Contact your health care provider.
- If the contact is less than 2 weeks then plan quarantine accordingly.

### **WARNING SIGNS:**

- Dehydration
- Cough
- Cold
- Fever
- Breathlessness
- Weight loss



## **Precautions & Interventions to fight Covid 19 (Corona Virus)**

- Use mask if you are a carrier or a case.
- Maintain hygiene.
- Wash your hands with soap and water regularly.
- Avoid crowding (overcrowding).
- Eat cooked food.
- Have balanced diet.
- Vitamin C (from lemon and other citrus fruits) would be helpful.
- Sleep well.
- Avoid fiddling with your mucus membranes (Mouth, Nose, Eyes and Ears).
- Avoid very cold food & Drinks.
- Encourage warm liquids as much as possible.
- Stay Hydrated.
- Yoga, Suryanamaskar and all the traditional exercise activities will be helpful to let you stay physically active without going to a crowded place. One can do Yoga at home itself.
- Antivirals like Lopinavir & Ritonavir may play some role in decreasing the duration and severity of the infection. This needs to be proven though.

### **CONCLUDING REMARKS:**

- You will be bombarded by lots of promotional items like supplements and many other magic remedies.
- Just note that **“Prevention is better than cure”**.
- Please don't get trapped by claims made by various products providers.
- Just stay safe.
- There is no need to panic, but we can't stay ignorant too! Stay Vigilant!

**Every life matters**



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