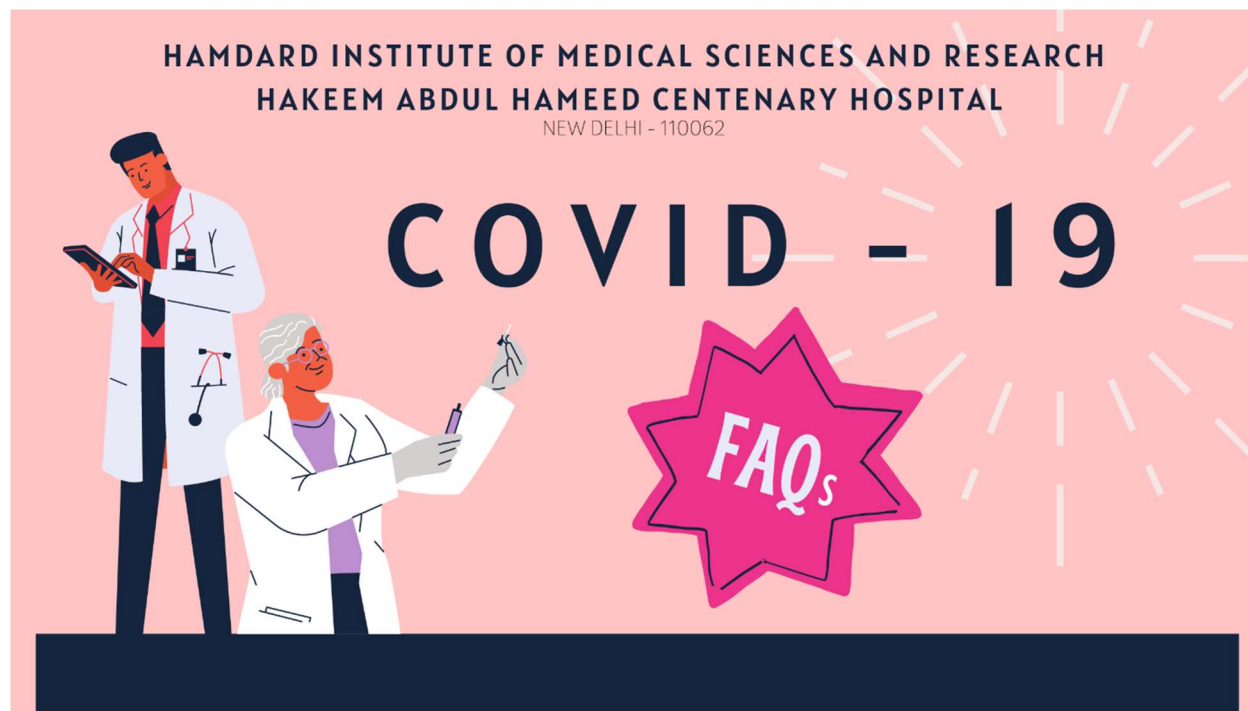


# FAQs on COVID-19

First Edition – September 2020



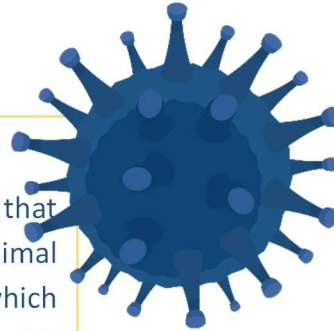
Prepared by

Department of Community Medicine

Hamdard Institute of Medical Sciences & Research, Delhi

## FREQUENTLY ASKED QUESTIONS ON COVID-19

### GENERAL INFORMATION



**Q What is novel corona virus?**

**Ans** Corona virus belongs to a large group of viruses that causes illness in humans and animals. Rarely animal corona viruses can evolve and infect people which then spreads between people such as has been with Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

**Q What does COVID-19 stands for?**

**Ans** It stands for **Corona Virus Disease 2019** (as the disease outbreak started in 2019).

**Q How does COVID-19 spread?**

**Ans** It spreads through respiratory droplet that are released in the air by coughing /sneezing / talking which then can infect people in close proximity. Fomites such as handkerchief or mobile phones etc., can also act as transmitters of infection from one person to another.

**Q What are symptoms and danger signs of COVID-19?**

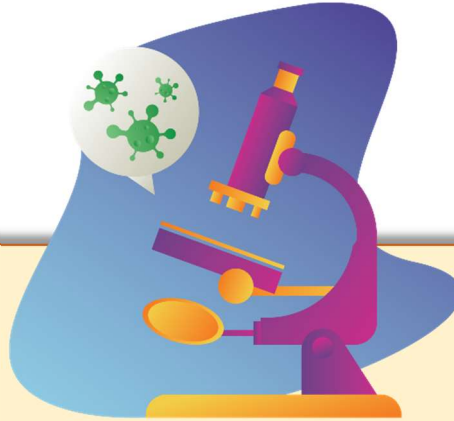
**Ans** Symptoms include **Fever, Cough, Sore throat, difficulty in breathing, body ache and weakness**. In some cases, diarrhea, new smell and taste disorders like anosmia (loss of smell), ageusia (loss of taste sensation) have also been found.

Danger signs include, **severe breathlessness, bluish discoloration of lips and face, tightness around the chest, acute chest pain or continuous high-grade fever**. In case of any such signs report to the hospital immediately.

#### People at Higher Risk of getting Covid-19

- People aged > 60 years
- Obese individuals
- Those with comorbidities like Diabetes, Hypertension, Chronic kidney disease or Chronic Lung disease
- Immunocompromised individuals like those with AIDS or immunosuppressive drugs and Cancer patients.





**Q      What should I do if someone in my family got infected with COVID-19?**

**Ans**    If the patients are asymptomatic or has mild symptoms, he/she can be home isolated, which means the positive patient should be strictly isolated in a separate room, preferably with an attached separate washroom. No other family member should go into the room. The caregiver should wear mask, face-shield and gloves whenever in contact with the patient. The patient should also wear a mask at home always. If the patient develops any danger signs, it needs to be reported to the hospital immediately.

However, if the patient is moderately or severely ill, he needs to be admitted in a designated COVID healthcare facility.

**Q.      What test is advised to diagnose COVID-19?**

**Ans**    To diagnose COVID, a swab is taken from the throat/nose, which is then tested by RT-PCR. It takes about 8-10 hours to give a result.

---

*An antigen-based test, uses a swab from the nose and gives results in 30 minutes. A positive result is considered a confirm positive. However, if the antigen test report is negative, and if you have symptoms, then an RT-PCR test has to be done to confirm the diagnosis.*

---

**JUST  
BREATHE**

# DISEASE TRANSMISSION

**Q Is it true that only people with symptoms of COVID-19 can spread the disease?**

**Ans** No. The virus spreads most easily when an infected person has symptoms. But the virus can also spread before symptoms start. It can take 2–14 days after someone is exposed to the virus for symptoms to show up. Infected people start infecting others 2 days before onset of symptoms. They are likely to be non-infective after 9 days of onset of symptoms when symptoms have ceased.

**Q Can I get COVID-19 from my pets and other animals?**

**Ans** There has not been any evidence whether the virus can be transmitted from dogs or cats to humans. However, since animals can spread other diseases to people, it's always a good idea to practice healthy habits around pets and other animals, such as washing your hands and maintaining good hygiene

**Q Can I get COVID-19 infection from eating meat?**

**Ans** Consumption of any kind of meat or poultry doesn't pose any risk. As a common healthcare precaution, all kinds of meat should be thoroughly washed and properly cooked.

**Q Will warm weather stop outbreak of COVID-19?**

**Ans** No such conclusions have been made from studies.

**Q What does Community Spread of COVID-19 mean?**

**Ans** It refers to the situation when we cannot trace the source of corona virus infection in a positive case.

**Q Can COVID-19 be transmitted by blood transfusion?**

**Ans** No, it has not been found to spread through blood or blood products.

**Q What is contact tracing of COVID-19?**

**Ans** It refers to the process of identifying, assessing, and managing people who have been exposed to a COVID-19 positive case to prevent further transmission.

**Q Are masks and hand sanitizer effective against preventing the spread of COVID-19?**

**Ans** Yes, these precautions are essential to avoid spread of infection

**Q Is social distancing an effective measure for controlling the outbreak of COVID-19?**

**Ans** Yes, it helps to break the chain of transmission.

**Q Am I at the risk for serious complication from COVID-19 if I am a smoker?**

**Ans** Yes, some studies have shown that smoking is associated with increased severity of disease and death in hospitalized COVID-19 patients.

**Q Are antibiotics effective against COVID-19?**

**Ans** No. Antibiotics are effective against bacteria, but a SARS CoV-2 being a virus, is not affected by antibiotics. Hence avoid self-medication with antibiotics. Only take on the advice of a physician.

**Q Can vitamin-C cure COVID-19?**

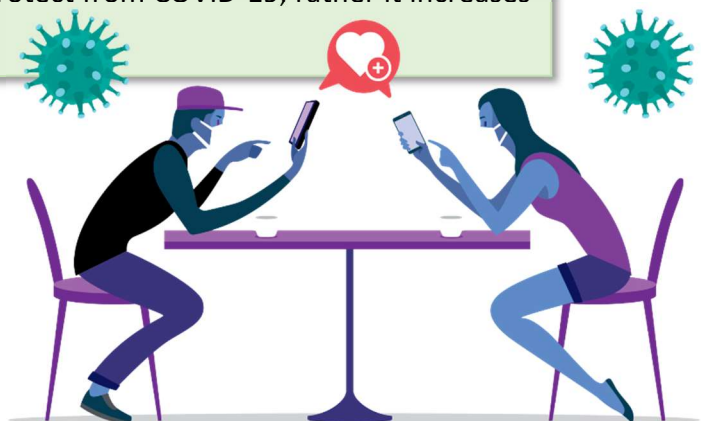
**Ans** Vitamin C is helpful in strengthening the immune system, but it is not a cure for COVID 19.

**Q Will drinking of lots of hot drinks stop COVID-19?**

**Ans** There is no hot drink that will protect you from COVID-19 or cure the illness. So far there is no proven cure for COVID-19 but most people recover by themselves. Taking liquids can only help in managing your symptoms.

**Q Can drinking alcohol protect me from getting COVID-19?**

**Ans** No, drinking alcohol does not protect from COVID-19, rather it increases your risk of health problems.



# TREATMENT

**Q What is plasma therapy? Is it an effective treatment for COVID-19 patient?**

**Ans** It is taking plasma, which is rich in antibody against COVID-19, from a recovered COVID-19 patient and administering them in an active COVID-19 patient.  
Plasma therapy is under trial and initial results are awaited.

**Q: If I had COVID-19 infection once, will it protect me from the same disease for rest of my life?**

**Ans** Once you get infected the body produces antibodies, which protects against further infection. However, how long these antibodies stay in the body is still being researched. So, it is too early to assume that infection provides life-long immunity.



## COVID-19 IN PREGNANCY, INFANTS & CHILDREN

**Q If a pregnant woman is COVID-19 positive at the time of delivery, her baby will also be positive?**

**Ans** We do not have enough evidence to confidently deny vertical transmission from mother to baby. However not many cases of babies born to COVID-19 positive mother have tested positive. However, the virus can be transmitted after birth through droplet or fomites. However, it is encouraged to continue breast feeding for the baby with adequate precautions, as breast milk will protect the baby from a number of infections.

**Q Can a COVID positive mother breastfeed her baby?**

**Ans** Yes. A COVID positive mother should continue breastfeeding her baby. She should practice proper handwashing and hygiene before feeding her child.