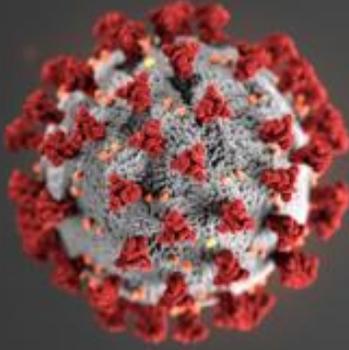


# NOVEL COVID 19 CORONA VIRUS



**The Covid 19 Corona Virus is breaking all the disillusions that it can't spread in India. It has not only knocked the doors but has entered in our Country.**

Cities like Delhi, Jaipur, Agra, Hyderabad and Kochi have already witnessed the cases. The contact tracing is difficult.

**“Holi : The Festival of Colours” is just 5 days away. The age old tradition of “ Gathering Together to Celebrate Holi” is almost impossible to avoid. “Holi” is not simply a festival. It’s a tradition which is deeply embedded in the culture of India (Indians). This will remain a matter of debate and discussion of the impact of “Holi Celebration Gatherings” on the “Transmission of Covid 19 Corona Virus”. Only time will answer this question.**

**“World Health Organization (WHO) has warned that the mortality rate of the novel Coronavirus globally, at 3.4%, is higher than previously thought”.**

## Mortality rate rises to 3.4%: WHO

**GENEVA:** The World Health Organization has warned that the mortality rate of the novel coronavirus globally, at 3.4%, is higher than previously thought, as the contagion spread to infect over 94,000 people and kill more than 3,200 since its outbreak in China late last year.

While often compared to the flu, WHO chief Tedros Adhanom

Ghebreyesus stressed that the virus was far more deadly. “More people are susceptible to infection and some will suffer serious disease. Globally about 3.4% of Covid-19 cases have died,” he said.

“By comparison, seasonal flu generally kills far fewer than 1% of those infected.” And while many people have over the years

built up immunity to seasonal flu, “no one has immunity” to the new coronavirus, he acknowledged. Earlier, the WHO had said the death rate of Covid-19 was around 2%.

The disease, which first emerged in China, is appearing in new countries almost every day with Iran, Italy and South Korea facing growing case loads. **PTI**

### THE THREE HOTSPOTS

The active infections are currently spread over 3 cities



23 cases

#### DELHI-NCR

- Of these, a Paytm staffer working in Gurugram was confirmed as a new infection
- Six other confirmed patients are Agra-based relatives of a Delhi resident, who tested positive on Monday
- The rest, 15, are a group of Italian tourists and an Indian who drove them. A person who separated from the group first tested positive in Jaipur earlier this week
- 88 close contacts of the Delhi patients are under watch

#### JAIPUR

- The wife of the Italian tourist who tested positive on Tuesday was confirmed as another Covid-19 patient
- At least 215 people came in contact with the Italian tourists. Of these, 51 were cleared, officials said

#### HYDERABAD

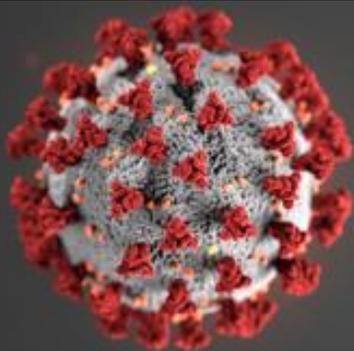
- While confirmation is awaited, two more people are believed to be infected, taking the total number to 3
- Of these, one person is believed to have been in close contact with the techie who came from Dubai and was confirmed a patient on Monday. A third is believed to have visited Italy

Three patients in Kerala recovered from the disease last month

Dr. Deepak Anjana V. Chaturvedi; M.B.B.S.; M.D. (Medicine)

[www.drdeepakchaturvedi.com](http://www.drdeepakchaturvedi.com) +91-9987002515

# NOVEL COVID 19 CORONA VIRUS



## WHO ARE AT MAXIMUM RISK:

- Elderly.
- Children.
- Pregnant women.
- Low Birth Weight Babies.
- Immunocompromised People.
- People having Pre-existing Illnesses.
- Frequent Travellers.
- In reality, we all are at risk.

## WARNING SIGNS:

Dehydration  
Cough  
Cold  
Fever  
Running Nose  
Red Eyes  
Eyes Watering  
Breathlessness  
Weight loss

### **The other side of the story**

According to a large section of experts, India's risks of catching the virus are disproportionately high because of its high population density, creaky healthcare mechanism and high internal migration.

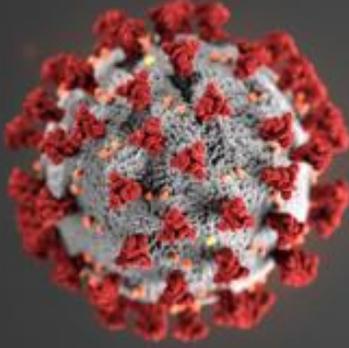
India's case could be more worrisome than most other countries in the event of an outbreak. The first reason is population density: each square kilometre in India accounts for as many as 420 people, way higher than in most countries of the world.

The second factor is the exceptionally high rate of internal migration: as per the last census, 45 crore people migrated inside India in such of jobs and other opportunities. This could turn out to be a nightmare in case an outbreak occurs, particularly because Hubei-like lockdowns in India are next to unthinkable.

The third reason is our overburdened, creaky, rickety public health regime — about which the less said, the better. If an outbreak occurs, India's public health system — in all likelihood — will be overwhelmed in no time. Add to this India's generally pathetic hygiene habits, and you have a perfect recipe for nightmare.

The paramount fear now is that the situation could degenerate very rapidly if 'super spreader' cases emerge. Super spreaders (human carriers) are infected people who transmit the disease to a large number of people in a community — like the one suspected in China's first wave of cases.

# NOVEL COVID 19 CORONA VIRUS



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

- Help in breaking the chain of transmission of the Virus.
- Use mask if you are a carrier or a case.
- Maintain hygiene.
- Wash hands with soap and water regularly.
- Avoid crowding (overcrowding).
- Avoid unnecessary Travelling.
- Eat home 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.
- Don't hesitate to seek medical advise/Help if there are symptoms of Flu (Cold, Cough, Running nose, Red Eyes, Respiratory symptoms).
- Don't hesitate to opt for self quarantine if there is any doubt of any contact with a case or a carrier.
- Don't hide the history of any contact to a potential case or carrier.
- Don't hide the history of travel to epidemic zones.
- Avoid experimenting with unproven remedies.
- Listen to the expert health care providers.
- Take "Flu Vaccine (Influenza)" as recommended by your Health Care Provider to protect against other "Acute Respiratory Viral Illnesses.
- Yoga, Surya-namaskar 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.



Wash your hands often



Stay home when you're sick

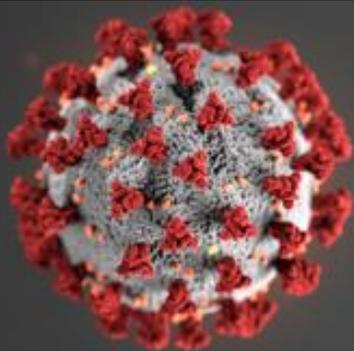
Hyatt staff sent on self-quarantine after contact with patient

Four quarantined in Pune, 11 in Nashik



Cover your coughs and sneezes

# NOVEL COVID 19 CORONA VIRUS



## CONCLUDING REMARKS:

- You will be bombarded by lots of promotional items like supplements and many other magic remedies like **“Gau-mutra and/or Cow Dung”**. **Stay away from such claims.**
- Many claims coming from “AYUSH” are also merely claims and far away from evidences.
- Just note that **“Prevention is better than cure”**.
- Please don't get trapped by claims made by various products providers.
- Just stay safe.
- Even “Flu” (Influenza) shouldn't be taken lightly.
- Kids, Elderly and immunocompromised are always at risk. So, better take care of them.
- No need to get panic... but don't be overconfident and ignorant too.
- Stay vigilant! Stay alert!
- ***Microorganisms are more notorious than expected.***
- ***We, by becoming the carriers (and not the cases), may easily transmit the virus to somebody who is susceptible (Elderly, Kids, Pregnant women, Immunocompromised people). So, let's stay attentive and break the chain of transmission.***
- Stay safe! Stop transmission of virus!

**Every life matters**



**Dr. Deepak Anjana V. Chaturvedi;**  
**M.B.B.S.; M.D.(Medicine)**

Internal Medicine, Metabolic Medicine  
Diabetes, Thyroid, Obesity, Antiaging & Geriatric Consultant.  
Antiaging Hormones Physician, Wellness & Lifestyle Consultant.  
Motivational Speaker.

[www.drdeepakchaturvedi.com](http://www.drdeepakchaturvedi.com)

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[www.instagram.com/drdeepakchaturvedi](http://www.instagram.com/drdeepakchaturvedi)

**+91-9987002515**