



VS Hospitals™  
Care. Cure. Compassion.



# PUBLIC INFORMATION BOOKLET

COVID-19  
**CORONAVIRUS**

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

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## How is the Government responding to Coronavirus (COVID-19)?

The Government has introduced measures to protect the public by delaying the spread of the virus.

#Keep this leaflet in a safe place.

For more information, please call:

 **+91-9884875111**



# What is Coronavirus (COVID-19)?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus.



Coronavirus (COVID-19) is spread in sneeze or cough droplets. Current evidence suggests that the virus can spread as easily as the flu virus that circulates every winter.



Viruses can be easily spread to other people and you are normally infectious until all your symptoms have gone.



Coronavirus (COVID-19) may survive on surfaces if someone who has it coughs or sneezes onto it. Simple household disinfectants can kill the virus on surfaces.



The evidence so far suggests that:

**80%**  
of cases

Patients experience mild illness and make a full recovery within a few weeks

**Around 15%**  
of cases

Patients experience more severe illness

**Around 5%**  
of cases

Patients experience critical illness

# COVID-19 Spread (Transmission)





- The disease can spread from person to person through small droplets from the nose or mouth when an infected person coughs or exhales. These droplets land on objects and surfaces around the person.
- People can also catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.
- People may also get infected if they breathe in droplets from an infected person who coughs out or exhales droplets. This is why it is important to stay more than 6- feet away from a person who is sick.

“ The airborne route of transmission is under investigation. Of late, this has acquired a ‘superspreader’ status, wherein cases have been implicated through asymptomatic transmission or in some where the mode of transmission is unexplainable. ”





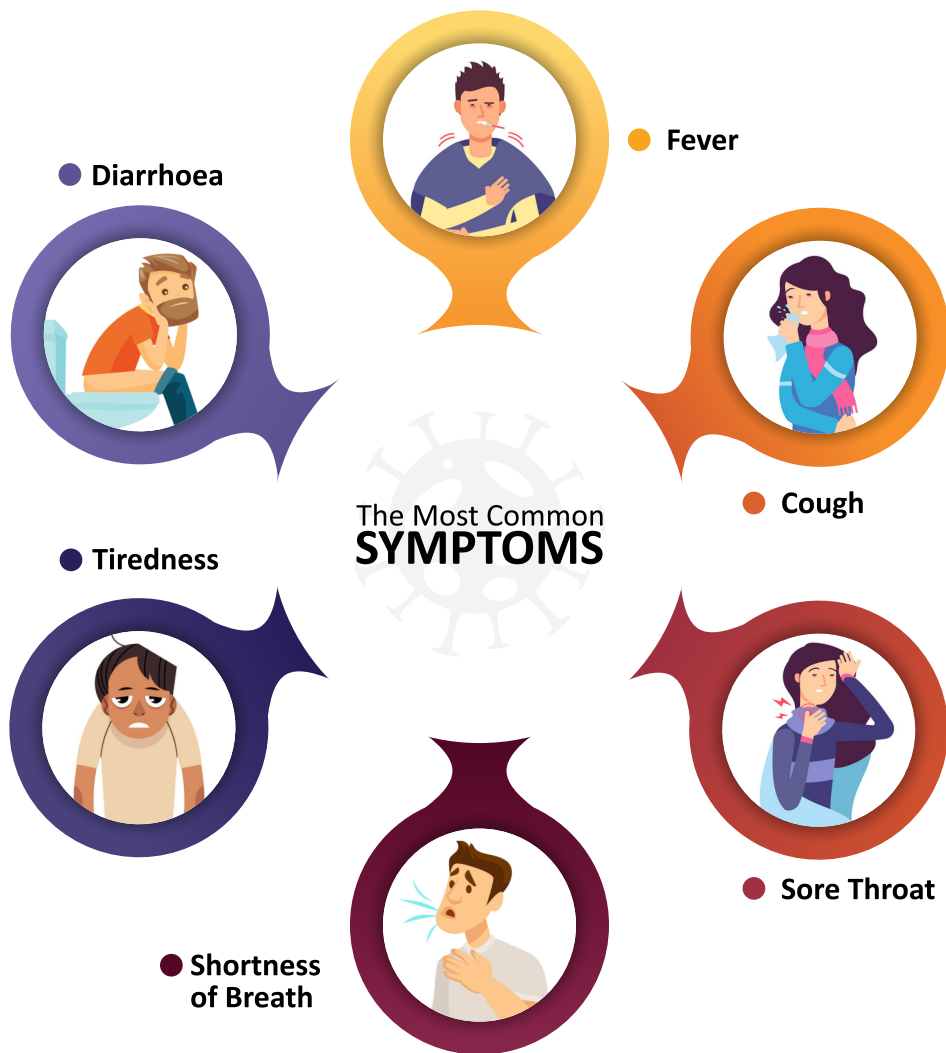
# COVID-19 (Coronavirus) Symptoms

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Cough	Common (Usually Dry)	Mild	Common (Usually Dry)
 Shortness of Breath	Sometimes	No	No
 Aches and Pains	Sometimes	Common	Common
 Sore Throat	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Diarrhoea	Rare	No	Sometimes for Children
 Sneezing	No	Common	No

Sources: World Health Organization, Centers for Disease Control and Prevention

# What are the symptoms of Coronavirus (COVID-19)?

It can take up to 14 days for symptoms to appear.



# What are the symptoms of Coronavirus (COVID-19)?

It can take up to 14 days for symptoms to appear.



# How can I protect myself from getting Coronavirus (COVID-19)?



Wash your hands regularly and avoid touching your face with your hands. Hand gels with at least 60% alcohol content can be used if soap and water are not available.

- ✓ How to wash your hands with soap and water.
- ✓ Wet your hands with warm water and apply soap.
- ✓ Rub your hands together until the soap forms a lather.
- ✓ Rub the top of your hands, between your fingers and under your fingernails.
- ✓ Do this for about 20 seconds.
- ✓ Rinse your hands under running water.
- ✓ Dry your hands with a clean towel or paper towel.



When coughing and sneezing, cover your mouth and nose with your bent elbow or tissue. Put used tissues into a closed bin and wash your hands.





Clean and disinfect frequently touched objects and surfaces. Use regular household disinfectants to clean surfaces.



Do not shake hands or make close contact where possible.



We recommend social distancing for all people to decrease the spread of the virus. Social distance measures work by reducing contact between sick and healthy individuals.

**We also recommend that you reduce social interactions to help protect yourself from getting the virus. Reduce the number of people you meet day to day.**

**Some of the things you can do include:**

- ✓ Reduce interactions with people outside the workplace and the home
- ✓ Increase your distance from others – keep separate by at least 1 metre (3ft), ideally at least 2 metres (6ft)
- ✓ Don't shake hands
- ✓ Ideally avoid communal sleeping areas
- ✓ Avoid crowded places
- ✓ Work from home if possible

**When in crowded settings like public transport or a supermarket, practise personal protective measures by:**

- ✓ Avoiding touching your eyes, nose and mouth AND
- ✓ Cleaning your hands often

# Myths Around Covid-19

1

**Will I die if I get Coronavirus?**

No. Mortality rate ranges between 2-3% only. Almost 80% of people have mild symptoms and recover in 2 weeks. Risk of death is higher only in older people (above an age of 60 years) and people with pre-existing health conditions

2

**Can the COVID-19 virus be passed on through food?**

No. Currently, there is no evidence yet that suggests that COVID-19 virus can be passed on through food.

3

**Can eating meat, poultry products like chicken or eggs cause Coronavirus?**

No. Currently, there is no evidence yet suggesting spread of coronavirus directly through poultry products. But, it is always a good option to eat only properly cooked meat.

4

**I will not get the virus as long as I wear a mask. Is this true?**

Not necessarily. While wearing a mask in a crowded place is advisable, You also need to wear a mask if you are taking care of a person suspected with COVID-19 infection if you are healthy.

5

**Can I catch the virus through my pets?**

No. There is no evidence to support that this virus can be transmitted through domestic pets

- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand - cleaning with alcohol - based hand rub, or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.



# Myths Around Covid-19

6

**Can foods like garlic help prevent the spread of the virus?**

Garlic has many health benefits and more people should be eating it. However no food out there is guaranteed to prevent you from contracting the virus. It is not backed up by any medical studies.

7

**Can high temperature, humidity affect transmission rate of COVID-19?**

No. This is a myth. The WHO has observed that this infection can be transmitted in any and all areas regardless of climate.

8

**Can taking a hot bath prevent infection?**

No. This is also a myth. WHO says that the normal body temperature remains stable between 36.5°C - 37°C despite the temperature. But taking hot baths frequently will decrease the viral blood.

9

**Can holding the breath for 10 seconds act as test for detecting COVID-19?**

No. Experts say that a person infected with the COVID-19 virus can also hold his/her breath for longer than 10 seconds.

10

**Vitamin C supplements will stop you from catching COVID-19?**

Researchers have yet to find any evidence that vitamin C supplements can render people immune to COVID-19 infection.



# Who are at-risk groups?


There are some groups of people who may be more at risk of serious illness if they catch Coronavirus (COVID-19).

## These groups include:

- ✓ People over 75 are particularly vulnerable.
- ✓ All people aged 60 years and over.
- ✓ People (adults and children) with long-term medical conditions including people with cardiac and respiratory conditions
- ✓ People whose immune system is impaired due to disease or treatment including cancer patients
- ✓ Patients with any condition that can affect respiratory function (breathing)
- ✓ Residents of nursing homes and other long-stay settings including disability, mental health and older persons services



For more information, please call:

 **+91-9884875111**



# What should I do if I'm feeling unwell?

If you are experiencing flu-like symptoms like fever and / or cough, you should immediately self-isolate regardless of travel or contact history.

If you are experiencing these symptoms and are concerned you have been in contact with a person infected with Coronavirus (COVID-19), self-isolate and contact us by phone.

We will assess you and decide if a test for Coronavirus (COVID-19) is necessary.

For more information,  
please call:



**+91-9884875111**  
**+91-44-42001000**



# How should I limit social interaction?

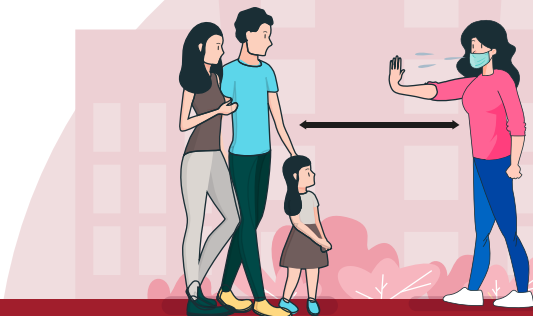
Limited social interaction is avoiding contact with other people and social situations as much as possible. You may need to do this if you are a close contact of a confirmed case of Coronavirus (COVID-19). This is to stop other people from getting the virus if you develop symptoms.

## If you are told to limit social interaction, you should:

- ✓ Reduce interactions with people outside the workplace and at home.
- ✓ Increase your distance from others – keep separate by at least 1 metre (3ft), ideally at least 2 metres (6ft).
- ✓ Don't shake hands.
- ✓ Ideally avoid communal sleeping areas.
- ✓ Avoid crowded places.
- ✓ Work from home if possible.

## Safe To Do

- |                         |                     |                             |
|-------------------------|---------------------|-----------------------------|
| ✓ Take a walk           | ✓ Read a Good Book  | ✓ Group Video Chats         |
| ✓ Go for a Hike         | ✓ Listen to Music   | ✓ Stream a favorite show    |
| ✓ Gardening             | ✓ Cook a meal       | ✓ Check on Friends          |
| ✓ Play Indoors          | ✓ Family Game night | ✓ Check on Elderly Neighbor |
| ✓ Cleaning out a Closet | ✓ Go for a Drive    |                             |



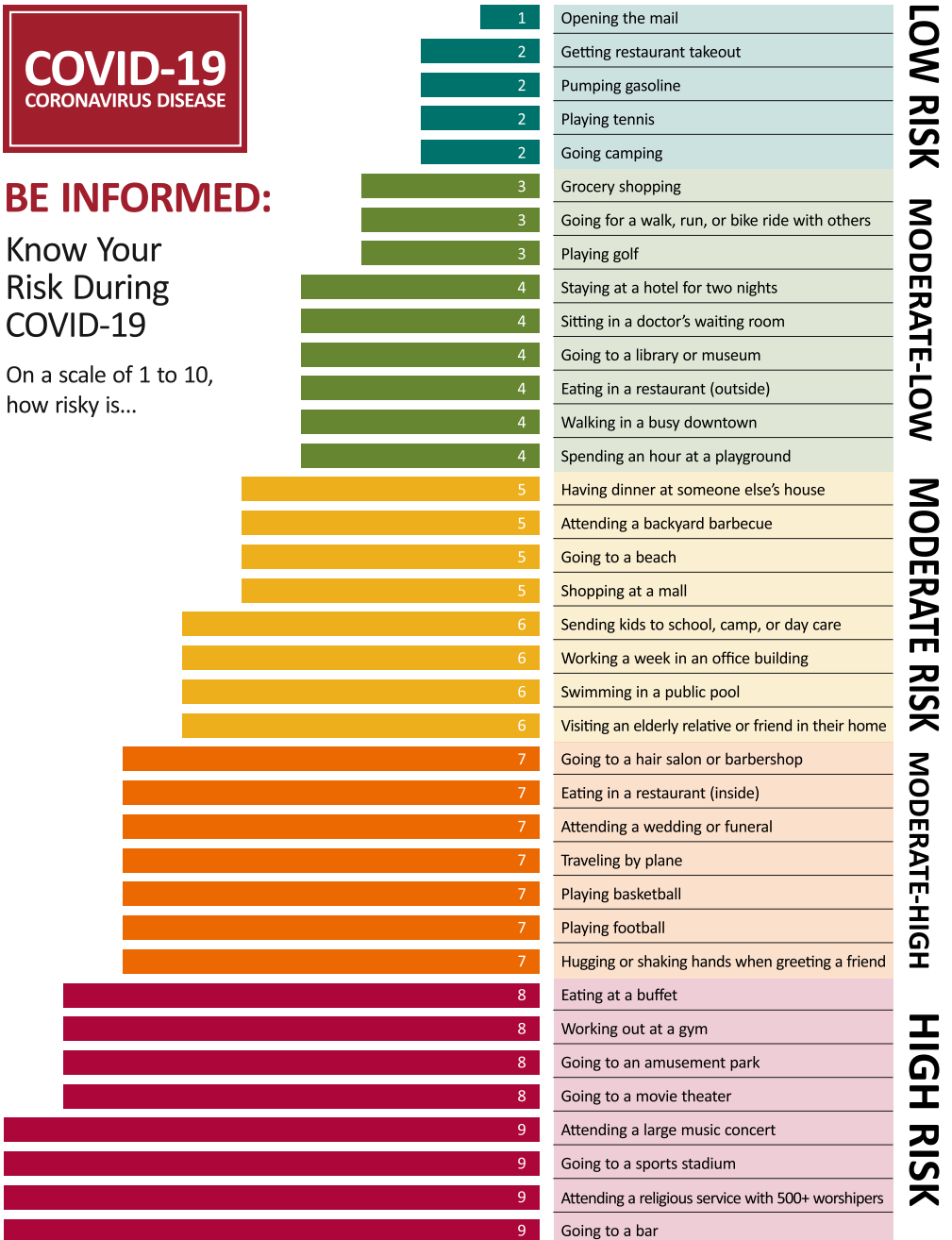
# COVID-19

CORONAVIRUS DISEASE

## BE INFORMED:

### Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...



# Home Quarantine

Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19. A Contact may be defined as follows:

- ✓ A person living in the same household as a COVID-19 case
- ✓ A person having had direct physical contact with a COVID-19 case
- ✓ A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 meter including air travel

The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing



# Instructions for contacts (people) being home quarantined



Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

Restrict his/her movement within the house.



Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.



Avoid sharing household items like utensils, clothes, towels etc with the family members.

Follow strict hand hygiene rules.



Use surgical masks at all times. Do not reuse masks, change masks every 6-8 hours. Dispose off masks separately and treat them as biohazards.

# How to Cope with the Disease



## **Wear a Mask**

If you are sick and must go in public or be around other people, it is important to wear a face mask to prevent spreading the virus. Remember to also put a facemask on before entering the doctor's office or when traveling to and from your doctor's appointments. If you don't have one upon arriving, your provider should provide one for you that you can keep on-hand for transportation home and future use.



## **Do not Share Personal Items**

To avoid spreading germs, do not share dishes, utensils, towels, or other personal items with other people in your household. After using these items, they should be washed thoroughly with soap and water.



## **Wash Your Hands**

Wash your hands often with soap and water for at least 20 seconds, and if soap and water aren't available, use an alcohol-based hand sanitizer.



## **Clean and Disinfect Surfaces Frequently**

Wipe down "high-touch" surfaces like countertops, doorknobs, toilets, phones, and keyboards, using household cleaners and wipes.

# How to Cope with the Disease



## Exercise

Staying active will keep you both mentally and physically healthy during your quarantine. Exercise can help reduce elevated cortisol levels, as well as trigger the release of endorphins, boosting your overall mood and happiness. If you are feeling well enough and don't have active symptoms, try at an-home workout to avoid physical contact with others. Even walking up a few flights of stairs, or having a dance party in your room can be helpful.



## Stay in Contact with Friends and Family

Research shows that quality time with people you care about can boost your happiness level. If you are self-quarantined, try to still connect with your friends and family through video chat or phone calls.



## Monitor your Symptoms

If you find your symptoms worsening, contact us. If you are experiencing a medical emergency, **please call +91-+91-9087000855**. Even if you are not experiencing COVID-19 symptoms, it is important to follow these measures for the full quarantine or isolation period. If you are not sure whether to discontinue your isolation, please contact us.

- Breathing Exercises
- Self Monitoring
- Check your Oxygen Saturation 2 hours & the Pulse Oxymeter
- Check your temperature 4 times a day.

# Home Quarantine

## A 14 day remote monitoring service, What we offer?

- Covid Care Kit
- Nurse Consultation
- Physician Consultation
- Dietitian Consultation
- Instructions for Home Quarantine
- 24 x 7 Call Assistance
- RT PCR Test on 14th day\* (Optional)
- Ambulance Service on Demand\* (Optional)
- Specialty Video Consult\* (Optional)

## Home Care Instructions for the Patient

1. **Stay home except to get medical care.** Do not go to work, school, or public areas, and do not use public transportation, ride-sharing, or taxis.
2. **Separate yourself from other people and animals in your home.** As much as possible, stay in a specific room away from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others. Although there have not been reports of pets becoming sick with COVID-19, you should also avoid contact with animals or pets while you are sick.
3. **Call ahead before visiting your doctor** and tell them that you have or may have COVID-19 so they can prepare for your visit and take steps to keep other people from being exposed or infected.
4. **Wear a facemask.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
5. **Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer if soap and water are not available. You should use soap and water if your hands are visibly dirty.



# Home Quarantine

6. **Wash your hands often** and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
7. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people or pets in your home. These items should be washed thoroughly after use with soap and warm water.
8. **Monitor your symptoms.** If illness gets worse (e.g., trouble breathing, pain in chest), get medical care right away. Before you visit a clinic or hospital, call your healthcare provider and tell them that you have, or might have, COVID-19. This will help your provider take steps to keep other people from getting infected. If you have a medical emergency and need to **call +91-9087000855**, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a facemask before emergency medical services arrive.

**These recommendations should be followed until your healthcare provider and/or the health department confirm that you do not have COVID-19 or determine that you are no longer contagious.**

## **How should you monitor your health during this time period?**

You were given a form to record your temperatures and symptoms. If you experience any symptoms on the form you must contact the **VS Covid Care Hospital at +91-9087000855** for further recommendations.

For more information,  
please call:



**+91-9087000855**  
**+91-44-42001000**



# Home Quarantine

## Instructions for monitoring your Temperatures and Symptoms

- Each day, take your temperature & record your temperature and the presence or absence of listed symptoms on the **14-day fever & symptom log**.
- Take your temperature by mouth with a digital thermometer **2 times a day**, once in the morning and again in the evening.
  - \* Write down your temperature on the form twice a day, every day.
  - \* If you forget to take your temperature, take it as soon as you remember.
  - \* Record if you are taking any medication that could lower your body temperature. If you are taking any specific medications, please take your temperature **before** your next dose of medication.
- Report any other medication taken and any current health conditions.
- Mark if you have any of the symptoms of novel coronavirus listed on the form.
- If you have fever or symptoms listed on the form, immediately **call VS Covid Care Hospital on +91-9087000855**

## What should you do if you become ill during the monitoring period?

**Call VS Covid Care Hospital on +91-9087000855** and follow their instructions. If you cannot immediately reach VS Hospitals, please call your doctor or your local hospital. Inform them that you are being monitored by VS Hospitals for potential exposure to novel coronavirus and need follow-up medical care and testing.

## Advice for Caregivers

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has symptoms of COVID-19. Or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

*\*Note: Older adults and people of any age with serious underlying medical conditions are at higher risk for developing more severe illness from COVID-19. People at higher risk of severe illness should call their doctor as soon as symptoms start.*

# Home Quarantine

## Provide support and help cover basic needs

- Help the person who is sick follow their doctor's instructions for care and medicine.
  - For most people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

## Watch for Warning Signs

- Have their doctor's phone number on hand.
- Use self-checker tool to help you make decisions about seeking appropriate medical care.
- Call their doctor if the person keeps getting sicker. For medical emergencies, call +91-9087000855 and tell the dispatcher that the person has or might have COVID-19.

## When to Seek Emergency Medical Attention

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

# Home Quarantine

**Call +91-9087000855 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

## Protect yourself when caring for someone who is sick

### Limit Contact

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.

- The **caregiver**, when possible, **should not be someone who is at higher risk for severe illness from COVID-19.**
- **If possible, have the person who is sick use a separate bedroom and bathroom.** If possible, have the person who is sick stay in their own “sick room” or area and away from others. Try to stay at least 6 feet away from the sick person.
- **Shared space:** If you have to share space, make sure the room has good air flow.
  - Open the window to increase air circulation.
  - Improving ventilation helps remove respiratory droplets from the air.
- **Avoid having visitors.** Avoid having any unnecessary visitors, especially visits by people who are at higher risk for severe illness.

### Eat in separate rooms or areas

- **Stay separated:** The person who is sick should eat (or be fed) in their room, if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- Clean hands after taking off gloves or handling used items.

### Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

# Home Quarantine

## When to wear a cloth face cover or gloves

### Sick person:

- The person who is sick should wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).
- The cloth face covering helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

### Caregiver:

- Wear gloves when you touch or have contact with the sick person's blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.
- The caregiver should ask the sick person to put on a cloth face covering before entering the room.
- The caregiver may also wear a cloth face covering when caring for a person who is sick.
  - To prevent getting sick, make sure you practice everyday preventive actions: clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- **Hand sanitizer:** If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- **Hands off:** Avoid touching your eyes, nose, and mouth with unwashed hands.

# Home Quarantine

## Clean and then disinfect

### Around the house

- Clean and disinfect **“high-touch” surfaces and items every day**: This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with **soap and water** if it is dirty. **Then, use a household disinfectant.**
  - Be sure to **follow the instructions on the label** to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also recommend wearing gloves, making sure you have good air flow, and wiping or rinsing off the product after use.
  - Most household disinfectants should be effective.
  - **To clean electronics**, follow the manufacturer's instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.

### Bedroom and Bathroom

- **If you are using a separate bedroom and bathroom**: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the sick person.
  - If they feel up to it, the person who is sick can clean their own space. Give the person who is sick **personal cleaning supplies** such as tissues, paper towels, cleaners, and registered disinfectants.
- **If sharing a bathroom**: The person who is sick should clean and then disinfect after each use. If this is not possible, wear a cloth face covering and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.

### Wash and Dry Laundry

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.

# Home Quarantine

- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.

## Use lined trash can

- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick.

## Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick. They should also continue to stay home after care is complete. Caregivers can leave their home 14 days after their last close contact with the person who is sick (based on the time it takes to develop illness), or 14 days after the person who is sick meets the criteria to end home isolation.
  - Symptoms include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.
- Use self-checker tool to help you make decisions about seeking appropriate medical care.
- **If you are having trouble breathing, call +91-9087000855.**
  - Call your doctor or emergency room and tell them your symptoms before going in. They will tell you what to do.

**WE STAND  
PREPARED.**

**WE STAND  
READY.**

**WE STAND  
TOGETHER.**

**VS SUPER SPECIALTY**  
(CENTER FOR ADVANCED SURGERIES)

#815/306, Poonamalle High Road, Kilpauk, Chennai - 600010.


**ADVANCED CANCER CARE**

#13, East Spurtank Road, Chetpet, Chennai - 600031.

+91-44-4200 1000 | +91-44-4600 8000

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

For more information, please call:

 **+91-9884875111**

