This tiny virus which you cannot even see with your naked eye is a real danger.

Virus is mutating very fast; talk of 3rd wave & 4th wave

Economy & livelihoods severely affected

16.2 Crore infected in the world; 33 lakh have died

2.4 crore cases in India; 2.5 lakhs have died; 2000 deaths in Assam

In Assam - cases have risen more than 50 times in 1 month; 58 cases - 1 April and 3453 on 1 May; need to control the spread

The Deadly Dance of the Virus

What We Can Do to Stop the Virus?

Temporary Measures
- masking
- hand washing
- stay home
- physical distancing
- no crowds
- lockdowns

Permanent Measures
- covid vaccination (with booster?)

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**Phase 1 - Viral Phase - First One Week When Virus Enters Body**

1. Person with corona virus - may or may not have any symptoms.

2. Unmasked Person is exposed to the virus in the air.

3. Virus enters the person's body through mouth, eyes, nose.

4. First 1-7 Days - Virus multiplies and reaches all organs; Body defends itself with immunity. Hence, no Oral Steroids before end of 7 days as it may help spread it more.

5. In 2-5 days shows symptoms - fever, throat pain, body ache, cough (or loss of smell/taste, diarrhea/shortness of breath).

6a. Needs hospitalisation if oxygen levels falls.

6b. Gets Well.

5a. & b: Can continue infecting others for 5 days after start of symptoms/infection. Those with symptoms MORE INFECTIOUS.

**Treatment Required in I Phase**
- Paracetamol, Cough tablets, fresh fruit/vegetables, good amount of fluids, deep breathing exercises should be enough; Check Oxygen daily.

**Phase 2 - Inflammatory Phase - After First 7-10 Days of Virus Entering Body**

Within 5 to 10 days of start of symptoms or day of infection, Corona virus dies and can't infect others even if swab test is positive.

6b. Gets Well.

6a. Needs hospitalisation if oxygen levels falls.


2. Old fever become high, cough becomes worse.

3. Patient getting short of breath/Oxygen below 95%, while talking.

4. Getting drowsy, incoherent speech, etc.

**BUT**

6 (b) After 5 to 7 days, body's self-defense or immunity may go into excessive reaction mode, leading to moderate or severe CoVID....

**Doctor may decide to start Steroid inhaler**

**Doctor may allow Oral Steroids at home if Bed not available. Blood tests like D-DIMER and CRP of help.**

**Severe CoVID**
- All those with Oxygen below 92, above 50 years of age, those with Diabetes/HTN/Cancer/Obese must be treated in hospital.

- All those above 50 years of age, those with Diabetes/HTN/Cancer/Obese must be treated in hospital.

Worsens to Severe, life-threatening Covid.