

COVID 19 INFECTION

BY DR C CHIMBETETE



Faith Ministries Ebenezer Trust
A HELPING HAND

MEDICAL MISSIONS

PRISONS MINISTRY

SOCIAL RESPONSIBILITY

PRESENTATION OUTLINE

- Objectives of the training
- What is Covid 19
- Signs and Symptoms
- Situational analysis, locally and globally
- Discussion

OBJECTIVES OF TRAINING

- Understand the global and local epidemiology of Covid-19
- Discuss various strategies to stop transmission of infection
- Discuss principles of managing infection, quarantine and isolation
- Understand the psychological impact of Covid-19 and how to provide support
- Discuss the principles of environmental cleaning

WHAT IS COVID 19

- The coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two
- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus (SARS-COV-2)

DIAGNOSIS OF COVID-19

- To diagnose a healthcare worker uses a long swab to take a sample from the nose to the throat
- A PCR test done at Wilkins or private labs is the gold standard for diagnosis
- Rapid antibody tests not recommended for diagnosis

MODE OF COVID 19 SPREAD

- Primarily transmitted between people through respiratory droplets and contact routes
- Transmission occurs between people in close contact with each other (within 1m): mouth, nose and eyes
- Transmission may occur indirectly with contact to surfaces and objects
- Airborne transmission only likely in hospital settings

SIGNS AND SYMPTOMS

- *On average it takes 5-6 days from when someone is infected with virus for symptoms to show. However, it can take up to 14 days*
- *It is possible to have the infection and remain “asymptomatic”*
- *Affects people of all ages but older people, those with pre-existing conditions such as asthma, diabetes, heart disease appear more vulnerable to becoming severely ill with coronavirus*



Sneeze



Cough



Breathing difficulties

CORONAVIRUS
2019-nCoV
SYMPTOMS



Headache



Fever



Muscle pain

MOST COMMON SYMPTOMS

- Fever
- Dry Cough
- Tiredness

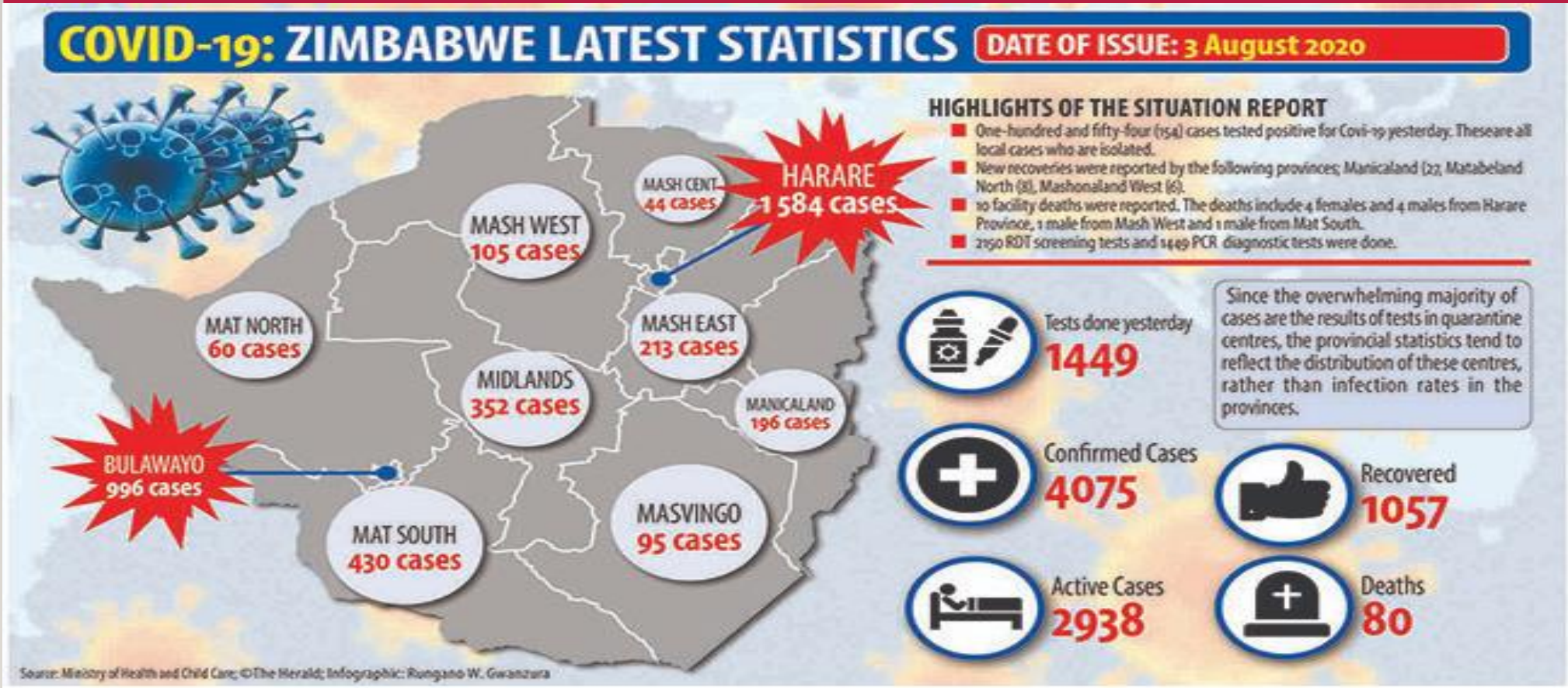
LESS COMMON SYMPTOMS

- Aches and Pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of smell

SERIOUS SYMPTOMS

- Difficult breathing or shortness of breath
- Chest pains or pressure
- Loss of speech or movement

SITUATION ANALYSIS



SITUATION ANALYSIS

Cases overview

 Zimbabwe

Confirmed

4,075

+262

Recovered

1,057

Deaths

80

+1

 Worldwide

Confirmed

18.2M

+258K

Recovered

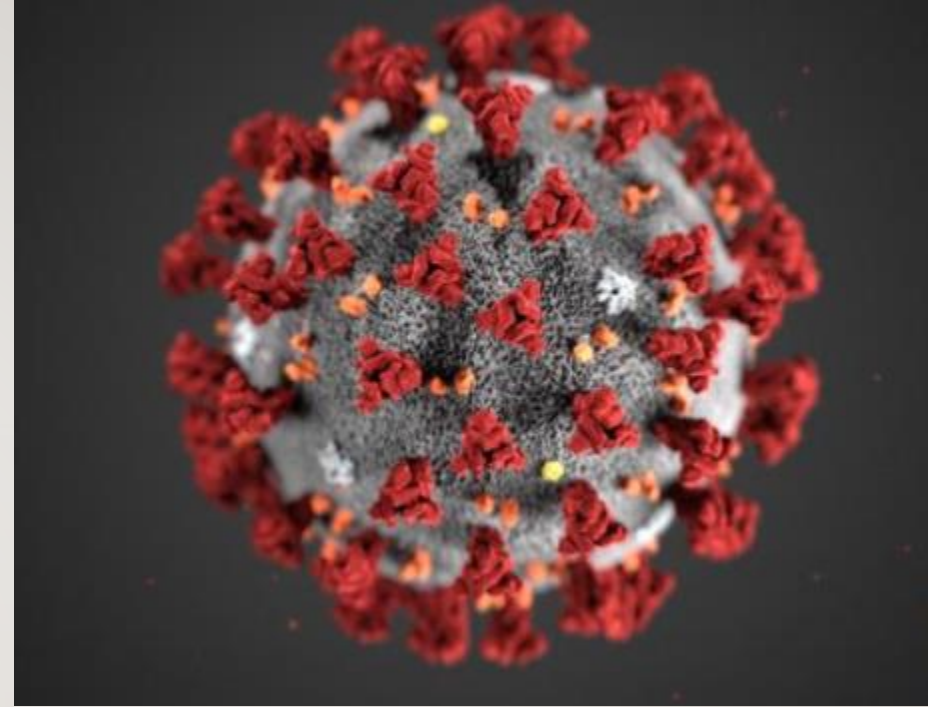
10.9M

Deaths

692K

+5,809

DISCUSSION



TREATMENT OF COVID 19

- To date, there are no specific vaccines or medicines for COVID-19
- Treatments are under investigation, and will be tested through clinical trials

WHAT TO DO WHEN YOU FEEL SICK

- If you feel sick you should rest, drink fluids, and eat nutritious food
- Get tested early (PCR) to confirm Covid infection
- Stay in a separate room from other family members, and use a dedicated bathroom if possible
- Clean and disinfect frequently touched surfaces
- Stay active and make social contact with loved ones through the phone or internet.

MEDICAL MANAGEMENT

- Patients can be managed at home or in hospital depending on severity of symptoms
- If having difficulty in breathing, with oxygen saturation $< 90\%$, patient must be admitted
- Make sure other causes of fever and shortness of breath have been excluded e.g. pneumonia, malaria and pulmonary embolism

MANAGEMENT (DO NOT SELF MEDICATE)

- Antibiotics are prescribed to treat other likely causes of pneumonia
- Paracetamol every 6-8 hours to lower temperature and as analgesia
- Dexamethasone (Only for severe cases) shown to improve survival in patients with severe disease
- Oxygen therapy is key in severe disease (Do not delay). Home Oxygen available

Hydroxychloroquine/chloroquine:

We suggest not using hydroxychloroquine or chloroquine in hospitalized patients given the lack of clear benefit and potential for toxicity. In June 2020, the US FDA revoked its emergency use authorization for these agents in patients with severe COVID-19, noting that the known and potential benefits no longer outweighed the known and potential risks

MYTHS AROUND COVID 19

- Drinking Sanitisers helps cure the Infection: **Don't poison yourself!**
- Alcohol drinking helps cure the virus: **Inhema!**
- Standing in the sun will kill the virus: **Kunyepa!**
- Ginger, garlic and lemon eradicate the virus: **These have health benefits but not specifically against Covid 19**

SUMMARY

- Early testing to confirm infection
- Get medical assessment (Physically or virtually)
- Keep household members safe
- Mild cases: Home Management, Severe cases: Early admission saves life
- Do not self medicate

