

## **Frequently Asked Questions about Coronavirus**

### **1. I have a sore throat, cough and fever. Do I have corona infection?**

- Yes, this could be corona infection but could be common cold, sore throat, flu or pneumonia. I need to ask more questions from you to know what you have.
- Do you have phlegm in cough (phlegm may not be corona)?
- Do you have sneezing, runny nose, nose block (nasal symptoms may not be Corona)?
- Since how long have you had symptoms? (more than one week may be Corona)
- Do you have painful glands/swelling in the neck? (Painful glands favor bacterial infection).
- Have you travelled to another country or another province recently? (Travel history favors Corona).

### **2. I only have high fever, sore throat and painful glands in the neck. Do I have corona infection?**

If you only have high fever, sore throat and painful glands in the throat. It means you most likely have bacterial core throat and will need antibiotics.

### **3. I have mild fever, body pains, runny nose, sneezing and productive cough. What should I do right now?**

Runny nose, productive cough and sneezing may be signs of common cold, not corona infection. But there is no need to worry because the treatment and prevention of both conditions is same. So practically you will stay at home in self-isolation, receive symptomatic medicines and observe standard precautions as for corona.

### **4. How does corona spread from one person to the other and how can I protect myself when going outside of home?**

- Corona spreads by respiratory aerosols and droplets after coughing, sneezing, blowing nose by an infected person. The droplets can settle on any surface and when you touch that surface the virus settles on your hand. Now if you touch your mouth, nose or face the virus gets into your breathing system and causes infection.

- Keeping this in mind, you should wash your hands after touching any surface, touching your face, mouth or nose, before eating food. You should keep one-meter distance from any person who is coughing or sneezing. Use mask if you are going to any crowded area where people can come close to you.

**5. My uncle has just arrived from Saudi Arabia. He lives with us and we are afraid that he might bring corona in our home?**

- Your uncle should ideally be quarantined for 14 days but people who travel by air are screened at airports for symptoms. There is a possibility that he might be having the infection without the symptoms and can spread to you people. Respectfully ask your uncle to self-isolate in any region of the house for 14 days. Your uncle and all family members should observe precautions.

**6. My servant came from Sindh. He lives in our servant quarter. We are afraid he might bring corona in our home.**

In Sindh local transmission of corona is present and your servant might be having infection without symptoms. There is a possibility that he might spread the infection to you people. Ask your servant to self-isolate in the servant quarter for 14 days. He servant, his family and all your family members should observe precautions.

**7. I am exposed to Chinese products and Chinese staff what should I do?**

Chinese products other than meat products are safe unless the product surface is contaminated by the respiratory droplets of an infected person. Wash hands before and after touching any surface whether Chinese product or Pakistani product.

**8. Some helplines are advising to go to hospital if you have any symptoms while media advises to stay at home and stay away from others. What should we do. We are confused.**

- This is not good to have mixed messages from different sources. You should know that there is no treatment available for corona infection even if you do go to the hospital. You should also know that most people will safely recover from corona infection if they get infected. You should also know that by going to the hospital you will infect many other patients and you can also get hospital acquired infection. So the correct advice is that if your condition is mild then you should stay at home and if it is severe then you should go to the hospital for admission through proper ambulance service.

**9. How much distance should I keep from others at home and in office from people to protect myself from corona infection?**

- You should keep a distance of at least one meter (3 feet) from a person who is coughing or sneezing if the contact is brief. If the contact time is longer period, then 3 meters (6 feet) is recommended in addition keep respiratory precautions and hand washing as advised.

**10. Which hand sanitizer are better for prevention of corona?**

- Any hand sanitizer that contains at least 60 – 70% alcohol is good enough to kill corona virus.

**11. Can I use normal spirit swabs to clean my hands during corona outbreak?**

- If hand sanitizers and soaps are not available, spirit swabs may be used to clean hands. Since it cause dryness of skin, then you need to use a clean skin moisturizer or cream. Or alternatively, you can take 30% volume of Glycerin in normal spirit to make it skin friendly.

**12. Which soaps are better for prevention of Corona infection?**

- All soaps are equally good if used properly with plenty of water at least 20 seconds.

**13. From where can I get masks and hand sanitizers in my area?**

- Masks and hand sanitizers are available at medical stores and general stores. Unfortunately due to shortage, they may not be available at times. You can make masks from cloth at home. You can use three layers of normal tissue paper as mask. You can use soap and water to wash your hands. You can make hand sanitizer by mixing normal spirit (70%) and glycerin (30%). If there is severe shortage.

**14. Do I need mask?**

- Mask is essential for those people who have symptoms. Mask is essential if there is a patient at home. Mask essential if you are taking care of any patient with Corona infection.

**15. I have small children at home, what special precautions should I take for my children?**

- No need to worry about children as Corona mostly mild in children. Just observe the standard precaution.

**16. I have old parents at home, what special precautions should I take for them?**

This is a genuine concern. One should immediately distance from elderly and observe strict precautions to protect the elderly.

**17. I am heart patient already, what special precautions should I take if I develop symptoms of Corona infection?**

- This is a genuine concern. One should immediately observe strict precautions, continue your heart medicine and talk to your heart specialist on phone or through telemedicine. You will need more care than healthy people.

**18. I am a smoker. Should I stop smoking?**

- Yes, this is the time to quit smoking as smoking may increase the risk of severe Corona virus infection and increases the risk of dying from Corona.

**19. What will happen to me if I get Corona virus?**

- If you are younger than 60 years of age and you are in good health, then most likely you will safely recover from Corona infection without any problem. If you are 60 years of age or older or you have any chronic medical conditions then there is a small chance that you may have severe Corona infection.
- You should take strict precautions to protect yourself from getting infected in the first place. Even if you get Corona infection, you should be more vigilant than others about your condition. If you feel your condition is deteriorating then you should go to hospital through special Ambulance service for Corona patients.

**20. We are scared what should we do as a family and community?**

- It is understandable that one can be scared in an outbreak like Corona. There is no point in being scared if we know that Corona is mild disease in most cases and most people will recover safely from it. All the hue and cry is to stop the spread of Corona and we all have a role to play i.e., to take precautions and advise precautions not to be scared. You and your family should observe precautions, keep social distance, educate others, reassure others, should not stock unnecessary.

**21. I have fever, cough, shortness of breath and I want to get my Corona test done. Where should I go for Corona test?**

- All major laboratories in Pakistan provide Corona tests like Aga Khan Laboratory, Shaukat Khanum Laboratory, and Chughtai Laboratory. It is best to call laboratory person to come to your home and collect sample from home. Government testing service at 1166 also provides home based test for Covid-19. If you go to laboratory you can infect others and also get other infections, but if you have only mild symptoms there is no

need to go to the laboratory to do Corona test. Instead 'self-isolate' yourself at home and observe protective measures to prevent its spread. There is no point in testing for mild symptoms because there is no treatment of Corona.

**22. What is the cost of Corona tests?**

- The cost of test varies from laboratory to laboratory ranging from Rs. 4000 to Rs. 7000. Government are providing free testing at their designated centers.

**23. I have given sample for Corona test and the result will come tomorrow?**

**What should I do till the result of Corona test?**

- You should start the preventive steps as soon as you have symptoms. You should not wait till the result of test.

**24. I have symptoms of Corona infection and I called a doctor and he advised me "self-isolation". What is self-isolation, please explain, I am confused and worried?**

- When healthy person develops symptoms of Corona infection or symptoms of common cold, he distances himself from others and stays at home to protect others. This is called self-isolation. It is the best thing for you and others. It prevents the spread of infection from you to others. It also prevents getting off other hospital acquired infections if you go to hospital.
- No special arrangements are required. Only the standard respiratory precautions, social distancing and surface cleanings are required, just like for any other infected person.
- Avoid overcrowding and family gatherings. Take normal diet. Take Tablet Paracetamol for fever and safe herbal home remedies for cough like Joshanda.

**25. I have cough, fever shortness of breath and I am staying at home in self-isolation. How do I know when should I contact a doctor?**

- It is the best thing to stay at home. You should contact a doctor only if you have danger signs eg. Serious infection develops like severe shortness of breath, not able to count till ten due to shortness of breath, develop blue discoloration of fingers or lips, develop chest pain, drowsiness, vomiting and generalized swelling or feel very sick.

**26. I have Corona infection and I am staying at home in self-isolation. Please advise me at least some treatment at home?**

- Take tab Paracetamol two tablets three times a day for one week. Give children syrup Paracetamol according to their weight. You can ask the dose in children from doctor on telephone. Take safe herbal home remedies like Joshanda, green tea etc.

**27. I have symptoms of Corona infection. I am observing precautions but I am feeling weak. Should I take vitamins?**

- You can take multivitamins or Vitamin C. There is no harm in taking vitamins.

**28. I am not feeling well at home and want to go to hospital, how should I go to hospital?**

- You should be very careful in going to hospital if your condition becomes severe. It is better to call 1190 or Edhi ambulance to take you to hospital designated for Corona infection. You should not just walk in to any general hospital because by doing so you will infect others.

**29. When to call Ambulance services Corona infection?**

- Only call Ambulance service on 1190 or Edhi Ambulance service if you have severe disease. Severe symptoms means that you have severe shortness of breath, you can't complete one sentence, you are drowsy, have chest pain, severe vomiting, decreased urine etc. then call ambulance service to pick you from home. Use standard precautions during travel in an ambulance.

**30. Where are Corona treatment services in my area?**

- The best services in Corona outbreaks are the telemedicine services which are either through telephone or through internet. In mild cases you should stay at home. If condition is severe, then you should call 1190 ambulance service to take you to the hospital designated to Corona infection.
- If you want to go to your family doctor then inform him on phone about your symptoms, take an appointment to minimize waiting time, go with mask on, wash your hands before entering the clinic and do not touch anything in the clinic. Sit at least one meter (3 feet) away from doctor.

**31. What is travel advice from and to and Pakistan?**

- The general advice to avoid all unnecessary travelling till the outbreak ends. But if there is no choice and travel is essential then all the preventive measures must be observed during travel and after coming back. Share your travel details with the health authorities. If you are

quarantined on arrival, you should cooperate and observe all precautions during quarantine.

**32. How many cases are present in my city or locality?**

- No one knows the exact numbers of cases in your area and there is no method to know this. This concern is not important, because we have to take all the precautions regardless of numbers of cases in the area.

**33. I want to get Corona vaccine. Where is Corona vaccine available?**

- Currently there is no vaccine for Corona infection.

**34. Should I go to mosque if I “do not” have symptoms of Corona infection according to Islamic ideology Council of Pakistan?**

- According to Islamic Ideology Council of Pakistan yes you can go to mosque for only Farz prayer if you DO NOT have symptoms but must observe respiratory precautions and should not shake hands before going to mosque and after coming back must wash hands for a least 30 seconds.

**35. Should I go to mosque if I “develop” symptoms of Corona infection according to Islamic ideology Council of Pakistan?**

- According to Islamic Ideology Council of Pakistan you should NOT go to mosque if you have symptoms of cough, sneezing, fever, sore throat because you will infect others.

Note: The information is reproduced from the information being used by the NATIONAL UHS TELEMEDICINE CENTER FOR CORONA EPIDEMIC CONTROL