

Caerus3 Advisors

Advisory | Assurance | Think-Tank

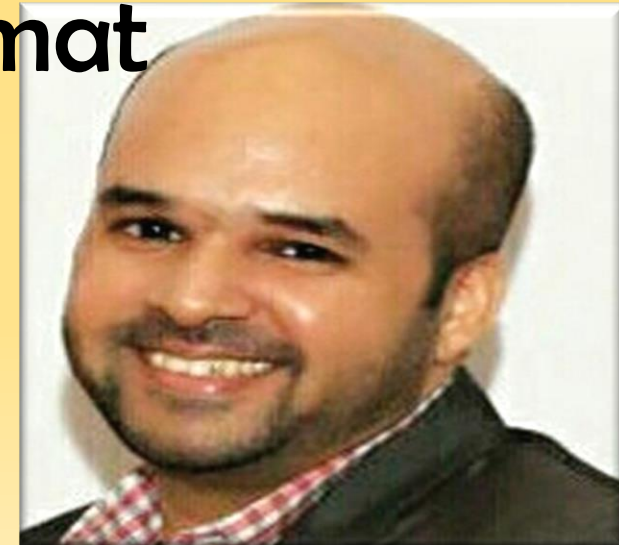


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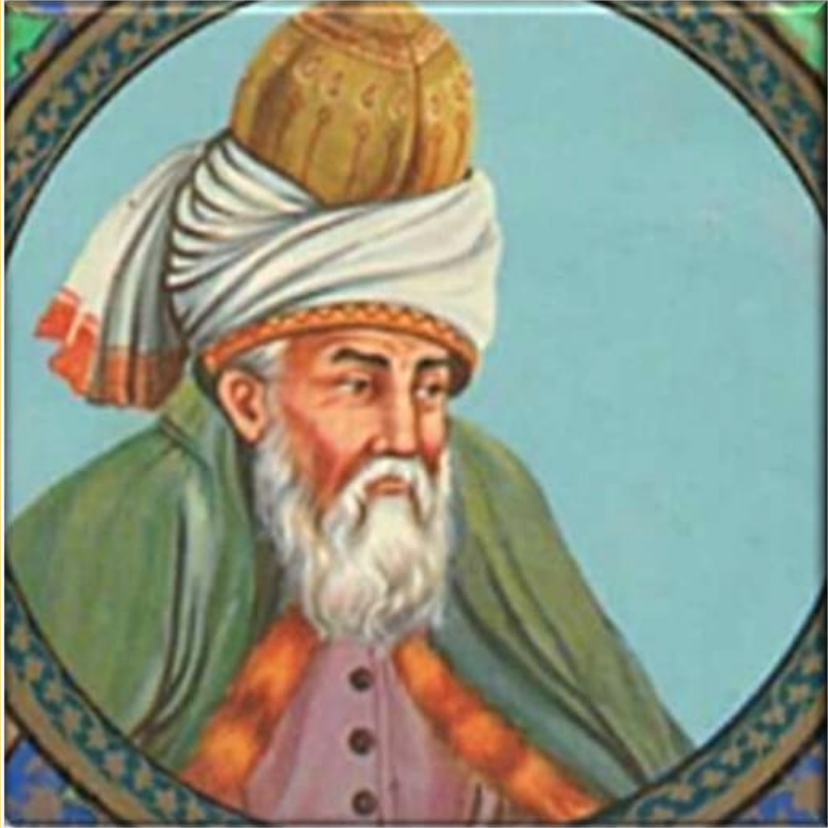
Living with Corona VirusA Dialogue with

Dr. Tejas Kamat





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“If we accept that uncertainty (fear), it becomes an adventure!”

- Rumi

Its now time for adventure ...accept the uncertainty of the #NewNormal ...and move on with due precautions

- Dr Tejas Kamat

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6 months into the pandemic



Globally

- 26 million cases
- 870,000 deaths

India

- 4 million cases
- 68,000 deaths
- 83,000 new cases daily



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What is CORONA and COVID 19



- **Corona viruses** are a large family of viruses that are known to cause illness in humans and animals.

In humans, this large family of viruses are known to cause illness ranging from the common cold to Severe Acute Respiratory Syndrome (SARS).

- **COVID 19** is a respiratory infection caused by a novel Corona Virus, SARS-CoV-2

Identified in December 2019 in Wuhan China and has spread globally

Believed to have originated from an animal host and is now spreading via human-to-human transmission

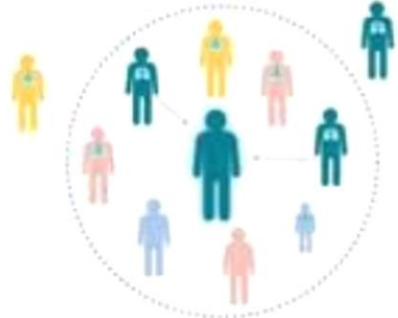


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How does COVID 19 spread

Person to Person



Through respiratory droplets when an infected person coughs or sneezes, i.e. close contact (within 6 feet) with an infected person.

Contact with Infected Objects/Surfaces

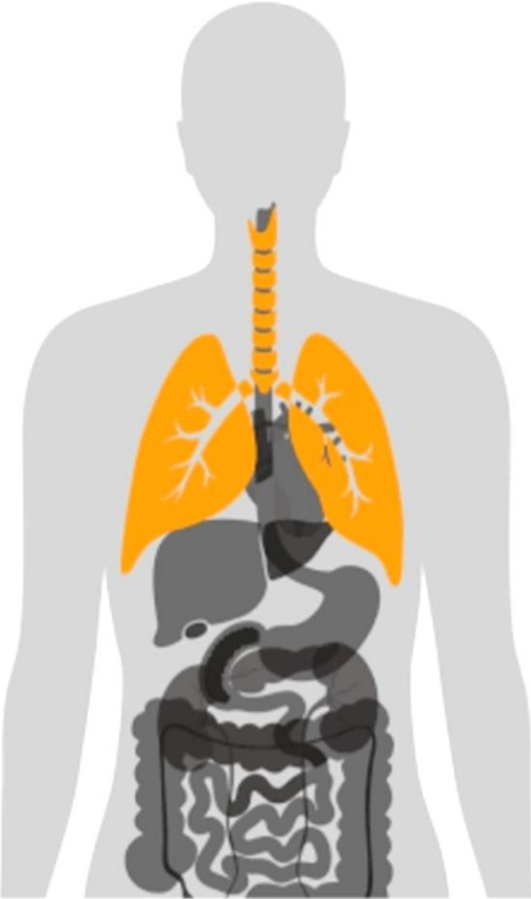


By touching a surface or object that has the virus on it and then touching one's own mouth, nose or eyes.






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Clinical Picture: symptoms








Data shows the disease is mild in 80 percent of patients, severe in 13 percent, and critical in 6 percent.

Most common symptoms:

-  Fever
-  Fatigue
-  Dry cough

Some patients may also have:

-  Aches and pains
-  Runny nose
-  Sore throat
-  Shortness of breath
-  Diarrhoea

In critical cases, COVID-19 can cause severe pneumonia or a multiple-organ failure and can lead to death.

Newer/atypical symptoms

- Loss of smell and taste
- Skin manifestations
- Gastrointestinal



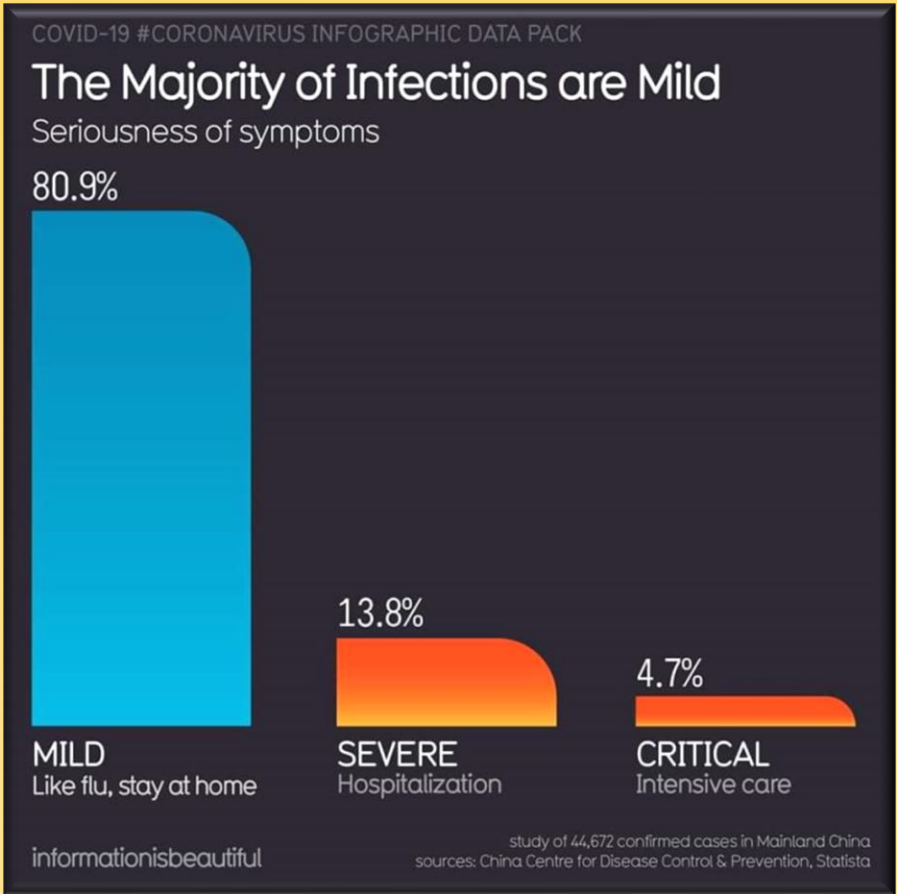
Warning Signs

- Temperature > 100
- SpO2 < 95
- Difficulty in Breathing/Chest discomfort
- Bluish discolouration of lips/face
- Mental confusion



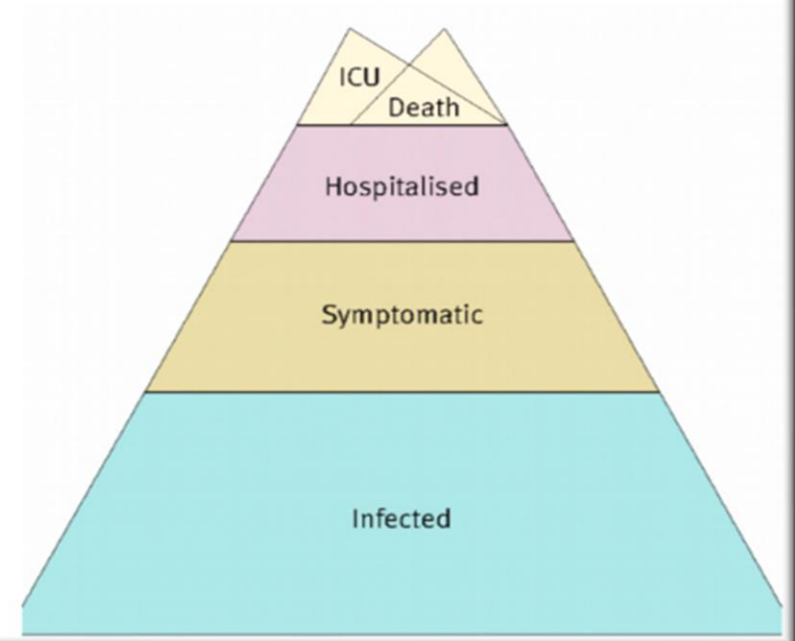
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Clinical Picture: severity



COVID 19 Clinical presentation

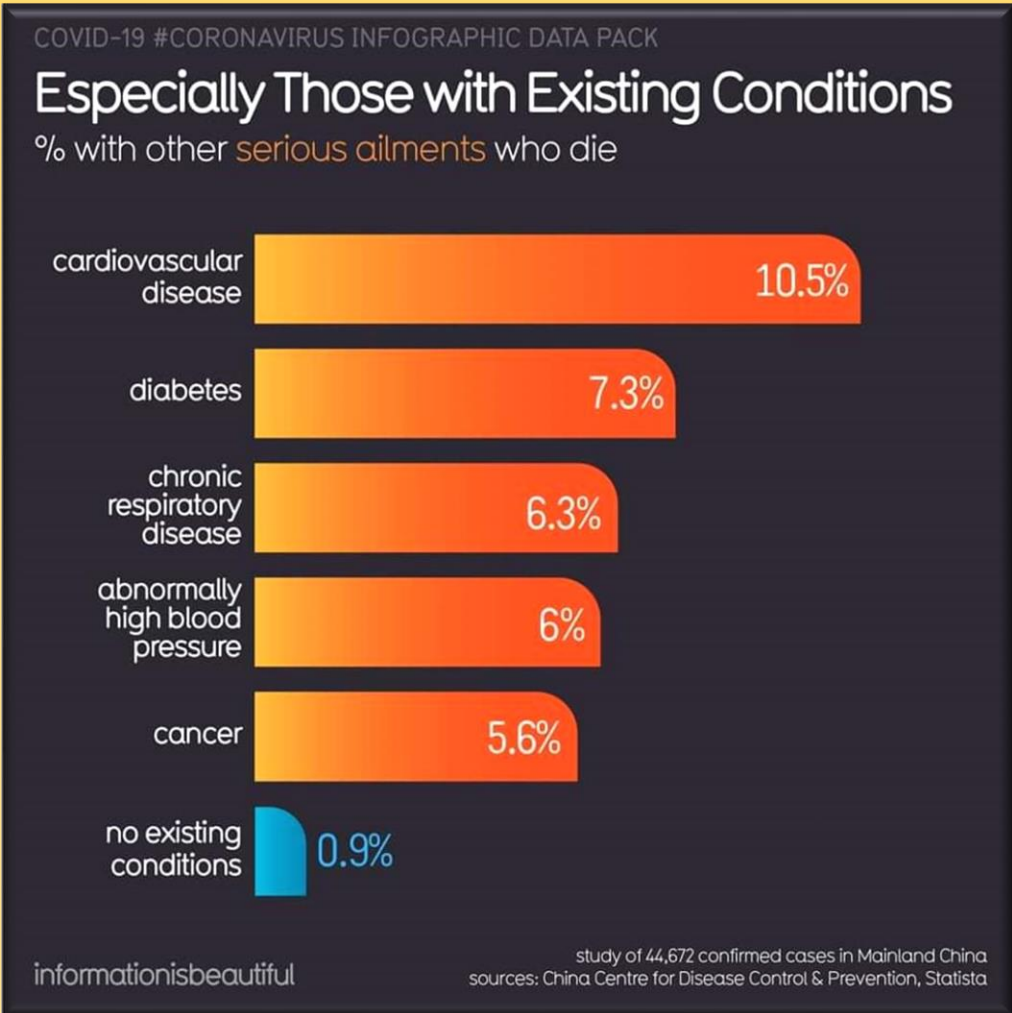
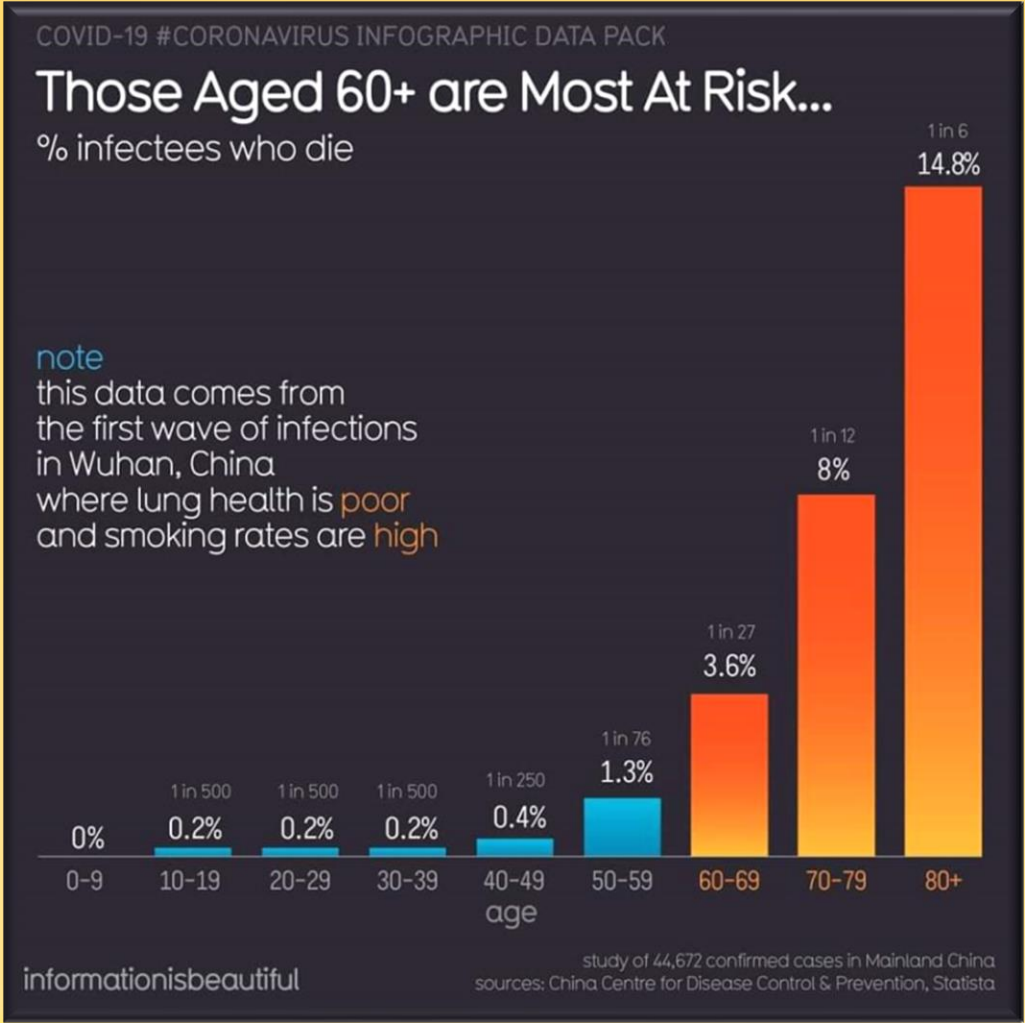
- **Mild** (no or mild pneumonia) reported in about **80 percent**.
- **Severe disease** (e.g., with dyspnea, hypoxia, or >50 percent lung involvement on imaging within 24 to 48 hours) reported in about **15 percent**.
- **Critical disease** (e.g., with respiratory failure, shock, or multiorgan dysfunction) reported in **5 percent** (these complications **mainly in elderly and those with other health problems**)





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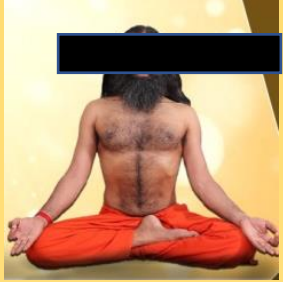
Who is at risk for severe infection





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COVID Immuno-boosting remedies Myth or Reality ????



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COVID Immuno-boosting remedies Myth or Reality ????



Early Morning	Kapal Bhati, Anulom Vilom
Pre Breakfast	Steam Inhalation
Post Breakfast	Gargles, Coronil, Vit C
11 am	Kadha, Herbal tea
Pre Lunch	Sri Sri
Post Lunch	Giloy, Vit E
6 pm	Kadha, Steam
Dinner	Vit C, Zinc, Ashwagandha
Bed time	Haldi Milk
Once a week	Vit D
Once a Month	Arsenic Alb 30

Introduce [REDACTED] ANTI- VIRAL Shirt That KILLS 99% Of The COVID-19 Virus.

BOTTOMLINE

Apply LOGIC ,
seek advise from
MEDICAL
PROFESSIONALS
don't go by Social
Media University
graduates
propaganda !!

Do you know Doctors are treating patients with high Zinc & Turmeric levels !!!

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COVID Treatment options



ANTIVIRAL AGENTS

- BALOXAVIR
- CHLOROQUINE PHOSPHATE
- FAVPIRAVIR
(Avigan®, Favilavir)
- HIV PROTEASE INHIBITORS
(e.g., LPV/RTV, Kaletra®)
- HYDROXYCHLOROQUINE
(Plaquenil®)
- NEURAMINIDASE INHIBITORS
(e.g., oseltamivir)
- REMDESIVIR
- UMIFENOVIR (Arbidol®)

SUPPORTING AGENTS

- UPDATED • ANAKINRA (Kineret•)
- ASCORBIC ACID
- AZITHROMYCIN
- UPDATED • BARICITINIB (Olumiant®)
- UPDATED • COLCHICINE
- UPDATED • CORTICOSTEROIDS (general)
- UPDATED • INHALED PROSTACYCLINS
- UPDATED • INTERFERONS
- METHYLPREDNISOLONE
(DEPO-Medrol®, SOLU-Medrol®)
- UPDATED • NITRIC OXIDE (inhaled)
- UPDATED • RUXOLITINIB (Jakafi®)
- SARILUMAB (Kevzara®)
- SILTUXIMAB (Sylvant®)
- SIROLIMUS (Rapamune®)
- TOCILIZUMAB (Actemra®)

OTHER

- ACE INHIBITORS, ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)
- UPDATED • ANTICOAGULANTS
- UPDATED • COVID-19 CONVALESCENT PLASMA
- UPDATED • FAMOTIDINE
- HMG-CoA REDUCTASE INHIBITORS
(statins)
- IMMUNE GLOBULIN
- IVERMECTIN
- NEBULIZED DRUGS
- NICLOSAMIDE
- NITAZOXANIDE
- NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (NSAIDs)
- TISSUE PLASMINOGEN ACTIVATOR
(t-PA; alteplase)



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LIVING WITH CORONA VIRUS

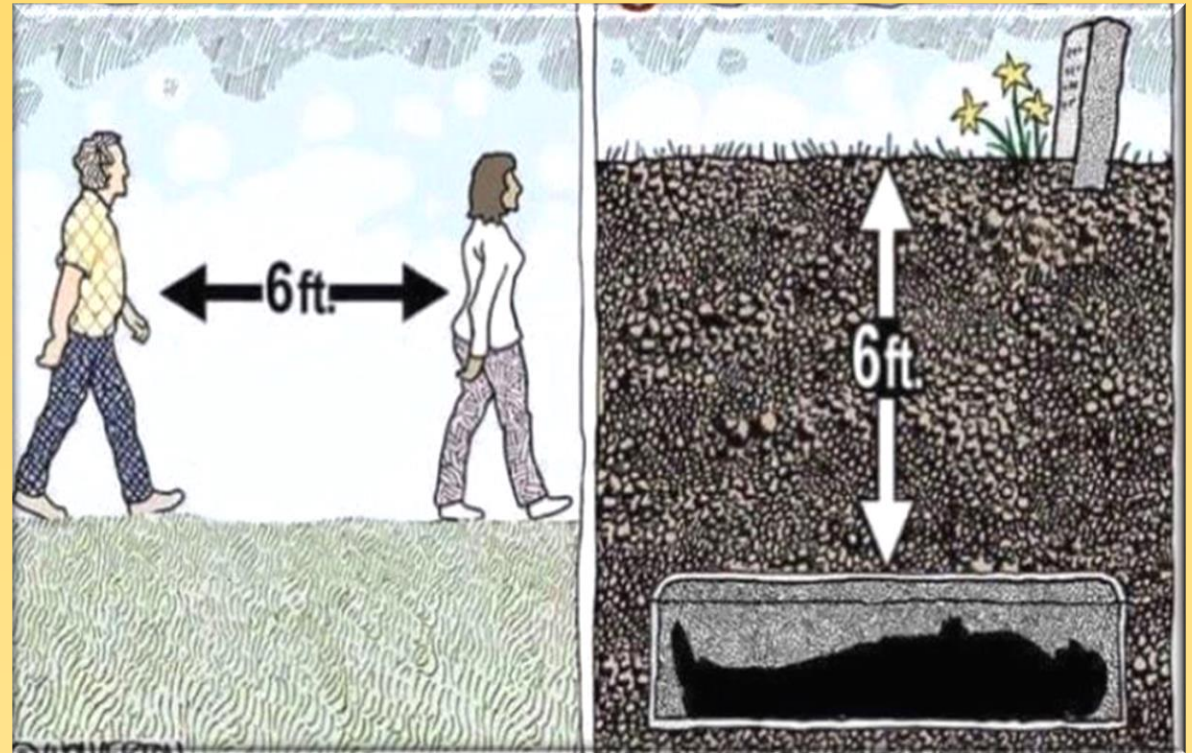
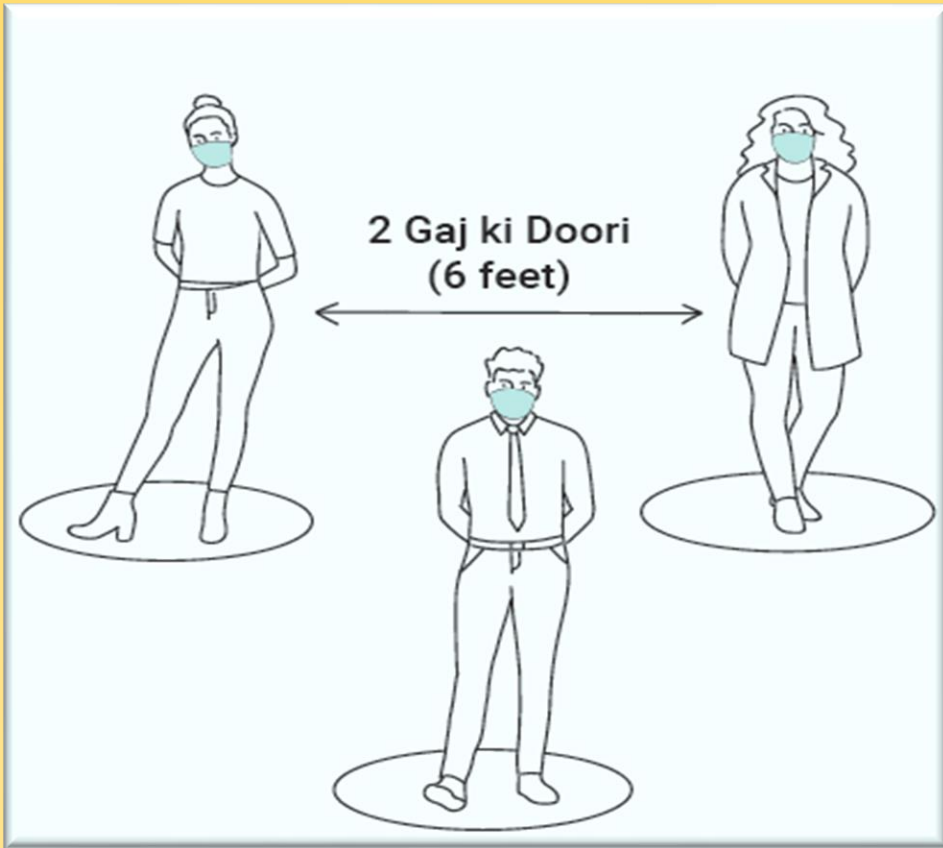
“COVID APPROPRIATE BEHAVIORS”



Physical Distancing



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Appropriate use of Masks



Why COVID - 19 is Spreading Fast?

3 Major Reasons

They are my colleagues
So I can speak without Mask

They are my close friends
So I can speak without Mask

They are my relations
So I can speak without Mask

Wearing your face mask like this.....

#SarawakGags

Is like you wearing your underwear like this

So please wear your face mask properly!



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Appropriate use of Masks



Before putting on a mask, clean hands with alcohol-based hand rub or soap and water




Cover mouth and nose with mask and make sure there are no gaps between your face and the mask




Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water




Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
















To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water






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Chance of Transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
67% Very high		
33% High		
17% Medium		
6% Low		
Very low		
Virtually none		

6+ feet

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Avoid touching eyes, nose, mouth



 Hands touch many surfaces and can easily pick up germs and viruses

 Once contaminated, hands can transfer the virus to your eyes, nose or mouth

 From there, the virus can enter your body and can make you sick





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Hand Hygiene



Wash your hands frequently and thoroughly with soap and water



ALCOHOL-BASED HAND SANITIZER
You can use me if you don't have soap and water facility.

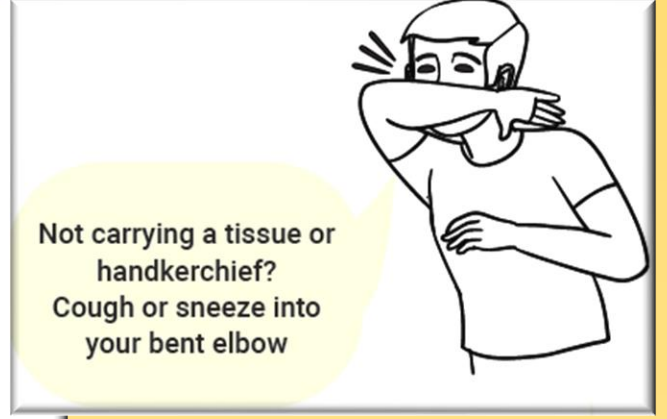


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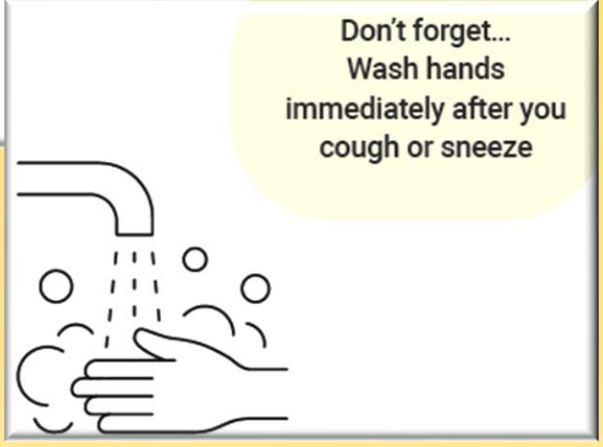
Respiratory Hygiene



Cover your nose and mouth when you cough or sneeze with tissue or handkerchief



Not carrying a tissue or handkerchief? Cough or sneeze into your bent elbow



Don't forget... Wash hands immediately after you cough or sneeze



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Balanced Diet and Regular Exercise



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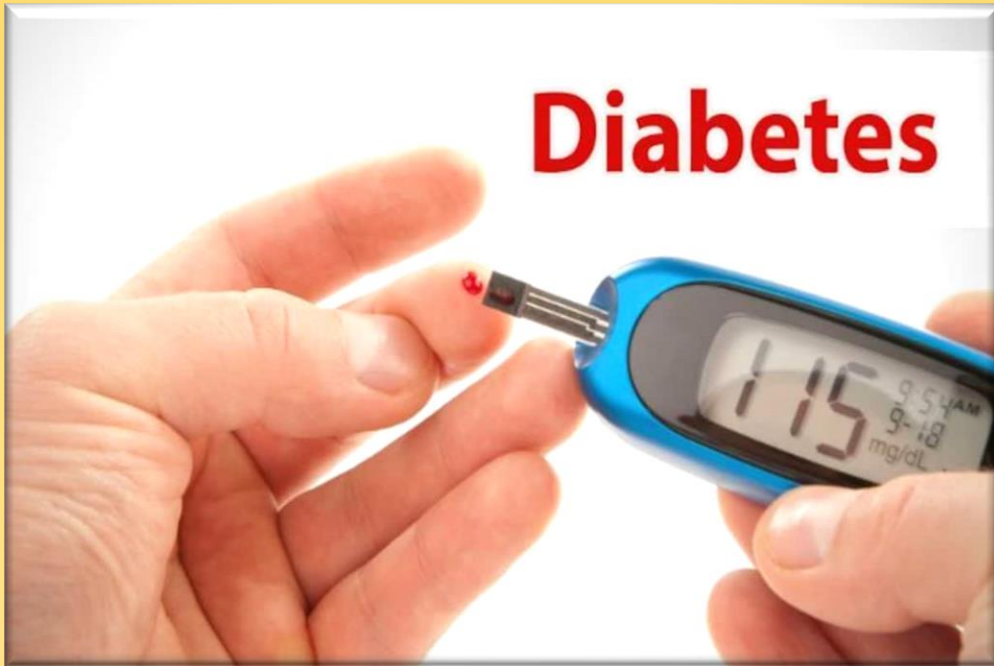
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Strict control of Diabetes and BP





Diabetes and Covid



- Are people with Diabetes at a higher risk of getting COVID?

- Is COVID likely to be severe in patients with Diabetes?

- What special precautions
 - Regular medicines
 - Self Monitoring of Blood Glucose
 - Regular FU/TC
 - Diet and exercise



COVID in Pregnancy and Lactation



- What effect does coronavirus have on pregnant women?

- What effect will coronavirus have on my baby if I test positive for COVID-19?

- Will I be able to breastfeed my baby if I have suspected or confirmed coronavirus?



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Be Socially Responsible



Show compassion and support to persons affected with COVID-19 and their families

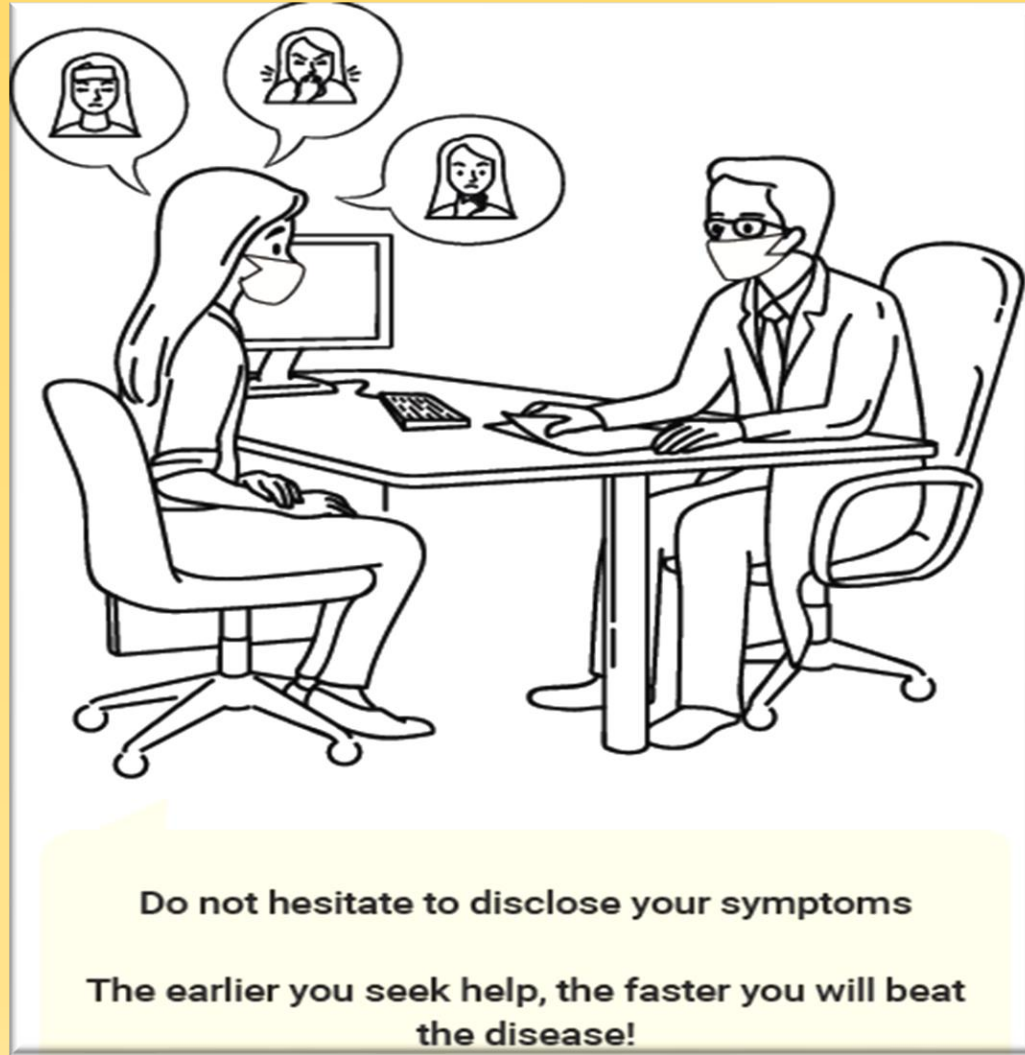
Do not circulate social media posts which carry unverified or negative information





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Timely Testing





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Caerus3 Advisors & Think-Tank is working closely with their Clients to help them understand the **#newEcoSystem** and embrace the **#NewNormal**. **PraRit Cares Foundation** is working on Mental Health, Employee Development and Redressals in this **#Uncertainty & Diabetes Care** on Health issues

Reach out to us at
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drtejaskamat@gmail.com
we are happy to help !!

For Further information, please feel free to reach out to

info@caerus3advisors.com

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