



The Scientific Times

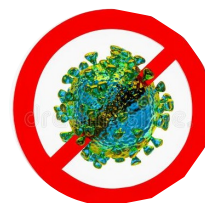
Year 2020



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Corona Virus Disease (COVID-19) Alert

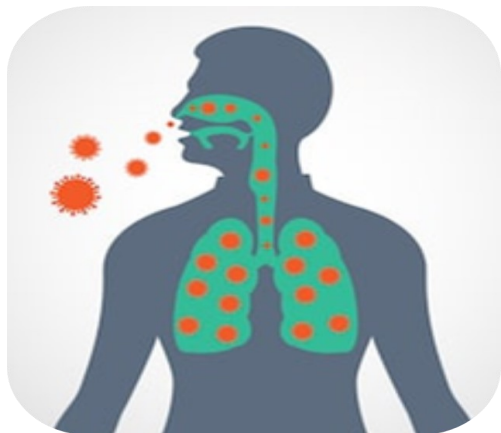
How Can I Be Prepared?



Novel Coronavirus

Coronaviruses are viruses that **circulate among animals** (zoonotic) but some of the them are also known to affect humans.

The 2019 novel coronavirus was identified in Wuhan, China at the end of 2019 and is a new strain that has not previously been **seen in humans**.



It is a Respiratory virus that has the potential to cause severe illness and pneumonia in some people as no one has immunity against these viruses.

The **novel coronavirus** has **spread throughout the world** since the first cases were detected in central China in December 2019.

More than 3,200 people have died globally and over 92,000 have been infected, and the World Health Organization (**WHO**) has declared the outbreak a **public health emergency of international concern**.



The cases of COVID-19 are rapidly increasing worldwide with new cases identified everyday.

One can track the real time record of new cases and death due to COVID-19 on the below mentioned links.

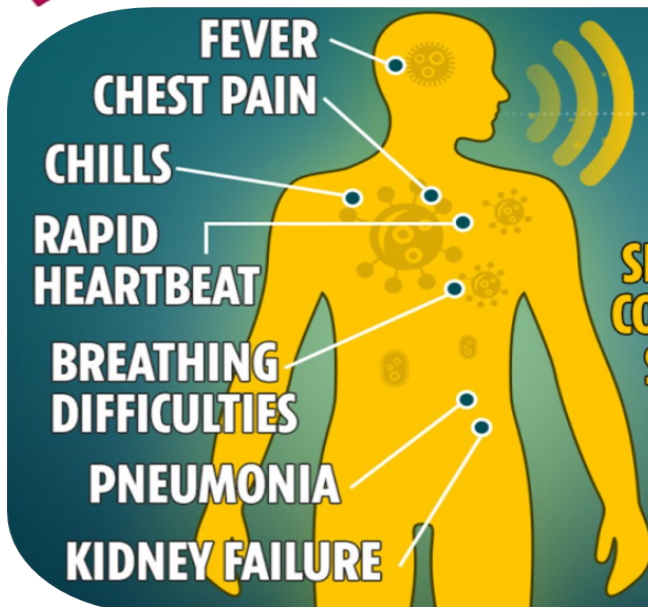
<https://www.worldometers.info/coronavirus/>

Or

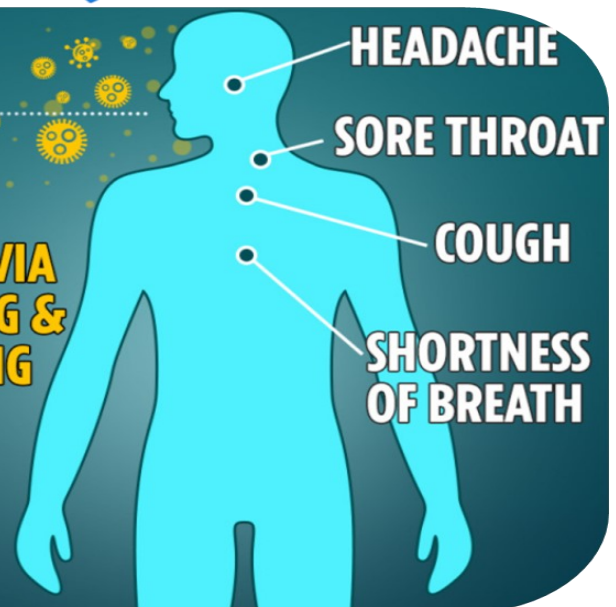
<https://infographics.channelnewsasia.com/covid-19/map.html>

What are the Symptoms and How it Spreads ?

Severe Symptoms



Common Symptoms



**SPREAD VIA
COUGHING &
SNEEZING**



Symptoms can be mild or in some cases be severe enough to require hospitalization or cause death. Symptoms may show up 2—14 days after exposure

Person-to-person spread

- Close contact with infected person
- Through respiratory droplet during cough or sneeze

Contact with infected surfaces

- Touching a contaminated surface or object and then touching own mouth, nose, or possibly eyes (face).



What is the Risk ?



Spreading
Rapidly



Causing
Death



No vaccines
available yet

DIAGNOSIS

Respiratory specimens: naso or oropharyngeal aspirates or washes, naso or oropharyngeal swabs, bronchoalveolar lavage, tracheal aspirates, and sputum are used to diagnosed through Real-Time RT PCR (rRT-PCR) assays.

PREVENTIVE



MEASURES

Avoid close contact with people suffering from acute respiratory infections. Maintain 3-feet distance.



Facemasks should be used.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Wash your hands often with soap & water for at least 20 seconds.



Avoid frequent touching of eyes, nose and mouth.



Stay home when you are sick. Visit the doctor at the slightest sign of respiratory complaints.



Clean & disinfect frequently touched objects & surfaces



Avoid consumption of raw or under-cooked food & meat.



Avoid unprotected contact with farm or wild animals.



Precaution at workplace

- Make sure your **workplaces** are clean and hygienic.
- Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with **disinfectant regularly**.
- Promote regular and **thorough hand-washing** by employees, contractors and customers.
- Advise employees to consult national travel advice before going on business trips.
- People need to **stay at home** even if they have mild symptoms of respiratory illness.



Employers should start doing these things now, even if COVID-19 has not arrived in the communities where they operate.

Precaution during travel

- Be aware of, and **keep up to date** with the latest official advice offered by the country you are departing from or travelling to during this COVID-19 outbreak.
- If you are **elderly** or have **pre-existing health issues**, you should be aware that you could be at increased risk of severe infection.
- Use **surgical facemask** (*N95 mask are compulsory for medical staffers and family of infected persons*), an alcohol-based hand **sanitizer** and avoid close contact with people who are sick.



Currently there is no treatment or vaccines approved for management of COVID-19

For any scientific queries on the above topic

Write to the **Scientific Department** at:



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For reporting any adverse drug reaction (ADR) observed with the product(s) of Aristo Pharmaceuticals Private Limited, contact: Email- aepvc.scientific@aristopharma.org or Toll-free No. 1800225960 (Monday to Friday except on public holidays between 9.30 am to 5.30 pm) or WhatsApp: +918879607724.