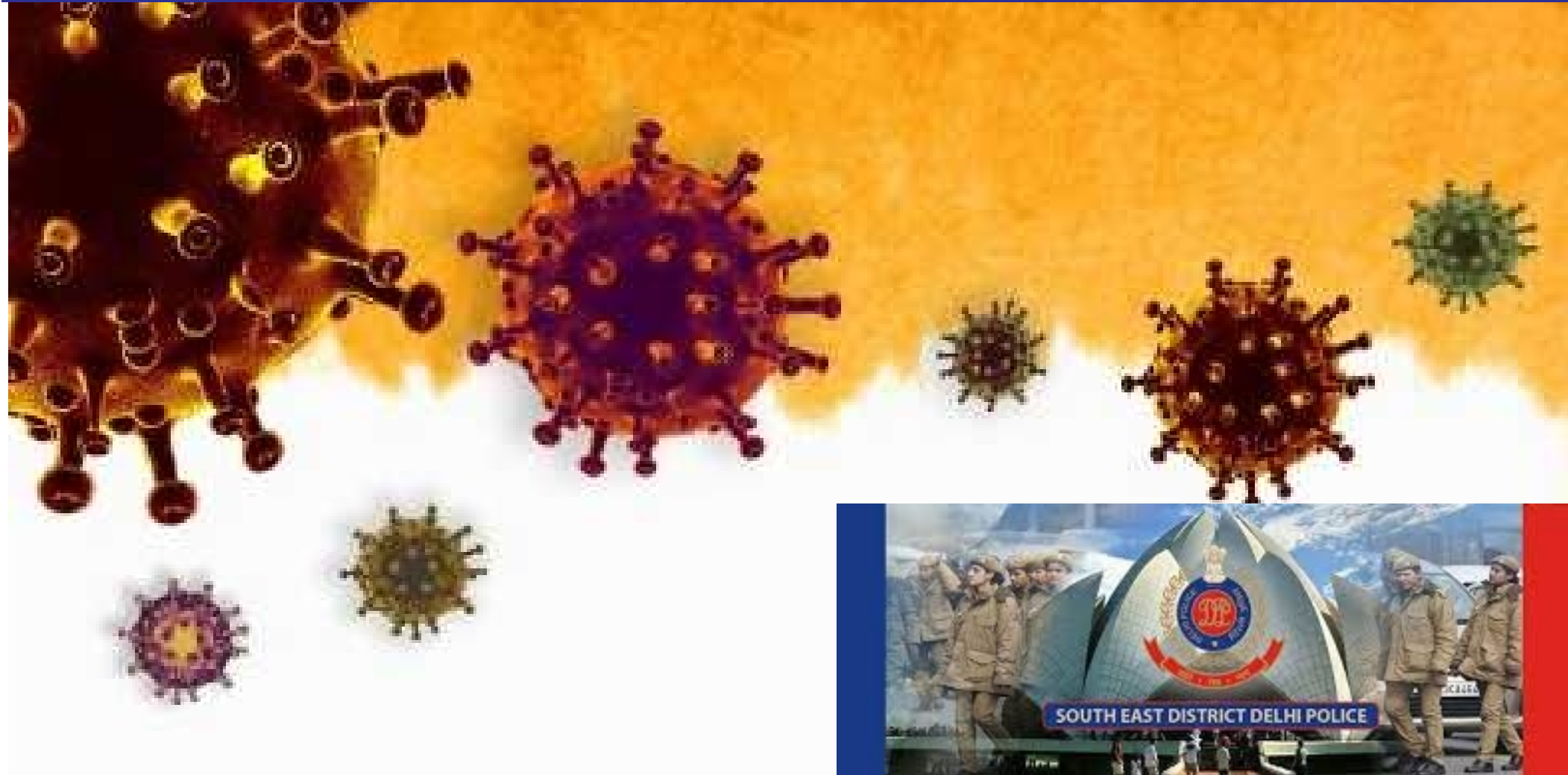


# Understanding & Dealing with Second Corona Wave For South East District, Delhi Police



Developed By Dr Neeraj Kaushik for Delhi police

# Why Second Wave ?

- **A new double mutated strain of SARS CoV2 has been detected in second wave. This is in addition to Brazilian, South African and UK strain. This new mutated virus has the potential to skip the immunity and even vaccine. This is the reason for re-infection cases & cases among vaccinated people.**
- **It is more infectious & affecting younger population of 18 to 45 years group and this group is “super spreader”.**
- **By passing RT-PCR - new COVID cases may not be detected by routine RT-PCR test.**
- **R- value is increasing. This is reproductive value which tells one positive person will infect how many others.**
- **Public carelessness & lack of adherence to COVID appropriate behavior (mask, hand sanitization, social distancing & vaccination).**
- **Pandemic Fatigue**

# New Corona Symptoms

**Last year symptoms : Dry cough, fever, weakness, breathing problems, loss of smell.**

**Current symptoms : Apart from above symptoms, many new symptoms**

**are indicating Covid. These includes :**

- Only headache**
- only loose motions**
- Only bodyache**
- Only weakness**
- Uneasy feeling**
- Vomitting**
- Hearing problems**
- Conjunctivitis or in combinations.**

**This virus is so infectious that if one member of the family is affected, the whole family also getting infected. Earlier Corona was attaching with ACE II receptors, but now with modified spike protein, it is moving inside body freely without receptors.**

- This virus is infecting children now. Educate them.**
- Covid appropriate behavior which includes mask, hand sanitization social distancing & vaccination is a must for all.**
- Do not panic and learn to live with this virus.**
- It is a respiratory drop infection requires close contact.**
- SURFACE TRANSMISSION OF VIRUS IS NO MORE A THREAT NOW AS PER THE RECENT TRENDS. NOT MUCH EMPHASIS ON SURFACE DISINFECTION IS NEEDED**

# Facts to Understand

- **Loss of smell is a very strong indicator of Corona and is equivalent to RT-PCR.**
- **In majority of the cases, Virus becomes non-replicating after day 9 from the day 1 symptoms.**
- **This virus indicates high fever.**
  - **Fever above 101 f**
  - **CRP above 10 mg/l with rapid rise**
  - **Cough on day 3**
  - **Fall of SpO2 on 6 minute walk test by 5% indicates Pneumonia**
  - **Day 5 is critical day from the day 1 symptom**

- **Contact time : when you come in contact with the positive person for more than 15 minutes, your chances of getting infected becomes very high.**
- **Day 90 is the day when Covid ends. Positive RT-PCR beyond 90 days may be indication of re-infection or persistent virus shredder.**
- **If RT-PCR is negative and symptoms persists, go for chest CT Scan.**

# **6 minute walk test**

**6 minutes walk test is useful from day 3 to 6 from the day 1 symptoms. If patient de-saturates 5%(means if SpO2 level of patient falls by 5%) on walking, this is indicative of pneumonia & is an emergency. Talk to your healthcare provider immediately.**

# **Strategies for Police Officers to deal with 2nd wave :**

- Change your careless mindset & attitude.**
- War footing steps are required as this is spreading fast.**
- Zero tolerance for no mask, crowding & Covid inappropriate behavior.**
- Learn to wear & removing mask professionally.**
- Think before any action, if it will help Corona or it will kill Corona.**
- Learn to deal with public & fellow police men.**
- 100% adherence to Covid appropriate behavior.**
- Understand virus load & increase alertness accordingly.**



- Testing, Tracing, Isolating & Vaccinating. Include age group 18 to 45.**
  - Get vaccination completed.**
  - Avoid junk food. Go for nutritious foods include juice, coconut water. Dalia in meals.**
  - Such waves will keep coming until we attain 70% vaccination & herd community (herd community has antibodies). So, do not lower your guard especially mask till we achieve herd community status.**
  - People with co-morbidities like obesity, diabetes, CKD etc. must take extra precaution.**
  - No over exertion/over exercise.**
  - adopt Power of Yoga & Pranayam in daily routine.**
- 2nd wave can last up to 100 days.**

# **Why Vaccination is necessary ?**

**Patients are getting admitted in hospitals with corona infection even after 2 doses of vaccines. But infection in most cases is asymptomatic, mild or moderate with high CT value and low virus load and very low potential for transmission.**

**Decrease fatality, get vaccinated today.**

*Thank  
You*



**Dr Neeraj Kaushik**