

POST COVID CARE

The following are the general instructions for post COVID patients. It may vary from case to case depending upon Co-Morbid conditions, age, Immunity, lifestyle, past medical conditions etc.

1. When is a Covid patient considered to be cured?

Asymptomatic or mildly symptomatic Covid patients are considered to be virus-free after 10 to 14 days. For patients who are hospitalized, it was earlier suggested that an RT-PCR test be done before discharge, However, that recommendation has changed now. Health care experts have found that sometimes a Covid test returning positive simply suggests the presence of harmless virus particles, which the immune system has efficiently dealt with.

2. What is Long COVID, or post-COVID syndrome/complications?

Post-Covid complications are being studied and can affect both mental health and physical health. Some symptoms can be on the milder side, resolve on their own, and some could be moderate or severe in nature and require prolonged recovery and care.

Seek medical attention if you encounter any of the below symptoms.

Post-COVID cough

Malaise, joint aches and muscle pain

Sleeping problems or disorders

Memory impairment

Leg pain or swelling

Sudden breathlessness at rest

Palpitations, chest pain/tightness

Warning signs



high-grade
fever



Breathlessness
SpO2 <95%,



Chest
pain



Dizziness
on standing

Complications



Lung
fibrosis



impact on
kidneys



Heart



very rare
cases of
mucormycosis

3. How do we deal with mental health during or Post COVID?

Patients who experience panic attack, anxiety, depression after or during COVID should seek help from Psychologists along with mind relaxing exercises, yoga, adequate sleep, positive thoughts etc.

Note: Tele-consultation facility from visiting Psychologists is available on their fixed visiting days after appointment over phone.

Call Counselling centre at 0343 2759112 between 3pm and 7.30pm on all days except Sundays and Holidays for appointment.

4. What sort of care is needed for patients getting cured?

Generally, Covid-19 patients take 2- 3 weeks to recover completely. Following a general health routine, involving a nutritious diet, exercise, stress-relieving measures, and yoga often aid early recovery. Special care needs to be taken of the lungs as their involvement in Covid is the maximum. Hence, one must continue to monitor their oxygen levels. All breathing exercises need to be continued even after getting cured.”

5. What precautions need to be taken care for patients with co-morbidities?

Special care needs to be taken of patients who are diabetic, because while treatment of Covid they are subjected to steroids that tends to increase the sugar levels. Hence, after getting cured once such patients go back to their normal eating habits, they can end up in hospitals again. In fact, a patient needs to be regularly in touch with doctors if he suffers from co-morbidities like hypertension, diabetes, cardiovascular diseases or renal failure. Any sign of breathlessness or confusion should not be taken lightly, just because you have tested negative.

6. What sort of exercises are needed in post-Covid management?

To return to a normal routine after Covid infection is a gradual process. Even after testing negative, fatigue, muscle and joint pain can stay for a bit longer. The key is to go slow. All patients after getting cured must continue with breathing exercises. Asymptomatic patients can start their routine workouts after 7-10 days. Patients with co-morbid conditions should wait for 3-4 weeks before they start exercising. The best exercise is to start walking for 5-10 minutes and then increase the timing slowly. One should stop exercising if they start feeling breathless. One should not over-exert.

7. For how long does a recovered patient need post-Covid care?

The extent and duration of post-Covid care will depend on symptoms and complications of the individual patients. If there are no post-Covid symptoms or complications, a person may

not need any specific post-Covid care and continue with universally accepted norms of a healthy lifestyle — diet, exercise and avoidance of smoking and alcohol. Otherwise he/she she should seek medical care.

8. When can a patient return to his/her job?

Adults with mild to moderate Covid-19 remain infectious no longer than 10 days, after symptoms show up. Those who fall critically ill or are severely immune-compromised likely remain infectious no longer than 20 days, after symptom onset. Patients under home isolation may end their home isolation after at least 10 days have passed from the onset of symptoms (or date of sampling for asymptomatic patients) and additional seven days of complete rest in Home Isolation for all category of patients. There is no need for testing after the home isolation period is over.

9. When can a patient get vaccination after COVID-19 recovery?

As per recent government protocol,

- Any laboratory proven COVID-19 cases should defer vaccination (both first & second dose) three months after recovery from the disease.
- Persons with any other serious general illness requiring hospitalization or ICU stay should wait for 4 to 8 weeks after recovery
- COVID-19 vaccination is recommended for all lactating women.

10. What is “Black Fungus”?

Black Fungus or Mucormycosis isn't a new disease. It's caused by a group of molds, called mucormycetes. Individuals are infected after inhaling fungal spores found naturally in India's environment and soil. For most people with a healthy immune system, exposure to the fungus really won't matter.

Mucormycosis is an opportunistic infection. Before COVID, people were far more likely to contract it only if they were in a situation where their immunity was weak, say after an operation, a prolonged hospital stay or [an organ] transplant, but today COVID-19 has weakened immunity considerably, leaving more people vulnerable to the disease.

What predisposes

Uncontrolled diabetes mellitus

Immunosuppression by steroids

Prolonged ICU stay

Co-morbidities – post transplant/malignancy

long term use of face masks

Within six weeks of Covid treatment with any of the above factors

How to prevent

Keep your environment clean and damp free.

Avoid use of same mask continuously even after it is visibly dirty and multiple washes. N-95 masks be discarded after five uses and cloth masks to be washed daily, Surgical masks are also of one-time use.

Use masks if you are visiting dusty construction sites Wear shoes, long trousers, long sleeve shirts and gloves while handling soil (gardening), moss or manure

Avoid self-Medication especially Steroids during COVID-19 treatment.

Control co-morbid conditions especially Diabetes

Maintain personal hygiene including thorough scrub bath

When to Suspect (in COVID-19 patients, diabetics or immunosuppressed individuals)

Sinusitis – nasal blockade or congestion, nasal discharge (blackish/bloody),

local pain on the cheek bone One sided facial pain,

numbness or swelling Blackish discoloration over bridge of nose/palate

Toothache, loosening of teeth, jaw involvement

Blurred or double vision with pain;

fever, skin lesion; thrombosis & necrosis (eschar)

Chest pain, pleural effusion, haemoptysis, worsening of respiratory symptom

Management:

Mucormycosis should be managed by a group of different specialists and intensivists. Seek Medical Attention if any of the above symptoms arises.