

The Worried Well- Is there a new wave up ahead?.

Let us not play Chinese Whisper

Stay Calm and Do Not get Stressed

Version dt 20 Dec 2022

Disclaimer: The content of this Advisory Note is not intended to be a substitute for **professional medical advice, diagnosis, or treatment**. Always seek the **advice** of your allopathic medical doctor or other qualified health provider for any questions you may have regarding any **medical** condition.

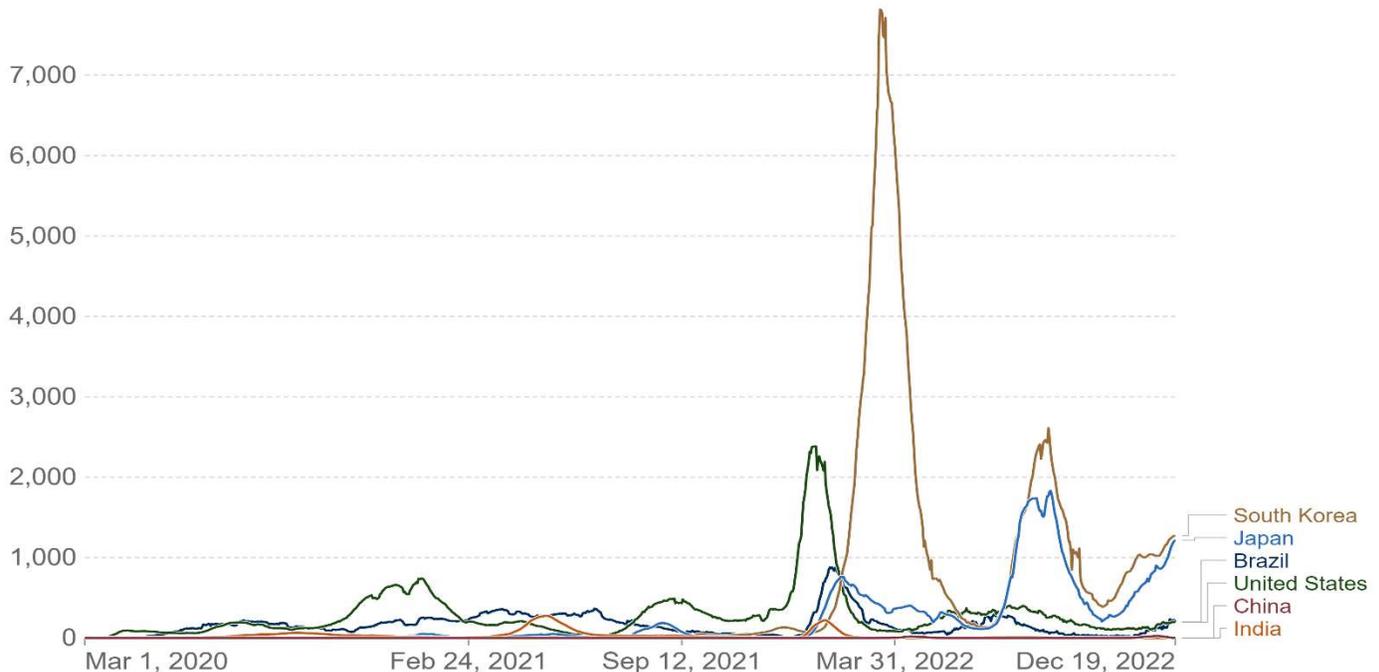
The content below is only for informational purposes.

Background

These are **cases per million people** - Japan, USA, Brazil, China, Korea and India

Daily new confirmed COVID-19 cases per million people

7-day rolling average. Due to limited testing, the number of confirmed cases is lower than the true number of infections.



There is a lot of apprehension amongst a section of people, especially those who are prone to believe all that comes to them via social media, about the spurt of cases in China and other countries.

Data is like the town crier of yore. Loud, and yet no one listens.

Whether the pandemic coronavirus has left us or not, only time will tell.

What remains unchanged, is what you can do to safeguard yourself and your loved ones.

Do not unnecessarily share “forwards” on social media.

Think. Check. Do not Forward (if unverified).

What to do, to stay healthy and avoid respiratory tract infections?

1. Avoid the C's

- (a) **Avoid Crowded Places and Crowds** - Practice *physical distancing* as feasible.
- (b) **Avoid Close Contact Settings** – Meet with people, *outdoors*.
- (c) **Avoid Confined and Closed Spaces** – Keep *open those windows*, allow for natural air circulation. In winter, ensure *frequent air changes* within indoor spaces.

2. Hand Hygiene

You need not be obsessive about hand 'sanitization'. *Just wash your hands before touching your nose, eyes or mouth.*

3. Wearing face masks when in public areas (especially indoors or in close contact with others):

While complying with Govt guidelines, which may be amended from time to time, you should consider wearing a mask in any situation where you will be 'close' to other people (i.e in physical proximity).

"I protect you, You protect me". Understand the logic of this statement.

Dangling a mask on your chin, or below your nose is not doing anything for you, or for anyone else. Also, if you are not changing your mask at the end of the day, you are just keeping yourself happy thinking you are keeping safe!

Definitely wear a mask if you have a respiratory infection or are feeling unwell, to prevent to some extent, transmission to others.

About Testing as on 20 Dec 2022

Asymptomatic individuals or low risk contacts of 'cases', without co-morbidities *need not be tested*. *There is no need for testing at the end of isolation.*

Do not get tested indiscriminately.

What actions must Societies take at present ?

1. Management Committees must suitably adapt their response as the pandemic evolves or fades away. **Don't wait for any 'end'!** Review your housekeeping practices:-

- (i) Wet mopping of *common areas at least once a day*,
- (ii) Wipe down disinfection of *common high contact surface areas* such as lift panels and common door handles once a day.

2. It is emphasized that there is ***no requirement for any surface chemical spraying or 'disinfection' of households or human beings.***

3. ***Promote healthy practices*** amongst all residents and staff, such as covering mouth appropriately while coughing, and not spitting indiscriminately.

Be aware that Dengue is more of a threat to residents in your society!

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