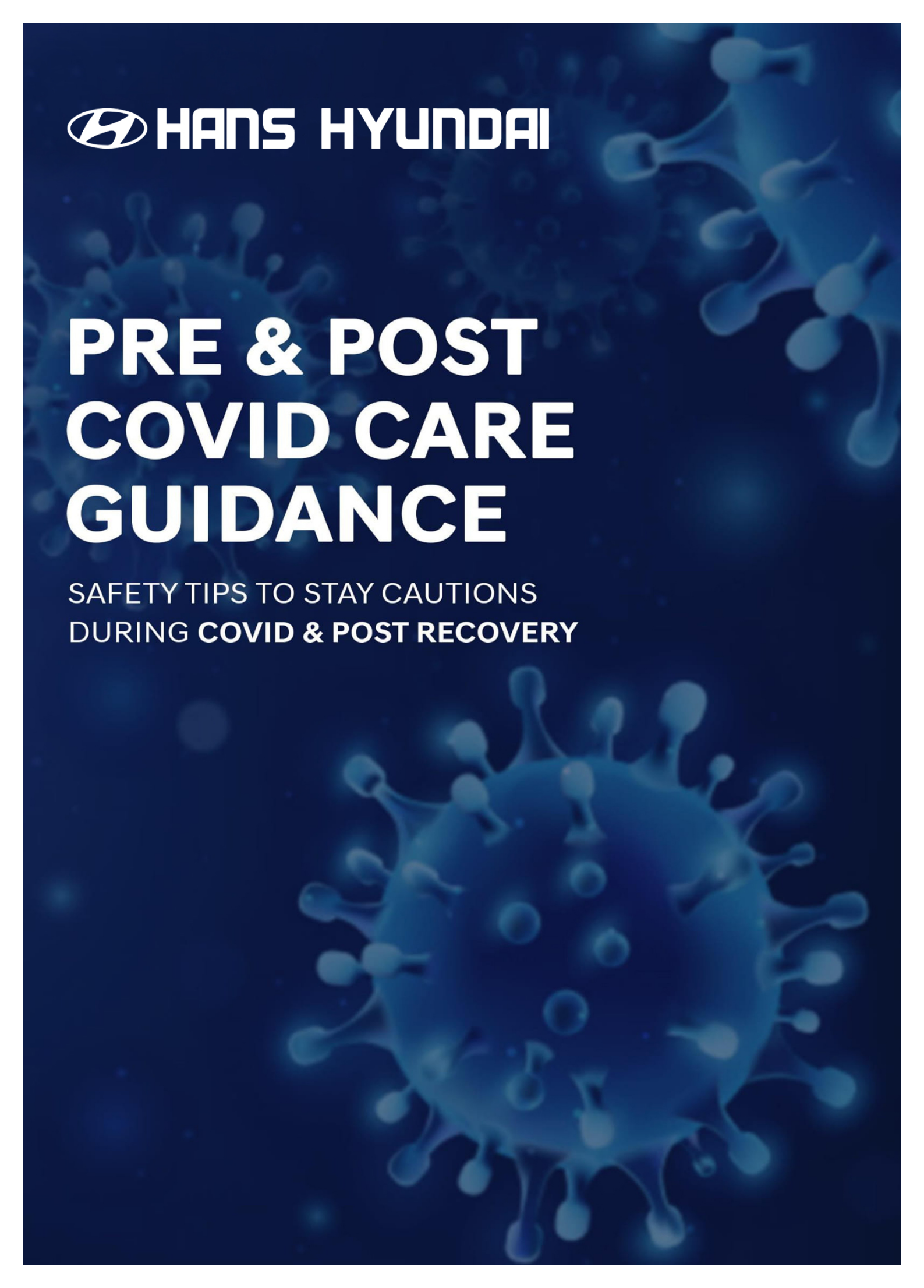
HANS HYUNDAI

PRE & POST COVID CARE GUIDANCE

SAFETY TIPS TO STAY CAUTIONS
DURING **COVID & POST RECOVERY**



About **COVID**

COVID-19 is a highly contagious virus that mainly attacks the lungs. It is transmitted through droplets created from sneezing and coughing from those infected. The virus enters the body via the nose, mouth and eyes. After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. A holistic approach is required for follow up care and well-being of all post-COVID recovering patients.

This brochure provides an integrated holistic approach for overall care at home pre and post Covid. It is not meant to be used as preventive/curative therapy.

- Continue COVID appropriate behaviour (use mask, hand rub & respiratory hygiene, physical distancing).
- Drink adequate amount of warm water (if not contra - indicated).
- If health permits, regular household work can be done. Professional work should be resumed in graded manner.

What are the most commonly reported **symptoms of COVID-19?**

Continuous cough

Fever

Fatigue

Muscle aches

Sputum production

Loss of appetite/taste/smell

Shortness of breath

Some people may require hospitalization to treat these symptoms.

When to contact a **doctor?**

Monitor your symptoms regularly. if you get one of the following, reach out to a doctor/ medical assistance immediately:

Worsening shortness of breath

Chest pain

A new or returning fever/ high grade fever

Confusion, inability to eat/drink

Worsening ability to concentrate

It might get more difficult to do the things you are normally able to do, such as housework, having a wash, getting dressed or walking up and down the stairs. Most symptoms resolve on their own with time. Others require patience and efforts from your side. Complete recovery may take longer time.

How should I **manage cough ?**

Dry Cough

Dry cough puts more strain on throat. Following tips can help manage dry cough:

- Stay hydrated by drinking plenty of water (lukewarm preferably).
- Take small sips of fluids instead of large ones to facilitate swallowing.
- Inhale steam using a steam inhaler. If you don't have an inhaler, pour hot water into a bowl and breathe in the steam. If comfortable, cover your head and bowl with a towel.
- Drink honey and lemon mixed in warm water or any other warm drink such as kadha to soothe irritated throat.
- Gargle using salt water or Betadine gargle solution (1 part Betadine,3 parts water).
- If you feel the need to cough but don't have a soothing drink or water at hand, do the act of swallowing as if you are swallowing saliva.

Productive Cough (Phlegm filled sputum)

Phlegmatic or productive cough is difficult to manage since you have to spit out the phlegm-filled sputum regularly. Regularly disinfect the sink where you dispose your sputum.

Tips to manage productive cough:

- Stay hydrated. Consume lukewarm water, broth, soup, herbal tea, kadha.
- Do steam inhalation at least thrice a day to loosen the phlegm congested in your lungs.
- Lie on either the left or the right side, instead of lying on your back. This might help drain the phlegm faster.
- Stay mobile. Walk within your room. Movement promotes lung function, and can also dislodge the phlegm to facilitate your spitting it out.

What do I do if I have **fatigue?**

Covid-19 patients experience long-term chronic fatigue lasting over six weeks. Fatigue is common However if you experience increased fatigue or you have new symptoms contact a Doctor

Following tips are helpful in managing fatigue effectively:

- Plan your daily schedule to allow for sufficient rest and sleep time intermittently.
- Take staggered breaks during the day to allow physical and mental restoration.
- Work on a roster with fixed days off, if possible.
- Seek help for physically demanding / repetitive tasks.

Quit Smoking

Smoking negatively impacts lung health, inhibits the body's responsiveness to infection, and suppresses immunity. This impairs the recovery process. Compared to non-smokers, smokers are 2.4 times more likely to be admitted to an intensive care unit, need mechanical ventilation. Within 20 minutes of smoking cessation, heart rate and blood pressure drop; after 12 hours, the blood's carbon monoxide level drops; after two weeks, circulation and lung function improves; and after one month, cilia, which move mucus out of the lungs, begin to regain normal functioning.

Post-Covid **follow up protocol**

What can I eat?

Nutrition is an important aspect of recovery. Consuming balanced meals can aid faster recovery.

- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Have adequate sleep and rest.
- Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised)

Following food groups must be included in every meal:

- Energy-rich foods Carbohydrates. These include foods such as cereals (wheat, rice, maize), fats/oils, sugars.
- Body building foods Proteins. These include pulses (all dals, beans, legumes), animal foods (eggs, meat, poultry, fish), milk and milk products. The body needs more protein while recovering from the infection.
- Protective foods Vitamins and minerals. These include seasonal fruits and vegetables (dark green leafy, yellow & orange coloured, citrus, and other fruits/vegetables). Foods rich in vitamin A, E, C and minerals such as zinc, copper, iron, selenium are known to improve the immune response of the body.

Immunity boosting measures

- Drink herbal tea / decoction (Kadha) made from basil (tulsi), cinnamon (dalchini), black pepper (kalimirch), dry ginger (shunthi) and raisin (munakka) - once or twice a day. Add natural sugar(jaggery) and/or fresh lemon juice to taste, if needed.
- Consume golden milk once or twice a day. Prepare by adding half teaspoon turmeric (haldi) powder in 150 ml hot milk.
- Use ginger and garlic in cooking.
- Stay hydrated. Drink warm / normal water frequently.

Diet Tips

- Do not skip meals. Consume 5-6 small meals including fresh green vegetables and fruits.
- Consume minimum 2 litres water every day.
- Incorporate fiber in your diet through whole grain cereals, whole grams and pulses, whole wheat porridge, whole wheat bread, oats.
- Limit intake of excess salt, processed and preserved foods. Refrain from eating restaurant food.
- Restrict alcohol, tobacco and smoking.

When is it the right time for me to resume **physical activity after COVID?**

You may feel fatigued for a few weeks or longer even after other symptoms resolve. As you resume physical activity, you may not be able to match your pre-illness activity levels. In the beginning, you may feel short of breath, get tired easily, or cough a little. It is advisable to start slow with low intensity activity and build up gradually. Athletes should avoid resuming regular training for at least 10 days from symptom onset and 7 days after symptom resolution.

What should I do for regaining my **physical strength/ what exercises should I do?**

COVID-19 infection takes a toll on the body. It takes time to recover, and regain the lost strength. An occupational therapist can help you adjust to your new energy levels and limitations. Following tips may also help as your body gradually recovers:

- Re-organize your life so that you can make do with lower energy levels. Establish daily routine in a manner so that you complete essential activities when you have the most energy
- Prioritize necessary activities; eliminate unnecessary ones or those which require excessive physical exertion
- Don't plan multiple activities for same day to avoid fatigue. Keep the pace low to sustain energy level throughout the day

- Plan for adequate rest in between activities
- Do breathing exercises regularly
- Consume a balanced protein-rich diet, with at least five daily servings of different fruits and vegetables
- Keep frequently used items in close proximity
- Seek support from your family members and friends when required

Tips to exercise safely:

- Always warm-up before exercising, and cool down after exercising
- Wear loose, comfortable clothing and supportive shoes
- Wait at least an hour after a meal before exercising
- Drink plenty of water
- Avoid exercising in very hot weather
- Exercise indoor in very cold weather

Stop exercising and contact your doctor if you experience any of the following symptoms:

- Nausea / feeling sick
- Severe shortness of breath
- Chest tightness
- Dizziness/ light headedness
- Clamminess/ sweating
- Increase in pain

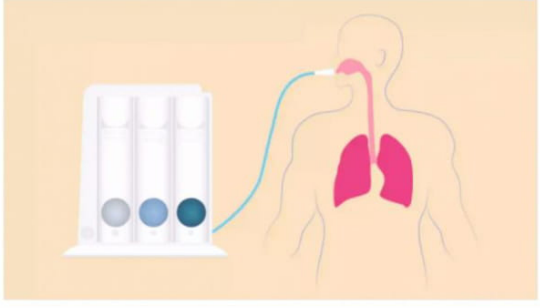
Exercise plays an important role in recovery from COVID. It helps to:

- Improve fitness levels
- Improve energy
- Increase muscle strength
- Improve balance and coordination
- Improve thinking
- Reduce stress, elevate mood
- Enhance confidence
- Reduce breathlessness

Exercises for **COVId-19 Positive Patients** during illness

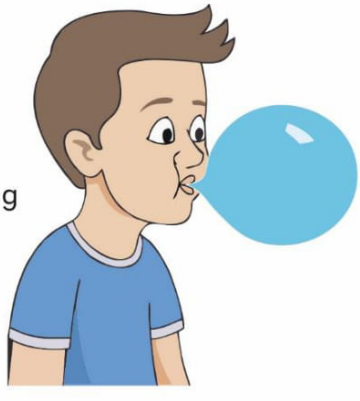
Chest Exercises

Incentive Spirometry



- Put the mouth piece in your mouth and close your lips tightly around it. Do not block the mouthpiece with your tongue.
- Inhale slowly and deeply through the mouth piece to raise the indicator. You should aim to raise one, two or three balls up and hold for 2-3 seconds.
- When you cannot inhale any longer, remove the mouthpiece and hold your breath for at least 3 seconds.
- Exhale normally & repeat these steps in a day as advised. Keep a log of the highest level you are able to reach each time. This will help healthcare providers see if your lung function improves.

The Balloon Exercise



You can practice this simple exercise by blowing up a certain number of balloons each day. Blowing balloons works out the intercostal muscles that are responsible for spreading and elevating your diaphragm and rib cage. This allows your lungs to take in oxygen during inhalation and expel carbon dioxide as you exhale.

The more oxygen you supply to the body during exercise, the longer you will last without becoming breathless.

Breathing Exercises

Self- Awake Proning

30 minutes - 2 hours: laying on your belly. If patient is on oxygen support then oxygen should not be removed in this position, turn head to left/ right side & continue oxygen support. Place pillows under the head, chest and pelvis for support but abdomen should not be compressed.

30 minutes - 2 hours: sitting up.

30 minutes - 2 hours: laying on your left side.

30 minutes - 2 hours: laying on your right side.

Then go back to position 1: laying on your belly.

Pranayam- Alternate Nostril Breathing

Close the right nostril with thumb. Breath in left nostril to a count of 4.

Close the left nostril as well and retain the breath to a count of 16.

Release the right nostril and exhale fully through it to a count of 8

Keeping the left nostril closed, inhale through the right to a count of 4.

Close both nostrils and retain the breath to a count of 16.

Release the left nostril and exhale to a count of 8 to complete.

Resuming your physical activities after **recovery from COVID-19**

Warm-up exercises

Warming up prepares your body for exercise to prevent injury. Your warm-up should last around 5 minutes, and at the end you should feel slightly breathless. Move all joints like the examples here.

Shoulder shrugs: Slowly lift your shoulders up towards your ears and release them down again.

Fitness exercises

You should aim to do fitness exercises for 20-30 minutes, 5 days each week.

Marching on the spot: If needed, hold onto a stable chair or surface for support, and have a chair nearby to rest. Lift your knees one at a time.

Step-ups: Use the bottom step of your flight of stairs. If needed, hold on to the handrail for support. Step up and down, changing the leg you start with every 10 steps .

Strengthening exercises

Strengthening exercises will help improve muscles that have become weaker as a result of your illness. You should aim to do three sessions of strengthening exercises each week. These exercises will not make you feel breathless in the same way as fitness exercises. Instead, your muscles will feel like they have worked hard.

Arm raises to the side: If needed, hold onto a stable chair or surface for support, and have a chair nearby to rest. Lift your knees one at a time.

Sit to stand: Sit with your feet hip width apart. With your arms by your side or crossed over your chest, slowly stand up, hold the position for a count of 3, and slowly sit back down onto the chair. Keep your feet on the floor throughout.

Cool down excercises

Cool down exercises allow your body to return to normal before you stop exercising. Your cool down should last approximately 5 minutes, and your breathing should be back to normal by the end.

Side Muscle Stretch: Reach your right arm up towards the ceiling and then lean over to the left slightly; you should feel a stretch along the right side of your body. Return to the starting position and repeat on the opposite side.

Shoulder: Put your arm out in front of you. Keeping your arm straight, bring it across your body at shoulder height, using your other hand to squeeze your arm to your chest so that you feel a stretch around your shoulder. Return to the starting position, and repeat on the opposite side.

Breathlessness Scale

This scale helps you rate the difficulty in breathing you experience during exercise. It starts at O which means you are experiencing no difficulty at all, and progresses through to number 10 where your breathing difficulty is maximal. A scale of 3-4 indicates that your exercise is effective.

0	Nothing at all
0.5	Very very slight (Just Noticeable)
1	Very slight
1	Slight
2	Moderate
3	Somewhat Severe
4	Severe
5	Very Severe
7	Ver very severe (Almost Maximal)
8	Maximal

How should I manage any **voice related issues**

You may experience voice related issues if you were on ventilation support in course of your treatment. If your voice is raspy or weak, it is important to:

- Keep talking Keep using your voice to make progress. If you get tired while speaking, take breaks and let your friends and family members know that you need to pause and rest during conversations.
- Do not whisper This can strain your vocal cords. Try not to raise your voice or shout. If you need to get someone's attention, try a hand gesture.
- Take rest If you run out of breath while talking, be careful not to exert. Stop and sit calmly, while focusing on your breath. Do the breathing exercises mentioned earlier until you feel ready to speak again.
- Hum to yourself This will help you practice using your voice, while being careful not to strain.
- Use alternate means Communicate by writing, texting, or using gestures, if talking is difficult or uncomfortable.
- Sip water frequently This will help you keep your voice working.

How can I help the **community?**

- Recovered individuals should share their positive experiences with their friends and relatives using social media, community leaders, opinion leaders,religious leaders for creating awareness, dispelling myths and stigma.
- Take support of community based self-help groups, civil society organizations, and qualified professionals for recovery and rehabilitation process (medical, social occupational, livelihood).
- Seek psycho-social support from peers, community health workers, counsellor. If required seek mental health support service.
- Participate in group sessions of Yoga meditation etc. while taking all due precautions like physical distancing.

When should my **follow up be scheduled?**

- The first follow-up visit (physical/telephonic) should be after 10 days of discharge at the hospital's Post COVID care Clinic.
- Treatment without consultation should be avoided to prevent any unknown drug-drug interaction, which may lead to Serious Adverse Events (SAE) or Adverse Effects (AE)..
- The patients who had undergone home isolation, if they complain of persisting symptoms, should visit the nearest health facility. Severe cases requiring critical care support will require more stringent follow up.

What should I do if my **symptoms persist?**

- Recovery period differs from person-to-person. Don't get anxious and follow the treatment prescribed by your doctor.

When can I **resume my office duty?**

- You may resume your office:
  If it has been at least 17 days since you first experienced symptoms, and You have recovered from all symptoms and regained energy levels.

Do I need to worry that I may still be positive and infect others, as I was **not tested after I recovered from COVID?**

You will not pose a risk of infection if you have completed the prescribed quarantine/ isolation. There is no need for you get tested again.

Till what duration I can **spread infection to others?**

In asymptomatic/mild cases chances of replication of virus is maximum for 10 days. However in moderate to severe cases who are admitted, may shed virus for a longer time. So these sick patients should follow discharge guidelines on individual basis.

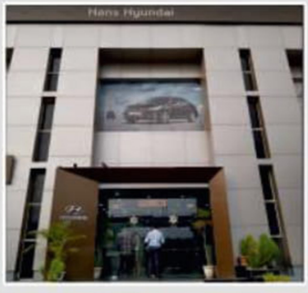
Can I **get re-infected** with COVID-19?

Most people infected with the COVID-19 virus, whether or not they have symptoms, produce antibodies (proteins that fight infections) and fighter cells against the virus. For those recovered, the chances of re-infection appear to be very low in the first 3 months of infection. Low level of antibodies present in the body thereafter may possibly protect against re-infection.

HANS HYUNDAI

Hans Hyundai Showroom

Hans Hyundai Showroom Motinagar
Unit-4, TSG Complex,
69/1A Moti Nagar Crossing,
Najafgarh Rd, New Delhi, Delhi 110015
Call : 084477 35009



Hans Hyundai Service Center

Hans Hyundai Service Naraina
A57, Industrial Area Phase I,
Block A, Naraina Industrial Area Phase 1,
Naraina, New Delhi, Delhi 110028
Call : 084477 35009

Hans Hyundai Service Badli
B5, Badli Industrial Area, Phase 1,
Near Samay Pur, Badli Metro Station,
New Delhi, Delhi 110042
Call : 084477 35009

Hans Hyundai Service Motinagar
Block C, Unit-3, 69/1A,
Najafgarh Rd,
Karampura Industrial Area,
Moti Nagar, Delhi, 110015
Call : 084477 35009

Hans Hyundai Bodyshop

Hans Hyundai Bodysop Zakhira
B-13, Najafgarh Road,
Zakhira, New Delhi,
Zakhira, Delhi, 110015
Call : 084477 35009

info@hanshyundai.com | 9599705948 | www.hanshyundai.com