

## Health Advocacy of new covid19 variant(omicron) and third wave:

- It is a new variant of SARS-CoV-2 that has been reported initially from South Africa on 24th November 2021 called as B.1.1.529 or Omicron.
- This variant has shown a very large number of mutations, especially more than 30 on the viral spike protein, which is the key target of the immune response.
- Omicron has been declared Variant of concern by WHO (World Health Organization) based on the observed mutations, their predicted features of increased transmission.
- It is spreading faster than delta strain (2<sup>nd</sup> wave) and as of now the number of people getting infection rate is on higher side, but the symptoms are mild, and number of hospitalization and deaths are not huge as compared with increasing in number of positive cases.

### Global Updates

- Globally the number of new positive cases are increasing at around 1 million cases per day.
- Globally there is increase of 83% cases in this week than preceding week.

### India:

- In the last 24 -48 hours India's reported tally of new COVID19 case and active cases continue to raise significantly.
- Reported daily cases has breached the mark of 90,928. It has increased 10-11 times in last 7-8 days, daily new cases were around 6,358 on December 28<sup>th</sup> and on Jan 4<sup>th</sup> 37,000 and on Jan 5<sup>th</sup> it was 58,097 cases and on 6<sup>th</sup> it was 90,928
- Reported daily new cases are 3.5 to 4 times of daily discharged/recovered cases.

Safety precautions: It is mandatory to follow covid19 appropriate behavior to break the chain of infection because:

- This variant spreads easily than delta variant
- Infection is possible in already infected and vaccinated people
- Though the disease is mild it may be dangerous to the elderly people and to the people with co morbidities at your home.

**The precautions and steps to be taken remain are same as before .**

1. It is essential to mask yourself properly (wear it properly covering the nose and mouth entirely) at every place and avoid touching the front part of face mask. Always remove the mask by using ear loops.
2. Maintain physical distance of 6 feet/2 meter.
3. Avoid mass gathering at mess/green arena/play area.
4. Avoid visiting closed spaces and try to keep the room/place maximum ventilated.
5. Frequently wash your hand with soap for 40 sec/use sanitizers (alcohol based) whenever touching any common things (lift buttons/door handles/step railings)
6. Avoid contact with any individual suffering with illness.
7. Get vaccinated if not get it done earlier (all individuals whose birth year is 2007 or before are eligible for vaccination).
8. If anyone experiencing any symptoms like fever/cold/cough/loss of taste/smell/sore throat/shortness of breath/any other illness report to medical team and get proper timely assistance and guidance.
9. In case of any above-mentioned symptoms kindly isolate yourself immediately and reach out to medical department for further support or medial guidance. Contact person: **Ravi Kumar – 83283 62240 (Nurse)**.
10. Kindly adhere and follow covid19 appropriate behavior and we all must ensure to follow them for our own safety and wellbeing of all our SRM family members.

**Only together we can win over this Pandemic**

# SRM UNIVERSITY ANDHRA PRADESH

## FAQ'S RELATED TO COVID19 VACCINATION

- 1. There are several COVID-19 vaccines available at present, particularly COVISHIELD and COVAXIN. Which one of these vaccines is better?**

As per the available scientific evidence so far, both the vaccines (COVISHIELD and COVAXIN) are safe and effective. Both the vaccines have shown more than satisfactory results during their clinical trials and ever since the inoculation started under the vaccination programme. Although the numerical values of their individual efficacies may be slightly different, these are very good efficacies. Moreover, in a recent study, both these vaccines have shown efficacy against the "Indian strain" of COVID-19 (also known as B.1.617 variant or "double mutant" strain).

- 2. What documents are required for registration of eligible beneficiary?**

Any of the below mentioned ID with Photo may be produced at the time of registration:

- **Aadhaar Card**
- **Pan Card**

- 3. I am a young person. Is COVID-19 vaccines (COVISHIELD and COVAXIN) are safe?**

Yes, both the available vaccines are entirely safe and effective. Millions of persons have received COVISHIELD and COVAXIN in India, with extremely rare side effects. And, even in the unlikeliest scenario of a serious adverse event, there are established management protocols. There is nothing to fear.

- 4. Which of the vaccines is better for me - COVISHIELD or COVAXIN?**

Both are equally efficacious in preventing mild, moderate, and severe COVID. Choose whatever is available to you, at the Vaccination Centre.

- 5. I am young. I believe I have good immunity. Do I need to still take the Vaccine?**

Yes. No one is safe from COVID-19, not even the fittest and healthiest of individuals. Better safe, than sorry.

**6. I am hearing reports of people testing COVID-19 Positive even after receiving the first dose of Vaccine. Is it even useful?**

First, the rate of infection after vaccination is much lower than the unvaccinated. And, even if such an infection occurs, by virtue of the vaccination, the body has a good titer of antibodies to limit the infection to a mild stage, thereby significantly reducing the chance of progressing to severe COVID, hospitalization and deaths. Therefore, vaccines are life-saving and effective!

**7. What are the common side effects that I can expect after Vaccination?**

Fever, headaches, body aches, fatigue, injection site pain are the common side effects, and they are manageable by a short course of Paracetamol. Most resolve by 2-3 days. You are observed for 30 minutes after receiving the dose, for any serious or severe effects, and even though they are rare to occur, there is definite treatment for each such serious effect.

**8. I received the First Dose of the Vaccine and then tested COVID-19 Positive in between the two doses? Can I take the second dose?**

Yes. You should defer receiving the second dose of the vaccine by at least 3 months post recovery from COVID-19.

**9. Will vaccinated beneficiaries receive information on the status of their vaccination after completion?**

Yes. On getting due dose of COVID-19 vaccine, the beneficiary will receive SMS on their registered mobile number. After all doses of vaccine are administered, you can download certificate from COWIN portal or Aarogya Setu application under vaccination.

**10. What is the dose schedule of both the vaccines?**

The second dose of Covishield vaccine can be taken between 12-16 weeks after the first dose and the second dose of Covaxin can be taken between 4-6 weeks after the first dose.

**11. In which scenarios can a COVID-19 vaccine be deferred?**

Deferring the COVID-19 vaccination in the following scenario:

- In case of individuals having lab test proven SARS-2 COVID-19 illness, COVID-19 vaccination to be deferred by 3 months after recovery.
- In case of SARS-2 COVID-19 patients who have been given anti-SARS-2 monoclonal antibodies or convalescent plasma, COVID-19 vaccination to be deferred by 3 months from discharge from the hospital.

- In case of individuals who have received at least the 1<sup>st</sup> dose and got COVID-19 infection before completion of the dosing schedule, the 2<sup>nd</sup> dose should be deferred by 3 months from clinical recovery from COVID-19 illness.
- Persons with any other serious general illness requiring hospitalization or ICU care should also wait for 4-8 weeks before getting the COVID-19 vaccine.

#### **12. Is COVID-19 vaccine recommended for lactating women?**

COVID-19 vaccine is recommended for all lactating women.

#### **13. Is screening required prior to COVID-19 vaccination?**

There is no requirement for screening of the vaccine recipients by Rapid Antigen Test (RAT) or any other prior to COVID-19 vaccination.

#### **14. Is it mandatory to take the vaccine?**

Vaccination for COVID-19 is voluntary. However, it is advisable to receive the complete schedule of COVID-19 vaccine for protecting oneself against this disease and to limit the spread of this disease to the close contacts including family members, friends, relatives, and co-workers.

#### **15. If one is taking medicines for illnesses like Cancer, Diabetes, Hypertension etc., can s/he take the COVID-19 vaccine and/or If I suffer from HTN/ DM/ CKD/ heart disease/ lipid disorders etc., can I safely take this vaccine?**

Yes, persons with one or more of these comorbid conditions are considered among the high-risk categories. They need to get COVID-19 vaccination on priority. Overall, the vaccine is safe and efficacious in adults with comorbidity. The maximum benefit of getting the COVID-19 vaccine is for those who have such co-morbidities. However, if you are concerned for any specific reason, please consult your doctor. Or reach out to SRM AP University medical department.

#### **16. Do I need to use the mask/ other COVID-19 appropriate precautions after receiving the vaccine?**

Yes, it is necessary that everyone who has received the COVID-19 vaccine should continue to follow the COVID-19 appropriate behavior i.e., mask, maintain physical distance and hand sanitization to protect themselves and those around from spreading the infection.

### **17. How long will I remain protected after vaccination?**

Longevity of the immune response in vaccinated individuals is yet to be determined. Hence, continuing the use of masks, handwashing, physical distancing, and other COVID-19 appropriate behaviors is strongly recommended.

### **18. In how many days will the vaccination create an adequate immune response and protection?**

Adequate immune response takes 2-3 weeks after completion of entire vaccination schedule i.e., after the second dose of COVISHIELD® and COVAXIN®

### **19. Is it important for me to receive the same vaccine during second dose?**

As the vaccines available are not inter-changeable, it is important to receive the second dose of the same vaccine as the first one. The Co-WIN portal is also going to help to ensure that everyone receives the same vaccine.

### **20. Does vaccination protect me against newer strains/ mutated virus of SARS-CoV 2?**

The body responds to vaccination by making more than one type of antibodies to virus parts including spike protein. Therefore, all vaccines are expected to provide reasonable amount of protection against the mutated virus also. Based on the available data the mutations as reported are unlikely to make the vaccine ineffective.

### **21. Does pregnant mother can take covid19 vaccine?**

No, as of now Govt of India doesn't included pregnant Mother in vaccination program.

**PREPARED BY MEDICAL DEPARTMENT  
SRM UNIVERSITY  
ANDHRA PRADESH**

#### **References:**

- Ministry of Health & Family Welfare Guidelines
- WHO guidebook for Support for Rehabilitation Self-Management after COVID-19-Related Illness



# SRM UNIVERISTY AP MEDICAL CENTER

## Home Isolation guidelines

1. **HOME ISOLATION NEED TO END AFTER 10 DAYS HAVE PASSED FROM THE ONSET OF SYMPTOMS AND AFEBRILE (NO FEVER) FOR 3 CONSECUTIVE DAYS WHICH EVER IS LATER.**
2. Patients with mild covid19 are recommended for home isolation (mild – upper respiratory tract symptoms and /or fever without shortness of breath.
3. People above 60 years and with co morbidities must be evaluated by treating doctor for home isolation.
4. Separate well ventilated room must be there.
5. A healthy health provider (care giver) must be present for the care of the patient.
6. MUST DO'S
  - Physical distancing
  - Indoor mask use – change the mask frequently if it gets wet.
  - Strict hand hygiene
7. Symptomatic management:
  - Hydration: plenty of oral fluids.
  - Tab Dolo 650mg/Paracetamol 650 mg if temp above 99 F or headache or body pains, maximum 3-4 tablets in a day, gap of 6-8 hours between each dose.
  - Tab Sinarest/chest on cold/KUFF Q for cold and cough.
  - Tab Zincovit one per day
  - Tab limcee/vitamin c one per day
8. Stay in contact with treating physician.
9. Gargling with warm salt-water 4-times daily
10. Steam inhalation thrice daily
11. Drink plenty of liquids and take balanced, nutritious diet
12. Keep a watch on your body temperature (by using a thermometer) and oxygen saturation level (by using a pulse oximeter)
13. In case of any medical urgency/emergency, do not delay in seeking medical advice and reach out to nearby doctor/hospital promptly. Some COVID-19 related danger signs include: (a) Breathlessness, (b) Oxygen saturation level less than 93%, (c) Drowsiness / Low alertness, (d) High grade fever/Distressing cough if lasting for more than 3 days, (e) Decreased urine output or dark colored urine, and (f) Weakness in any body part.
14. Waste disposal: Waste like used masks, food items, empty tablet sheets etc. are need to kept in a garbage bag which is sprayed with disinfectant inside and outside, tightly secure and disposed as per biohazard material guidelines.  
Used masks are cut into pieces kept in paper bag for 72 hours and disposed.



## **WORLD BLOOD DONORS DAY 14TH JUNE 2022**

# SRM UNIVERSITY HEALTH CENTRE

World blood donors' day is celebrated every year by people around the world on June 14<sup>th</sup>. It is celebrated on birth anniversary of KARL LANDSTEINER (June 14<sup>th</sup>, 1868). He was awarded the Nobel prize for his discovery of the ABO Blood group system.

### Why should you DONATE BLOOD?

- There is no substitute for blood
- Every 3 seconds some one needs a blood transfusion
- Your donation can save the life of up to 3 people!
- Every year 5 crore units of blood is required but only 2.5 crore units are available which accounts for only 50% of required blood units.
- Approx. 38,000 blood donations are required in India every day.
- There is a constant need for a regular supply of blood because it can be stored only for a limited period before use.
- Blood is the most precious gift that any one can give to another person – THE GIFT OF LIFE.
- A decision to donate your blood can save a life, or even several if your blood is separated into its components- red cells, platelets and plasma- which can be used individually for patients with specific conditions.

### Who can DONATE BLOOD?

- Any individual who belongs to the age group of 18-60 years with weight more than 45 kgs.
- Interval between two donations should be 3 months or more for males and 4 months for female
- The donor should be a healthy person and should not have any active illness

### Who should not give blood?

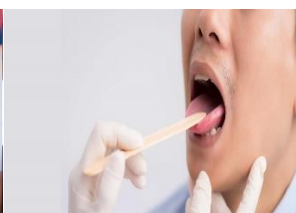
You should not donate blood if:

- You are feeling unwell
- You are anaemic
- You are taking certain medications, Such as antibiotics.
- You cannot donate if you have a cold, flu, sore throat or any other infection.
- Suffering from ailments like hypertension, cancer, epilepsy, kidney ailments, and diabetes.
- Pregnant or breast-feeding women.
- Have had ear/body piercing or tattoo in the past 6 months.
- Underwent immunization(vaccination) in the past 1 month.

**The gift of blood is the gift of life. There is no substitute for human blood. Blood cannot be manufactured – it can only come from generous donors.**



**COVID-19 Vaccination:** COVID-19 vaccination is a safe and effective method of protection against COVID-19 infection and its complications. In India's COVID-19 Vaccination Program, there are two types of vaccines available at present (**COVISHIELD and COVAXIN**), both of which are effective and need to be taken as intramuscular injections in upper arm. A person would need to take this vaccine in two doses (**12-16 weeks apart in case of COVISHIELD and 4-6 weeks apart in case of COVAXIN**). In case you are planning to take this vaccine, please take note of the following tips and precautions to be observed before and after getting vaccinated.



### People who are not eligible for Vaccination drive

Individuals who are suffering/suffered with any one of the following symptoms in the last 14 days:

- Fever
- Cold
- Cough
- Loss of taste/smell
- Diarrhea or vomiting
- Any history of close contact with covid19 positive case or any individual who is suspected case of covid19 they need to defer vaccination/avoid visiting vaccination site.
- **Individuals tested positive for covid 19 in the last three months need to defer vaccination for 3 months post recovery(both either asymptomatic/ symptomatic positive individual need to defer)**

**“We all should take all necessary precautions for prevention, protection and staying healthy”**

## Before vaccination

### On the day of your vaccination:

1. Carry Identification documents (Aadhar/ PAN/ Voter ID/ Passport/ Other approved Govt Photo ID) which are required for registration and identification.
2. Keep yourself well-hydrated (Drink adequate water and other non-aerated drinks)
3. Take adequate diet as fasting is not a requirement for vaccination
4. On that day, it is better to avoid consuming alcohol before and after the vaccination
5. On that day, you can do your routine physical exercise before the vaccination
6. Continue taking regular medications related to hypertension (blood pressure), Diabetes and other as usually.
7. If you have any pre-existing cardiac related diseases or underwent cardiac surgery or taking any medication (especially blood thinners), then discuss with your doctor and seek necessary guidance related to COVID-19 vaccination. Or else please reach out to SRM medical department for necessary guidance.

\*In case you have any allergies or past allergic reactions, Kindly reach out to your doctor or SRM Medical team for guidance and tell it to the vaccine staff at the Vaccination site also\*

## After vaccination

1. Immediately after vaccination, please wait for 30 minutes in Post-Vaccination Observation Area. Don't move out without clearance from the vaccine staff.
2. After vaccination, you may experience certain symptoms (such as pain or redness at the injection site, fever or feeling feverish, body aches, headache, generalized weakness, dizziness, nausea etc.), which are generally mild and subside within 48-72 hours:
  - For such mild symptoms, you can take symptomatic and supportive treatment, which may include needful over-the-counter medicines (like Paracetamol for fever/ pain/ body aches, Calamine skin lotion for skin rash, etc.). Take adequate rest if needed.
  - In case the symptoms are severe or do not subside within 72 hours, please seek medical assistance promptly from your doctor or reach out to SRM medical department.
3. On that day, avoid consuming alcohol before and after the vaccination
  - You can do your routine physical exercise after the vaccination. If you develop any significant clinical symptoms after the vaccination, then avoid heavy exercise during the next 72 hours.





## UNIVERSITY HEALTH CENTRE

World heart day is celebrated all over the world on 29<sup>th</sup> September. This is celebrated to create awareness about how to maintain a healthy heart and prevent and control cardiovascular diseases, because about 18.6 million lives are lost all over the world every year due to heart diseases.

***“Life is more beautiful and more fun when you have a heart that beats right”***

The best way to keep your heart in a healthy state is by eating right, sleeping right and not taking stress.

On this occasion community medicine department – AIIMS, Mangalagiri, American Heart Association and SRM university AP, Amaravati is conducting community training on CPR (Cardiopulmonary Resuscitation – Hands only CPR) at our campus with a slogan ***YOUR HANDS CAN SAVE THE LIVES.***

Venue: Atrium

Time & Date: 2:30 PM to 5:30 PM on 29<sup>th</sup> September.

*Facts about CPR: Always we can't rely on 108 or emergency doctors alone. When someone stops breathing, or the heart stops beating, he or she can typically survive for only 4 to 6 minutes before lack of oxygen can result in brain damage or death. CPR can buy extra time until advanced help arrives by artificially circulating oxygen to the brain.*

- 1. Sudden cardiac arrest is the leading cause of death in adults. Most arrests occur outside the hospital. Immediate CPR doubles a person's chance of survival from sudden cardiac arrest.*
- 2. About 80 percent of all out-of-hospital cardiac arrests occur in private residential settings. So being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death of a person.*
- 3. Approximately, 95 % of sudden cardiac arrest victims die before reaching the hospital.*
- 4. CPR saves lives. Statistics show that the earlier CPR is initiated, the greater the chances of survival. In fact, it is estimated that 100,000 to 200,000 lives of adults and children could be saved each year if CPR were performed early enough.*



**WORLD  
HEART  
DAY** 29 SEP

**USE ♥ FOR  
EVERY ♥**