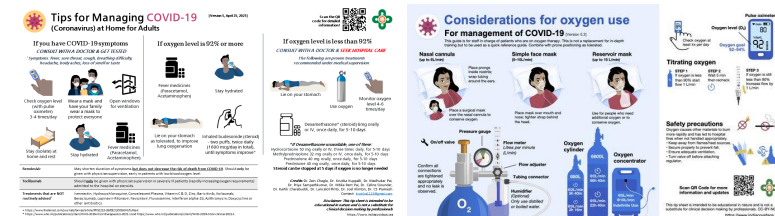


This page will be updated with more information. Please reach out with suggestions on this telegram link https://t.me/Shrivatsa_Nadiger_MD or [Email](#)

Patient FAQs pages of trusted organizations [ICMR](#) , [CDC](#), [Uptodate](#)

COVID SELF CARE GUIDES

[Indiacovidsos.org](#) has excellent home care guides in various indian languages (upto 25 now). Also [Oxygen use guide](#).



[How to guide for Proning by MOHF, India.](#)

[Proning guide by NHS](#) [Video instructions in Hindi by Medanta](#)

GENERAL COVID QUESTIONS:

[Am I at risk for getting seriously ill?](#)

[What should I do if someone in my home has COVID-19?](#)

[When will I get better after having COVID-19?](#)

[What symptoms are most likely to persist?](#)

[How long will I be contagious?](#)

[When should I call my doctor or nurse?](#)

[How are persistent COVID-19 symptoms treated?](#)

[What if I feel fine but think I was exposed?](#)

[Where can I go to learn more?](#)

VACCINATION RELATED QUESTIONS :

[When should I get vaccinated after I have tested positive?](#)

[What happens if I take the vaccine when I'm positive?](#)

[What if I catch Covid in between two vaccine doses?](#)

[What happens if I delay the second dose? Will I need to repeat the first dose?](#)

[Can pregnant/lactating women take the vaccine?](#)

[Can I take the vaccine if I have allergies? Are there any conditions that require not taking the vaccine?](#)

[How long after the Covid shots should I take other vaccines?](#)

OTHERS

[Telegram Groups for Covid Support for each City in India.](#)

Treatment Guidelines for Doctors

[ICMR](#)

[Uptodate](#)

[WHO Therapeutics and COVID-19: living guideline](#)

[Covidprotocols.org](#) - Collaboration by BWH, UCSF, Open critical Care.

[NIH guideline](#)

When should I get vaccinated after I have tested positive?

The US' Centres for Disease Control and Prevention (CDC) recommends that a person get vaccinated immediately after recovery, while the World Health Organization (WHO) states that a person should wait six months as natural antibodies seem to likely persist in the human body until then.

In India, most doctors recommend arbitrary gaps between recovery and vaccination, typically between one and three months.

Waiting to get vaccinated after recovery not only allows others who have remained uninfected to receive their first dose, but also improves immune response. According to Dr Kang, CMC Vellore - "Getting Covid is like at least getting a vaccine dose. We recommend waiting at least four to eight weeks after recovery before taking the vaccine as you have naturally made antibodies during infection. Since you would still be responding to the infection, vaccinating at that time would be a waste of the vaccine, WHO's guidance of waiting up to six months is based on evidence that infection provides reasonable protection." [Source](#)

What happens if I take the vaccine when I'm positive?

When we get infected, the first antibody a person's body makes is the IgM antibody. Production of these antibodies start a week into the infection, peaks at three weeks, and declines very quickly afterward.

About three weeks after infection, the IgG antibodies start to get produced. These are the more crucial antibodies to look out for for long term protection with most infections and vaccines, and they climb in quantity from four to eight weeks after infection. Subsequently, they decline slowly.

The blocking of viral infection requires neutralising antibodies, and the bulk of neutralising antibodies are IgG. They are made in response to the first infection or vaccination, but for some vaccines such as the mRNA vaccines, there is little neutralisation after the first dose but the second dose provides a large rise in this antibody response.

"We do not currently have any evidence to say whether it is better or worse to get vaccinated when infected, whether in terms of immune response or any safety issue," says Dr Kang.

However, vaccinating after recovery acts like a booster shot, with previously infected people making a very strong response with the first dose of vaccine. [Source](#)

What if I catch Covid in between two vaccine doses?

For a majority of people, the disease is likely to be mild or moderate, depending on how many days after vaccination exposure occurred.

If exposure and disease occurs within one to three weeks of receiving the first dose, the vaccine is unlikely to have a major effect and is not expected to modify the course of the infection. However, if a person tests positive after three weeks from their first dose, they are highly likely to only get a mild disease.

Once infected, the body starts producing antibodies, and it is once again effectively akin to getting a vaccine.

In principle, follow the same protocol, says Kang. “Wait at least four weeks after recovery before you take the second dose.” [Source](#)

What happens if I delay the second dose? Will I need to repeat the first dose?

Trials have indicated there are differences in timings for second doses to achieve a high level of antibodies in the system.

For the AstraZeneca-Oxford vaccine Covishield, it is 12 weeks, although the Indian recommendation is for 6-8 weeks, while for the indigenous Covaxin, a gap of four weeks is recommended, since no other interval has been tested.

But missing the second dose is no cause for worry, assures Kang. It simply postpones the boosting of the antibodies and does not result in any loss of protection in the short term. Missing the time period allocated does not require a repetition of the first dose.

“If you get your first dose and don’t get your second dose for a couple of years, you probably need to repeat your first dose,” says Dr Kang from CMC Vellore. “If it’s a matter of weeks, you definitely don’t have to worry. Even if it’s a matter of months, you most likely don’t have to.”

[Source](#)

Can pregnant/lactating women take the vaccine?

Based on data, it appears safe for pregnant and lactating women to take the currently available vaccines, says Kang.

Although there have been no results from trials for Covid vaccines except for no safety signal from a small number of women who later found out that they were pregnant, large numbers of pregnant healthcare workers globally have taken the vaccine already after the vaccines were rolled out and have not had any adverse outcomes.

Antibodies induced by the vaccine (or infection) can also pass on to the foetus through the placenta. Only IgG antibodies pass through, and the most transfer occurs in the second trimester and early third trimester. Maternal antibodies in children protect for about four to six months, after which their own immune system’s efficiency improves rapidly.

Antibodies also pass through breast milk to an infant, but these are IgA antibodies that protect the gut and the upper respiratory tract. [Source](#)

Can I take the vaccine if I have allergies? Are there any conditions that require not taking the vaccine?

The only people who should not take the vaccine are those who have already taken the vaccine and had a severe allergic reaction to it, says Kang.

There is no evidence right now that identifies any kind of allergy to a food or a drug and associates it with the vaccine. The vaccine is safe for people with all kinds of food allergies, as well as drug allergies, including allergies to antibiotics such as penicillin.

Immunocompromised patients and those undergoing chemotherapy should take the vaccines without safety concerns. However, as they are immunosuppressed, they might not make as good an immune response as others. [Source](#)

How long after the Covid shots should I take other vaccines?

Our immune systems are quite capable of handling multiple infections and don't easily reach a point of exhaustion with just one infection, says Kang.

"The objective is to maximise immune response," according to Dr Kang . "The general guidance is that if two vaccines are to be given — live vaccines in particular — they should be given together or separated by four weeks." [Source](#)

When will I get better after having COVID-19?

For most people who get COVID-19, symptoms get better within a few weeks. But some people, especially those who got sick enough to need to go to the hospital, continue to have symptoms for longer. These can be mild or more serious.

Doctors are still learning about COVID-19. But they generally describe 3 stages of illness and recovery:

- "Acute COVID-19" – This refers to symptoms lasting up to 4 weeks after a person is infected. Most people with mild COVID-19 do not have symptoms beyond this stage, but some do.
- "Ongoing symptomatic COVID-19" – This refers to symptoms that continue for 4 to 12 weeks after being infected. People who get severely ill during the acute stage are more likely to have ongoing symptoms.
- "Post-COVID-19" – This refers to symptoms that continue beyond 12 weeks after being infected. This is more common in people who were critically ill, meaning they needed to stay in the intensive care unit ("ICU"), be put on a ventilator (breathing machine), or have other types of breathing support.

Different terms have been used when people have persistent symptoms, meaning symptoms that last longer than a few months. These include "long-COVID," "chronic COVID-19," and "post-COVID syndrome." Doctors also use the term "post-acute sequelae of SARS-CoV-2 infection," or "PASC."

[Source : Uptodate patient information](#)

What symptoms are most likely to persist?

This is not the same for everyone. But symptoms that are more likely to last beyond a few weeks include:

- Feeling very tired (fatigue)
- Trouble breathing
- Chest discomfort
- Cough

Other physical symptoms can also continue beyond a few weeks. These include problems with sense of smell or taste, headache, runny nose, joint or muscle pain, trouble sleeping or eating, sweating, and diarrhea.

Some people have ongoing psychological symptoms, too. These might include:

- Trouble thinking clearly, focusing, or remembering
- Depression, anxiety, or a related condition called post-traumatic stress disorder ("PTSD")

It's hard for doctors to predict when symptoms will improve, since this is different for different people. Your recovery will depend on your age, your overall health, and how severe your COVID-19 symptoms are. Some symptoms, like fatigue, might continue even while others improve or go away.

[Source : Uptodate patient information](#)

How long will I be contagious?

It's hard to know for sure. In general, most people are no longer contagious by 10 to 14 days after their symptoms started. But this depends on several things, including how severe the infection was and what symptoms they continue to have.

Anyone who has COVID-19 should stay home and "self-isolate" away from other people. This includes trying to stay away from people who live or share the same space with you. Most people with mild illness can usually stop self-isolation when **all of the following** are true:

- It has been **at least 10 days** since symptoms first started
- They have not had a fever for **at least 1 day** (24 hours) without using fever-reducing medicine
- Their symptoms are improving (such as cough and trouble breathing)

People who were severely ill with COVID-19, or whose immune system is weaker than normal (for example, due to HIV infection or certain medicines), might be contagious for longer. It's important to talk to your doctor or nurse to figure out when you are no longer considered contagious.

[Source : Uptodate patient information](#)

When should I call my doctor or nurse?

Some fatigue is common, and can persist for a few weeks into your recovery. But if you had COVID-19 and continue to have bothersome symptoms (such as severe fatigue, or chest discomfort or shortness of breath) after 2 to 3 weeks, call your doctor or nurse. You should also call if you start to feel worse or develop any new symptoms. They will tell you what to do and if you need to be seen.

Depending on your symptoms, you might need tests. This will help your doctor or nurse better understand what is causing your symptoms and whether you need treatment.

[Source : Uptodate patient information](#)

How are persistent COVID-19 symptoms treated?

In general, treatment involves addressing whichever symptoms you have. Often that means combining a few different treatments.

If you are tired, try to get plenty of rest. You can also try the following things to help with fatigue:

- Plan to do important tasks when you expect to have the most energy, typically in the morning
- Pace yourself so you do not do too much at once, and take breaks throughout the day if you feel tired
- Think about what tasks and activities are most important each day, so you don't use more energy than you need to

If you are not sleeping well, improving your "sleep hygiene" can help. This involves things like going to bed and getting up at the same time each day, avoiding caffeine and alcohol late in the day, and not looking at screens before bed.

Depending on your situation, you might also need:

- Medicines to relieve symptoms like cough or pain
- Cardiac rehabilitation – This involves improving your heart health through things like exercise, dietary changes, and quitting smoking (if you smoke).
- Pulmonary rehabilitation – This includes breathing exercises to help strengthen your lungs.
- Physical and occupational therapy – This involves learning exercises, movements, and ways of doing everyday tasks.
- Treatments for anxiety or depression – This can involve medicine and/or counseling.
- Exercises and strategies to help with memory and focus

[Source : Uptodate patient information](#)

Am I at risk for getting seriously ill?

It depends on your age and health. In some people, COVID-19 leads to serious problems like pneumonia, not getting enough oxygen, heart problems, or even death. This risk gets higher as people get older. It is also higher in people who have other health problems like serious heart disease, chronic kidney disease, type 2 diabetes, chronic obstructive pulmonary disease (COPD), sickle cell disease, or obesity. People who have a weak immune system for other reasons (for example, HIV infection or certain medicines), asthma, cystic fibrosis, type 1 diabetes, or high blood pressure might also be at higher risk for serious problems.

[Source : Uptodate patient information](#)

What if I feel fine but think I was exposed?

If you think you were in close contact with someone with COVID-19, what to do next depends on whether you have already had COVID-19 or gotten the vaccine:

- If you **have not** had COVID-19 or gotten the vaccine – You should get tested after a possible exposure, even if you don't have any symptoms. Call your doctor or nurse if you aren't sure where to get a test. Then self-quarantine at home and monitor yourself for symptoms. This means staying home as much as possible, and staying at least 6 feet (2 meters) away from other people in your home.

The safest thing to do after a possible exposure is to self-quarantine for 14 days. This can be challenging with work, school, or other responsibilities. Because of this, some public health departments might allow people to stop quarantining sooner, especially if they get a negative test. If you're not sure how long to quarantine for, contact your local public health office or ask your doctor or nurse.

- If you **have** had COVID-19 or gotten the vaccine – If you had COVID-19 within the last 3 months, you do not need to self-quarantine. If you had COVID-19 but it was more than 3 months ago, follow the steps above.

If you are fully vaccinated, you do **not** need to self-quarantine.

If you self-quarantine for less than 14 days, or if you do not need to self-quarantine, you should still monitor yourself for symptoms for the full 14 days. If you start to have any symptoms, call your doctor or nurse right away. You should also be extra careful about wearing a mask and social distancing during this time.

[Source : Uptodate patient information](#)

What should I do if someone in my home has COVID-19?

If someone in your home has COVID-19, there are additional things you can do to protect yourself and others:

- Keep the sick person away from others – The sick person should stay in a separate room, and use a different bathroom if possible. They should also eat in their own room.

Experts also recommend that the person stay away from pets in the house until they are better.

- Have them wear a mask – The sick person should wear a mask when they are in the same room as other people. If they can't wear a mask, you can help protect yourself by covering your face when you are in the room with them.

- Wash hands – Wash your hands with soap and water often.

[Source : Uptodate patient information](#)

Where can I go to learn more?

As we learn more about this virus, expert recommendations will continue to change. Check with your doctor or public health official to get the most updated information about how to protect yourself and others.

For information about COVID-19 in your area, you can call your local public health office. In the United States, this usually means your city or town's Board of Health. Many states also have a "hotline" phone number you can call.

You can find more information about COVID-19 at the following websites:

- United States Centers for Disease Control and Prevention (CDC): www.cdc.gov/COVID19

- World Health Organization (WHO): www.who.int/emergencies/diseases/novel-coronavirus-2019

A list of other resources from expert groups around the world is also available. (See "[Society guideline links: COVID-19 – Resources for patients](#)".)

Telegram Groups for Covid Support for each City in India.

They discuss beds and oxygen availabilities there. We can direct patients to those groups when needed. May be we can tell them that this is a totally unrelated group that we know of that might help.

<https://t.me/CovidPatna>

<https://t.me/CovidAhmedabad>

<https://t.me/CovidBengaluru>

<https://t.me/covidbhopal>

<https://t.me/CovidChandigarh>

<https://t.me/CovidCoimbatore>

<https://t.me/CovidHyderabad>

<https://t.me/CovidIndore>

<https://t.me/CovidJaipur>

<https://t.me/CovidJodhpur>

<https://t.me/CovidKolkata>

<https://t.me/CovidLucknow>

<https://t.me/CovidMumbai>

<https://t.me/CovidNCR>

<https://t.me/CovidNagpur>

<https://t.me/CovidNashik>

<https://t.me/CovidPune>

<https://t.me/CovidSurat>

<https://t.me/CovidUdaipur>

<https://t.me/CovidVapi>

<https://t.me/CovidVaranasi>