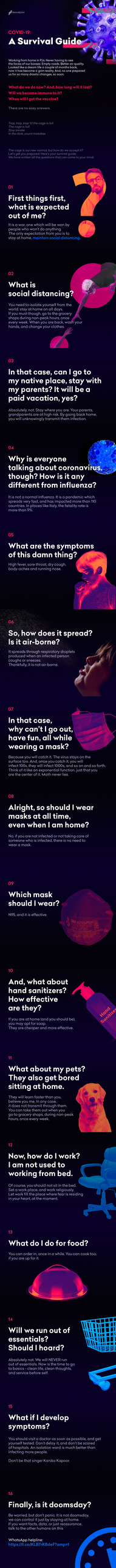
COVID-19:
A Survival Guide
Working from home is 75%, never having to see the face of my bosses 25%, pajama mode. Tell me quality. Looked like a dream life in a couple of months back now it has become a grim reality. And, no one prepared us for so many drastic changes, so soon.
What do we do now? And, how long will it last?
Will we become immune to it?
When will I get the vaccine?
There are no easy answers.
Trap, trap, trap till the cage is full
The cage is full
Stay awake
In the dark, count mistakes
The cage is our new normal, but how do we accept it?
Let's get you prepared. Here's your survival guide.
We have written all the questions that can come to your mind.
01
First things first, what is expected out of me?
It is a war, one which will be won by people who won't do anything.
The only expectation from you is to stay at home, maintain social distancing.
02
What is social distancing?
You need to isolate yourself from the world, stay at home on all days.
If you must though, go to the grocery shops during non-peak hours, once every week. When you are back, wash your hands, and change your clothes.
03
In that case, can I go to my native place, stay with my parents? It will be a paid vacation, yes?
Absolutely, not. Stay where you are. Your parents, grandparents are at high risk. By going back home, you will unknowingly transmit them infection.
04
Why is everyone talking about coronavirus, though? How is it any different from influenza?
It is not a normal influenza. It is a pandemic which spreads very fast, and has imported more than 110 countries. In places like Italy, the fatality rate is more than 9%.
05
What are the symptoms of this damn thing?
High fever, sore throat, dry cough, body-aches and running nose.
06
So, how does it spread? Is it air-borne?
It spreads through respiratory droplets produced when an infected person coughs or sneezes.
Thankfully, it is not air-borne.
07
In that case, why can't I go out, have fun, all while wearing a mask?
Because you will catch it. The virus stays on the surface too. And, once you catch it, you will infect 100s, they will infect 1000s, and so on and so forth. Think of it like an exponential function, just that you are the center of it. Math never lies.
08
Alright, so should I wear masks at all time, even when I am home?
No, if you are not infected or not taking care of someone who is infected, there is no need to wear a mask.
09
Which mask should I wear?
N95, and it is effective.
10
And, what about hand sanitizers? How effective are they?
If you are at home (and you should be), you may opt for soap.
They are cheaper and more effective.
Hand Sanitizer
11
What about my pets? They also get bored sitting at home.
They will learn faster than you, believe you me. In any case, it does not transmit through them.
You can take them out when you go to grocery shops, during non-peak hours, once every week.
12
Now, how do I work? I am not used to working from bed.
Of course, you should not sit in the bed.
Set a work place, and work religiously.
Let work fill the place where fear is residing in your heart, at the moment.
13
What do I do for food?
You can order in, once in a while. You can cook too, if you are up for it.
14
Will we run out of essentials? Should I hoard?
Absolutely not. We will NEVER run out of essentials. Now is the time to go to basics - clean life, clean thoughts, and service before self.
15
What if I develop symptoms?
You should visit a doctor as soon as possible, and get yourself tested. Don't delay it, and don't be scared of hospitals. An isolation ward is much better than infecting more people.
Don't be that singer Kanika Kapoor.
WhatsApp helpline:
https://t.co/KLB7rKBdeP?amp=1
16
Finally, is it doomsday?
Be worried, but don't panic. It is not doomsday. we can control it just by staying at home.
If you want facts, data, or just reassurance, talk to the other humans on this