

COVID-19 FAQs

Know the SARS-CoV2 COVID-19 Corona Virus

1. What is COVID-19?

COVID-19 is a new disease, caused by a novel (or new) coronavirus (SARS-CoV2 Corona Virus) that has not previously been seen in humans.

2. What are the symptoms and complications that COVID-19 can cause?

According to WHO, the most common symptoms are :

- Mild to severe respiratory illness
- Fever
- Cough
- Difficulty in Breathing.

In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, and even death.

3. What is the incubation period of the coronavirus disease?

The incubation period for COVID-19 ranges from 1-14 days, most commonly around five days.

4. What are the stages of transmission of COVID – 19?

4 Stages (1st Stage Imported Cases, 2nd Stage - Local Transmission, 3rd Stage – Spreads In Community, 4th Stage – Epidemic)

5. How does the virus spread?

The disease can spread through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

Testing

6. Who should get tested?

As per current guidelines, if you develop

- acute onset of fever
- symptoms of respiratory illness, such as shortness of breath
- cough

you should visit your nearest health facility and the doctor will decide if you need to be tested for 2019-novel Coronavirus (SARS-CoV-2) depending upon your history of travel to affected countries or contact with any suspects.

Important: Patient should have valid prescription from a doctor along with Form 44 for specified member with doctor's signature with stamp (Includes doctor's Registration number)

7. What are the documents to be presented for getting tested for 2019-novel Coronavirus (SARS-CoV-2)?

- a. Form 44 (COVID -19) duly filled by physician along with signature with stamp
- b. Referring doctor's prescription
- c. Copy of Govt. photo-id (Aadhaar card/ Voter Id/ Passport) to support the current address
- d. Contact number of the suspect patient to be provided at the time of sample collection.

These are mandatory requirements defined by Govt. of India without which testing of 2019-novel Coronavirus (SARS-CoV-2) is not allowed. You may download form 44 from www.pathcarelabs.com

8. To perform this test is doctor prescription mandatory?

Yes, as mentioned above, it is mandatory along with the documents mentioned above.

9. If I have symptoms and my doctor prescribes the test, in that case can I get my family also tested?

Testing your family members has to be decided by the Doctor and will be subject to availability of duly filled Form 44 for the specified member along with the physician's stamped signature and prescription.

10. Is Corona virus test available at PathCare Labs?

PathCare Labs has been recognized as a Lab for testing SARS-CoV2. PathCare has the facility to test. The tests will be performed using the recommended RTPCR method.

11. What are the ways to book 2019-novel Coronavirus (SARS-CoV-2) testing?

You can register yourself by visiting PathCare Lab's website www.pathcarelabs.com or mobile app & book your home collection slot online or else you can call at our no. 040-6121-6121. We will reconfirm the sample pickup after validating your Form44 and prescription.

If hospital/clinics collect the sample of Covid-19, the same can be sent to our lab directly.

12. Is Home Collection facility available for the Corona test?

Yes, PathCare will depute qualified and trained personnel for Home collection of samples.

13. What kind of sample has to be given and what is the medium of collection?

The Nasopharyngeal / Oropharyngeal swabs will be collected by qualified personnel taking due precaution in the VTM.

14. Can this test be performed on blood, urine, saliva, stool samples?

No, currently only Nasopharyngeal & Oropharyngeal Swab samples are recommended for Coronavirus testing.

15. What are the preparations & precautions to perform the corona virus test?

No major preparation is required, only precautions like Patient should use mask and avoid touching the surface and other people (maintain a distance of 3 metres from the person) during the visits to collection centres or for home collection.

16. What is the sample transportation process?

The sample will be collected in a specified viral transport medium (VTM) to maintain the stability and integrity of the sample, which is then transported in a cold chain.

17. Can I visit any of the nearest centres to book the test or give the samples?

No, you will be required to book the test as mentioned above. After confirmation by our team, sample pickup from your home will be arranged to collect samples.

18. In how much time can I get my report after my sample is collected?

The report will be uploaded on our website www.pathcarelabs.com within 48 hours of sample reaching the lab, subject to Govt. rules and regulations.

19. How do I access my report?

The report will be shared with Physician or doctor only (As per ICMR guidelines).

20. If the test result is positive, is there a consultation facility available with PathCare?

No.

21. What are the guidelines on test report sharing with the Govt.?

As per the guidelines of Govt. of India/ICMR, all reports will be shared with ICMR and defined Central and State Govt bodies.

22. Can a person test negative and later test positive for COVID-19?

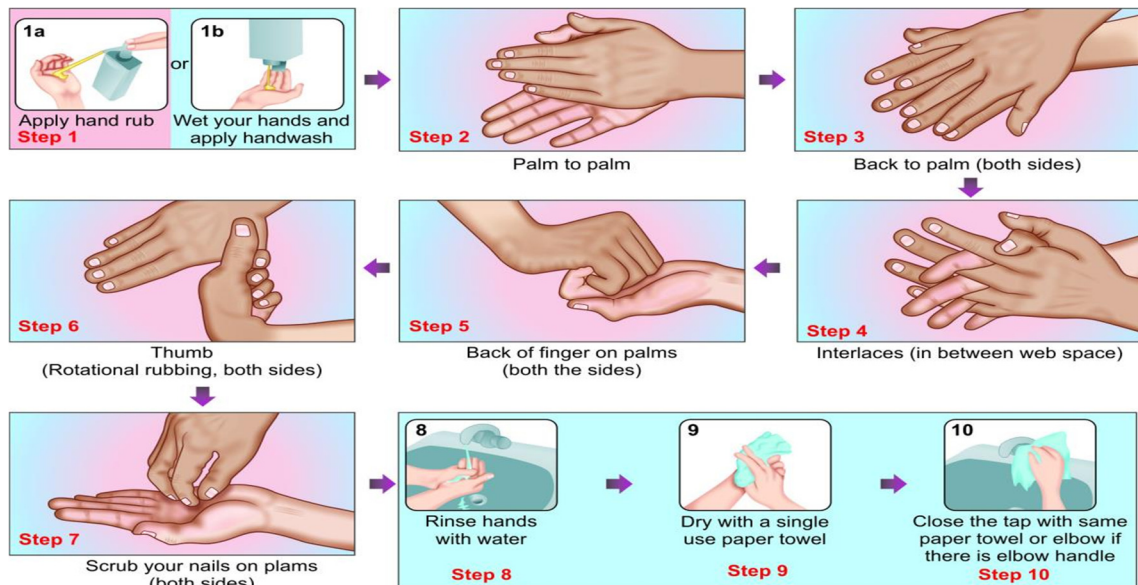
A negative result means that the virus that causes COVID-19 was not found in the person's sample. In the early stages of infection, it is possible the virus will not be detected. For COVID-19, a negative test result for a sample collected while a person has symptoms likely means that the COVID-19 virus is not causing their current illness.

Safety Measures

23. How can I help protect myself?

Avoid gatherings and maintain distance of at least 6 feet from other persons (Social Distancing).
Avoid touching eyes, nose and mouth.

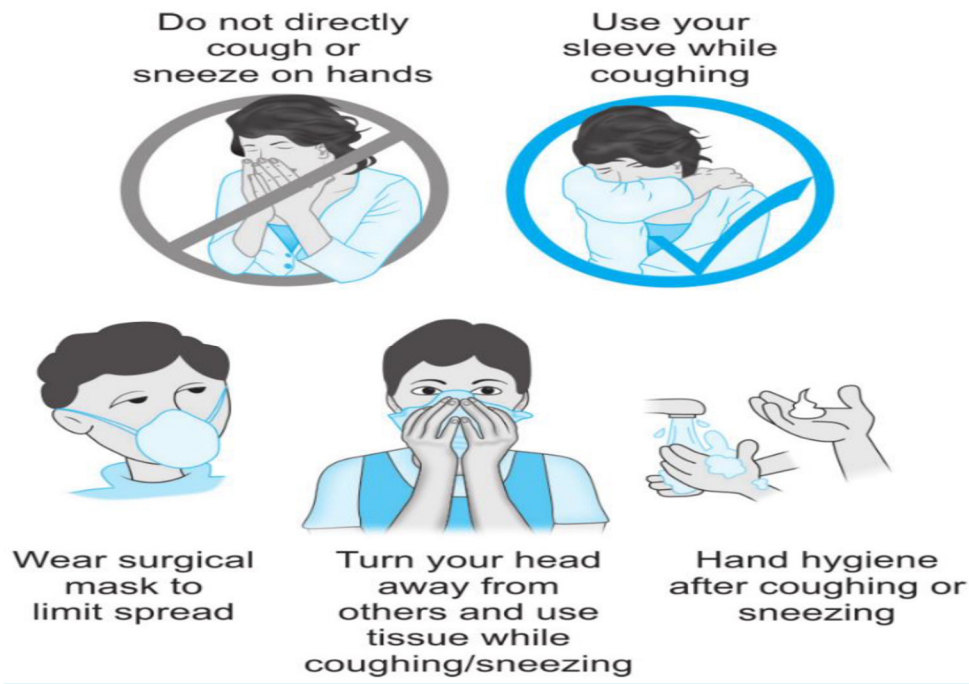
Practice hand hygiene. The guidelines for hand-washing is given below:



24. What are good Respiratory Hygiene And Cough Etiquettes?

Here are few important Dos and Don'ts:

| Dos | DON'Ts |
|---|---|
| Cough/sneeze with a tissue paper or into your sleeve if no tissue is available | Don't cough/sneeze on your hands Do hand hygiene if coughed/sneezed on hands |
| Turn head away from others when coughing/sneezing | Don't cough/sneeze on nearby people Do not spit here and there |
| If tissues are used, discard into yellow bag | Don't discard tissues into other BMW bags |
| Maintain 1meter (2 arm) distance <ul style="list-style-type: none"> if you have cough/sneeze from people with respiratory symptoms from contacts of corona cases who are on quarantine | Do not stay within 1 meter from others <ul style="list-style-type: none"> if you have cough/sneeze from people with respiratory symptoms from contacts of corona cases who are on quarantine |
| Social distancing refers to avoid gathering <ul style="list-style-type: none"> It doesn't mean maintaining 1meter distance from all people at home and office. No need to maintain 1meter distance from known people without respiratory symptoms, with no history of contact to corona cases, or not on quarantine. | |



25. How long does the virus survive on surfaces?

COVID-19 virus may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

26. How should the surfaces be cleaned?

Clean the surface with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water.

27. What are the measures to be taken if there is a COVID-19 sick person at home?

- Use a separate room and bathroom for sick household members (if possible).
- Clean hands regularly by handwashing with soap and water or using an alcohol-based hand sanitizer with at least 60% alcohol.
- Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others.
- Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
- Avoid sharing personal items like utensils, food, and drinks.
- Get all the members of the family tested for COVID-19 and at regular intervals.