



# Facts and Myths on COVID-19

## How to Serve Society During this Crisis



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# Care of the Critically ill COVID –19 patient

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# This is a first!



1. When did we see an infectious disease that affected **some one you know** and is seriously ill from it and some of them die from it?
2. When did we see (8-14%) our **colleagues infected** from patients?
3. When did we see the lockdown for the world and we are the “**new soldiers** - boots on the ground” in the trenches with serious risk to ourselves and perhaps our families?
4. When did we see hospitals filled with patients with **one** disease?
5. When did we in the recent past see so many patients **younger than 50 critically ill** and die from one disease?



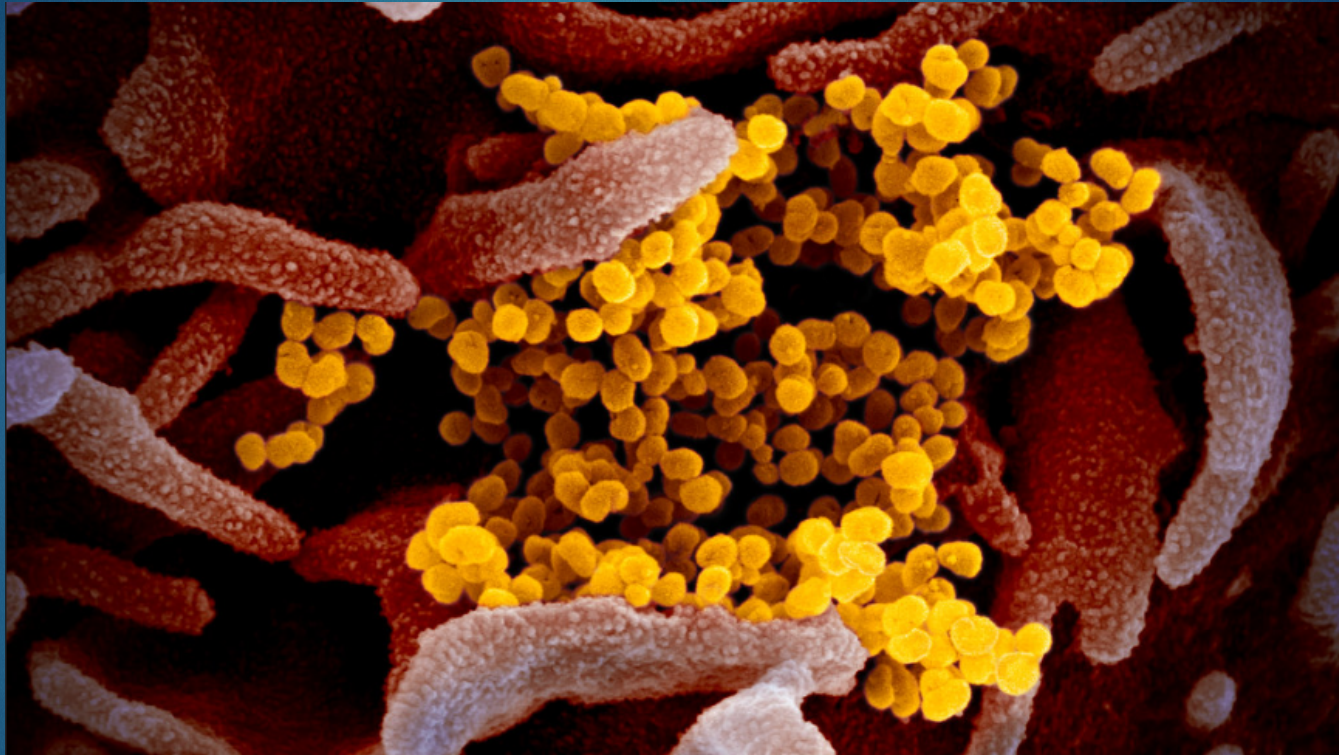
# This is a first!



6. When did we see ophthalmologists and neurosurgeons take **primary care** of ICU patients?
7. When was there a health crisis that **no one could volunteer** because they were needed locally too?
8. When did we think construction workers can donate N 95s and oil industry CAPRs and engineer make us safe intubation boxes?
9. When did **sports arenas become hospitals**?
10. When did the whole world **stay home but were afraid to socialize. Home but not on vacation**?



# COVID-19



**Dr. Ramya Gopinath**  
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- **Coronavirus** – “crown”-like spikes
- Bats, birds, rodents, cattle, dogs → humans
- Family of viruses that cause:
  - The common cold
  - SARS (Severe Acute Respiratory Sndrome) - 2003
  - MERS (Middle East Respiratory Sndrome) - 2012
  - **COVID-19** (Coronavirus Disease 2019) - 2019



# The Perfect Storm...



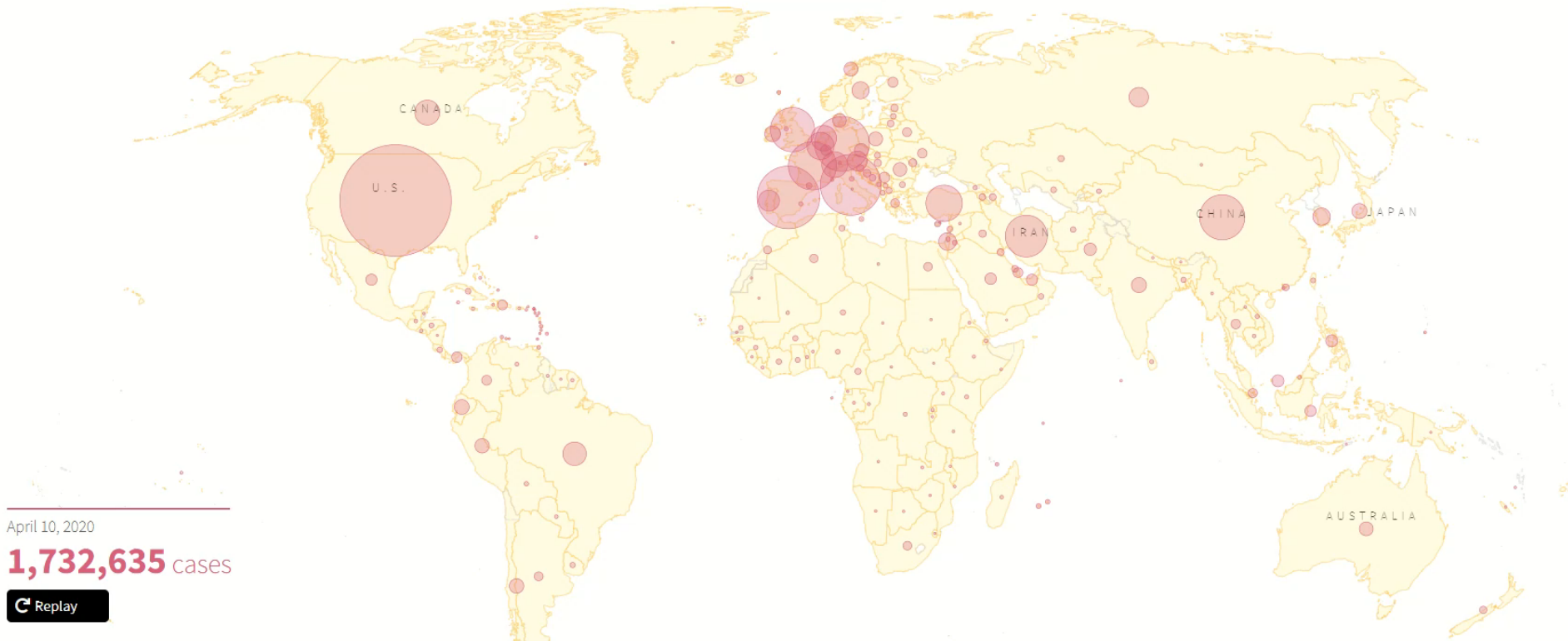


# The Pandemic Spreads



## Tracking the spread of the novel coronavirus

LAST UPDATED: APRIL 11, 2020 10:00 PM







# Transmission



- Human-to-Human
- Sneezing/coughing/talking
- Droplets/airborne?
  - Aerosol – 3 hrs
- On surfaces\*
  - Stainless steel: 5-6 hrs (→72h)
  - Plastic: 6-7 hrs (→72h)
  - Copper: max 4 hours
  - Cardboard: max 24 hrs
- Fecal-oral?
- **Asymptomatic carriers**





# Who Gets COVID-19?

- **Anyone can, including young people!**
- >50% of patients admitted to hospital due to COVID-19 are <50 yrs old
- **Risk factors:**
  - People >60 years
  - Pre-existing diabetes, hypertension, heart disease, lung disease, cancer, immune treatments

## What's the Incubation Period?

- 2-14 days, usually around 4-5 days



# What are the symptoms of COVID-19?



- ❑ Fever
- ❑ Dry cough
- ❑ Shortness of breath
- ❑ Headache, facial pain
- ❑ Sore throat, fatigue, muscle aches
- ❑ Diarrhea, sometimes with blood
- ❑ Nausea, vomiting, abdominal pain
- ❑ Loss of smell, loss of taste, loss of appetite
- ❑ Severe Acute Respiratory Syndrome, low blood oxygen
- ❑ Blood clots
- ❑ Chest pain mimicking a heart attack

**75-80% recover – differences based on age group etc**





**Is COVID-19 just another type of flu?**





# How Does COVID-19 Differ from the Flu?

## Influenza

- Sudden onset in 1-2 days
- Fever, chills, body aches, headache
- Person-to-person spread - droplets
- Spread to ~1 person
- Children, older people, pregnant women, underlying conditions
- Reason for Hospitalization: Bacterial pneumonia – need antibiotics
- Tamiflu, Relenza, others
- Yearly influenza vaccine

## COVID-19

- Onset over a few days – like a “cold”
- Dry cough, fever, difficulty breathing
- Person-to-person spread: droplet/airborne?
- Spread to ~2-3 people
- Older people, those with underlying conditions, pregnant women?
- Reason for Hospitalization: Acute respiratory distress syndrome - need for oxygen or ventilators
- No treatment so far
- No vaccine





# What if I have symptoms?

- ❑ Treat at home – fluids, acetaminophen, cold compresses, TLC
- ❑ Talk to your doctor – phone, telemedicine
- ❑ Isolate yourself (as much as possible) from others in the family, use separate glasses, cutlery, linens
- ❑ Wear a mask if you have to share the same environment
- ❑ Caregivers should wear a mask and gloves
- ❑ If you have a worsening cough with shortness of breath **SEE A DOCTOR or GO TO THE ER**
- ❑ Recommendations for women who are pregnant or breastfeeding

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

- ❑ cdc.gov, websites of State Departments of Health



# Should I get tested for COVID-19?



- ❑ A moot point in many areas!
- ❑ Ideally, testing is important. Don't forget other viruses!
- ❑ Testing criteria vary in different countries
  - ❑ Serious symptoms
  - ❑ Healthcare worker or first responder
  - ❑ Resident of long-term care or other facility
- ❑ Outpatient settings: MD offices and clinics, drive-through testing
- ❑ Inpatient settings: hospitals, nursing care facilities
- ❑ Where do samples come from?
  - ❑ Nasopharynx
  - ❑ Sputum





# Are Treatments Available?

- ❑ **No treatment is proven or approved yet!!**
- ❑ **Avoid self-medicating - can lead to adverse reactions, like cardiac toxicity**
- ❑ Anti-viral: remdesivir
- ❑ Anti-malarial: chloroquine/hydroxychloroquine
- ❑ Anti-bacterial: azithromycin
- ❑ Anti-HIV medications
- ❑ Drugs that modify the immune response of the body
- ❑ Plasma from patients who had COVID-19 and recovered
- ❑ Other – vitamin C
- ❑ Anecdotal – herbal remedies etc



# So what should I be doing?



  
**KEEP  
CALM  
AND  
STAY AT  
HOME**







**Why is it SO important to stay home?**





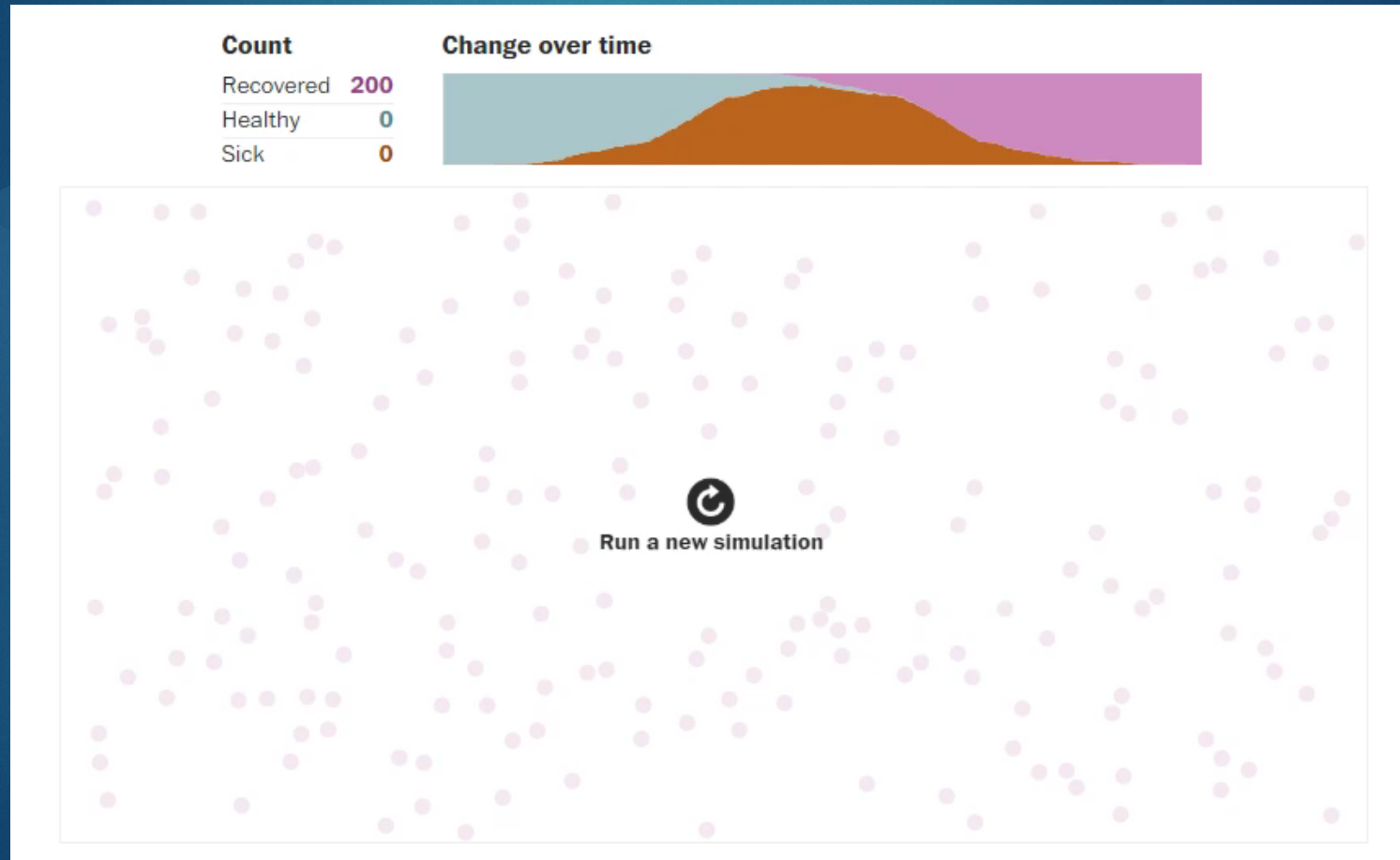
## Let's look at the usual public health approach to a contagious disease

- Ideally, a person is tested and if found positive, he/she is **isolated** at home until they recover and don't infect others, and their uninfected family members are **quarantined**
- **Contact** tracing: identifying people who had contact with the infected person and testing them
- Quarantining: limiting the number of people who can enter or leave a certain area
- Some states can still try to do this – hampered by lack of widespread testing

**Containment**



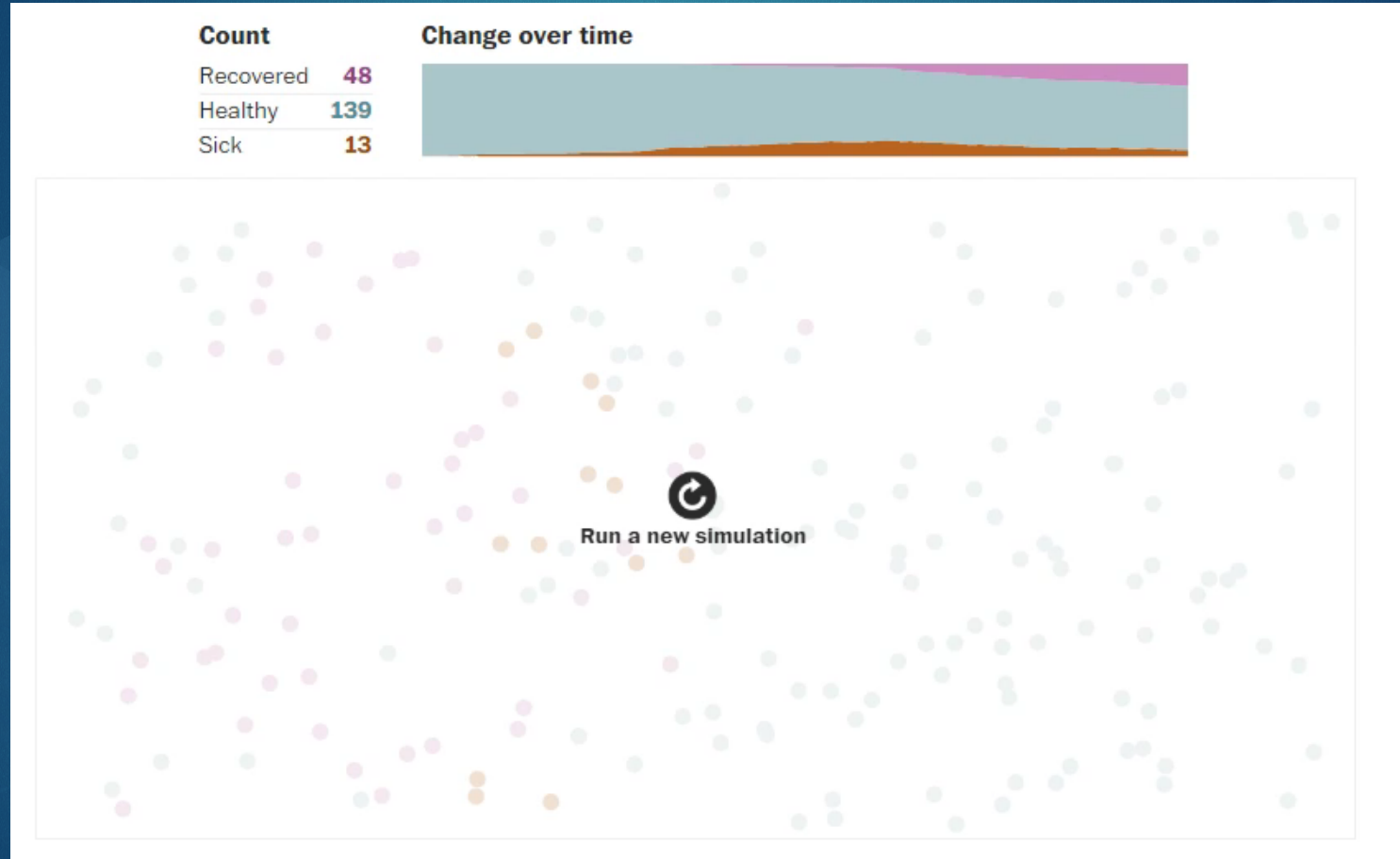
# Modeling the spread of a respiratory infection in a population of 200 people going about their daily routine as usual







# Now what if only 1 in 8 people was out and about?







# What can we do to help?

**(Self)-Quarantine** – separating oneself from others if you've potentially been exposed to a sick person

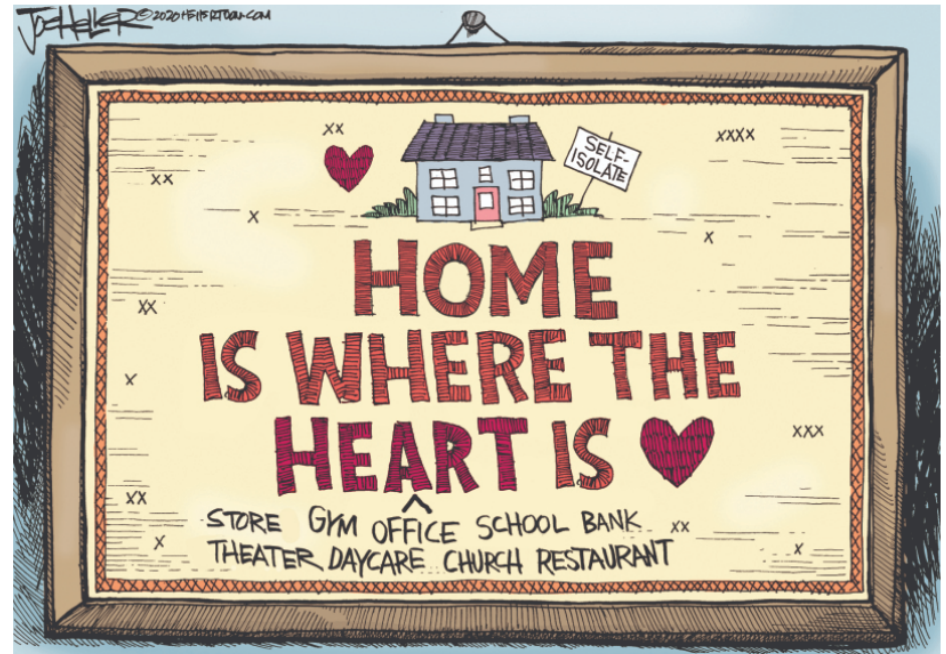
**(Self)-Isolation** – keeping a sick person separated so that healthy persons are not infected, and until the sick person is not contagious

**Physical Distancing** – keeping at least 6 feet distance between you and others. Closing of schools, restaurants and businesses, cancelling sports events, STAYING AT HOME are all part of physical distancing





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Joe Heller Copyright 2020 hellertoonz.com

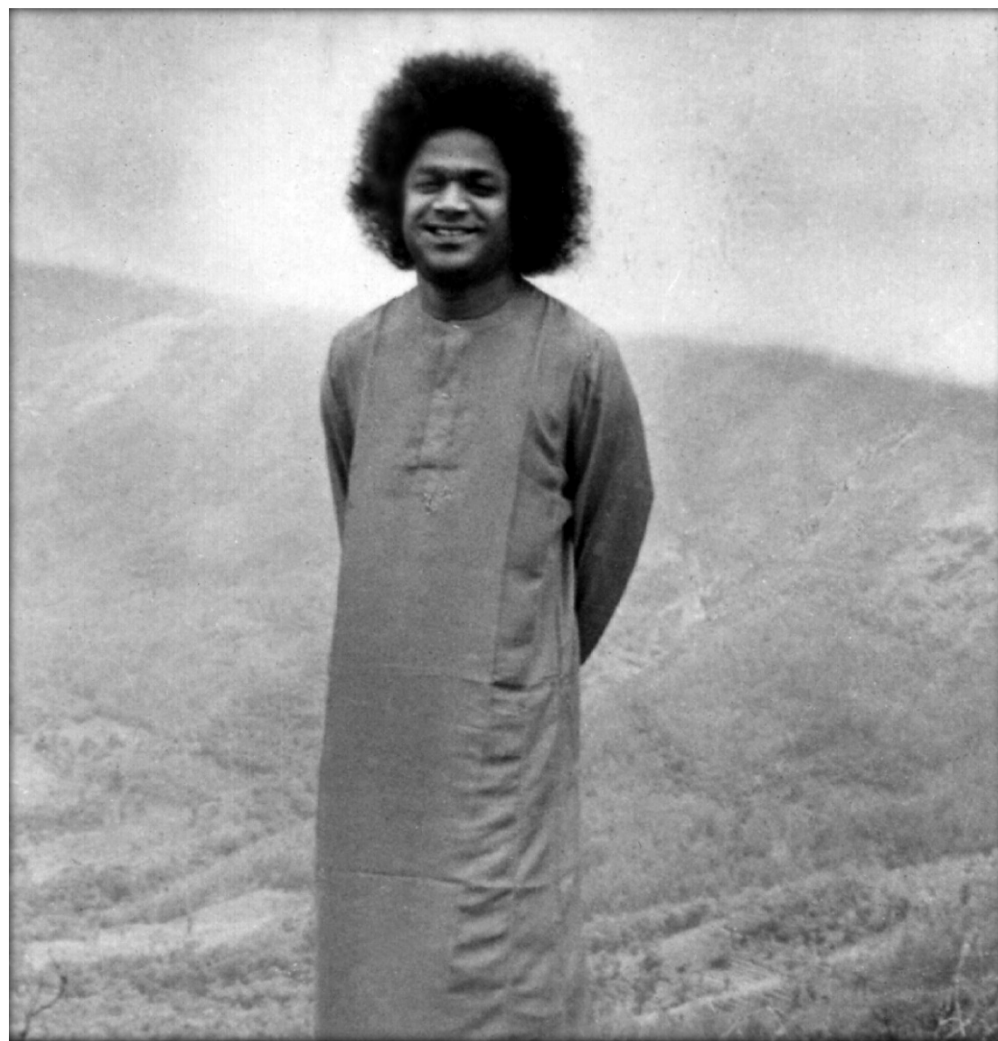




**So that's the science....**



# But we have Swami!



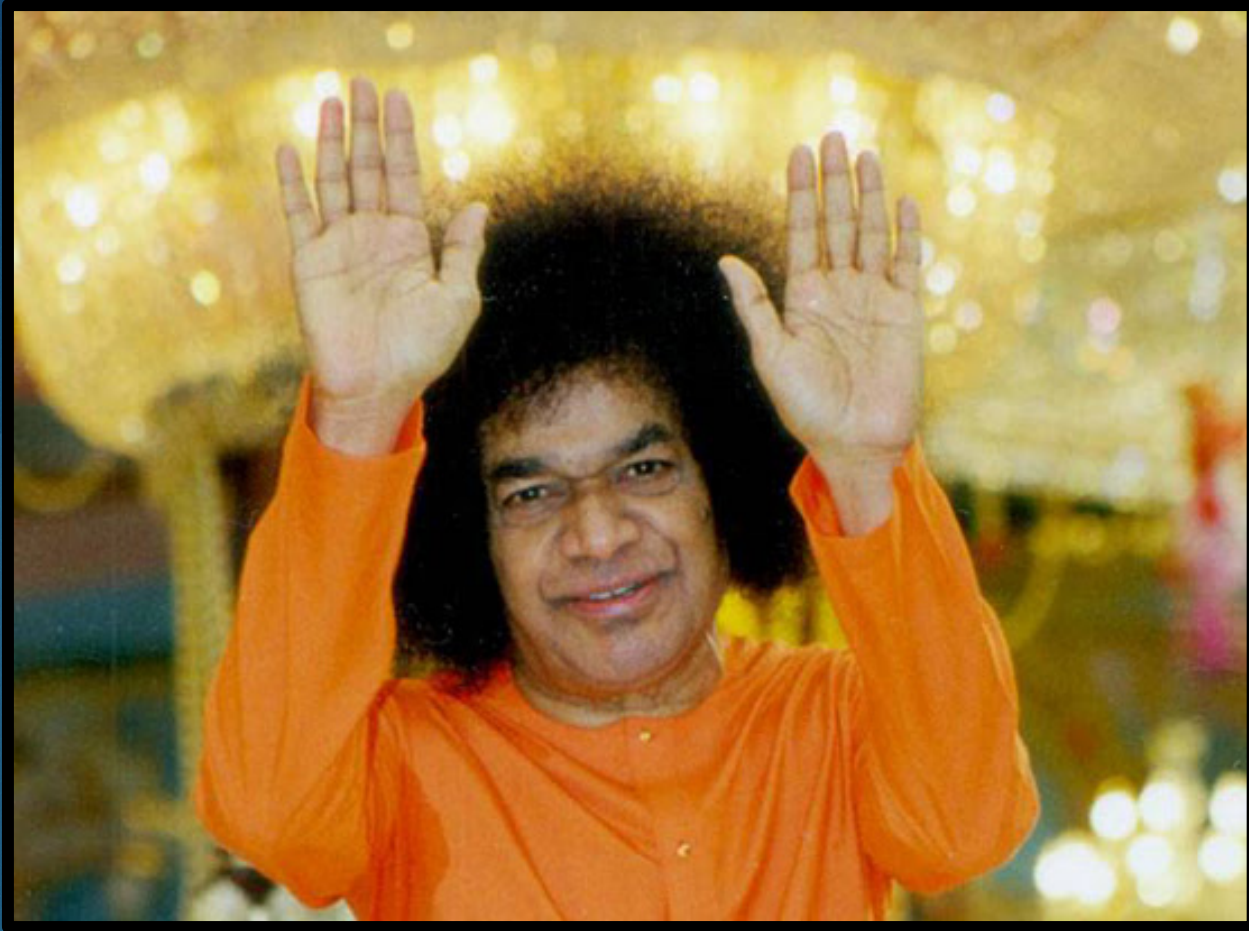




# What should we practice and what can we learn?

- Trust Swami
- Stay positive – “This too shall pass”
- Strengthen our faith
- Redouble our *sadhana* and *namasmarana*
- Pray, pray, pray – for everyone
- We are indeed all one





*Jai Sairam!*





# Facts and Myths on COVID-19

## HOW TO SERVE SOCIETY DURING THIS CRISIS

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Otolaryngology (ENT)  
Florida USA



# How to do Service During a Pandemic?





# What is Service?



- Service does not mean helping with hands alone. Talk softly and sweetly. Speak good words. That is also a form of service. Nov 20, 2000
- This can be practiced and performed at home!



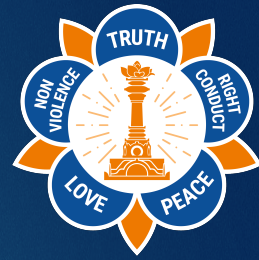
# Why do Service?



- Selfless service is a more exalted means of spiritual progress than such other ways as meditation, bhajan and yoga. This is so because when we undertake meditation, japa (chanting), or yoga, we do so for our own benefit and not for the good of others. SSB 1979 p8
- Staying at home is a benefit to society. Our personal sacrifice for the good of the whole!



# How to do Service?



- Any little service performed with love is enough. If you give a glass of water to a thirsty person with genuine love, it is more than enough. 22 July 2002
- This can be practiced and performed at home!





# What about the quantity of Service?

- In whatever service you do, it is the quality that counts, not the quantity. No act of service should be considered trivial or debasing. SSS Veda Vani p 333
- It is not the quantity of service you do that matters; nor is the variety. It is the inner joy, the love that you radiate that is important. May 19, 1969.
- Don't underestimate the service that can be done at home because on the surface it seems "trivial"
- Love is the most important component





# Types of Service at Home

- You must get out of this narrow groove, outgrow your selfish tendencies and learn to regard the whole of mankind as one family. That is true service. Few have such a large-hearted approach today. - Divine Discourse, Nov 19, 1987
- Respecting the needs of society by doing your part and isolating is service.
- Following the law of the land is service.





# Types of Service at Home

- Serve our body
- Serve our mind
- Serve our spirit
- Serve our family
- Serve our community
- Prayer for All
- Prayer for Virtues



# Demonstration of at home Healthy Routine



- Sathya Sai Young Adults
- SaiLens #015
- April 2020 / Special Edition





# Sai Lens #015: April 2020 / Special Edition

Sai Lens #015 - 2020 April

SAI lens

Copy link

**MORNING PRAYERS**

ZONE 3

MORE VIDEOS

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YouTube





# SaiLens #015: April 2020 / Special Edition



Sai Lens #015 - 2020 April

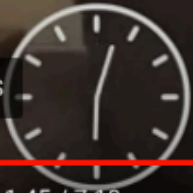


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## MEDITATION

ZONE 5

MORE VIDEOS



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# SaiLens #015: April 2020 / Special Edition

Sai Lens #015 - 2020 April

**FAMILY TIME**

ZONE 4A

MORE VIDEOS

2:07 / 7:18

YouTube





# SaiLens #015: April 2020 / Special Edition







# SaiLens #015: April 2020 / Special Edition







# SaiLens #015: April 2020 / Special Edition







# SaiLens #015: April 2020 / Special Edition

Sai Lens #015 - 2020 April

**NSWILLS**

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YouTube





# SaiLens #015: April 2020 / Special Edition

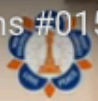






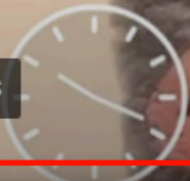
# SaiLens #015: April 2020 / Special Edition

Sai Lens #015 - 2020 April



Co

VIDEOS



5:35 / 7:18

# PRAYER

## ZONE 1

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# What should prompt Service?

- Really speaking, only those who are afflicted with agony, equal agony, at the sight of pain and suffering, distress, or disease have the right to offer service, for they are not serving others, they are serving themselves, serving to remove, as fast and as intelligently as they can, their own agony. April 21, 1967.
- Feeling the pain of others – that empathy is driving force.
- How can we utilize that force and follow isolation orders?





# Personal Protective Equipment

- **Homemade Masks:**

- prevent wearer from spreading
- prevent wearer from touching face
- protect sparse N95 mask

- **Surgical Masks**

- fluid restriction; large droplets

- **N95 respirator mask**

- 95% of small and large particle aerosol
- tight fitting







# Types of Service at Home

- Homemade Mask and PPE (Personal Protective Equipment) Service
- Botswana, Canada, Mauritius, Nigeria, Thailand, UK, USA
- Benefits:
  - meets a need (hospitals, nursing homes, etc.)
  - respects isolation requirements
  - learn skills
  - entire family including children participate
- Goal - supply at least 95,000 Masks, shields and gowns





## Homemade Mask and PPE Service Project

March 29, 2020

We understand that with the shortage of masks during the Novel Coronavirus pandemic we have an opportunity to help by providing masks. This can be done on a local basis under the guidance of your regional service coordinator and your regional medical director. Please review the attached 'guidelines' documents prior to commencing the project.

1. If your local hospitals, nursing homes, homeless shelters and other medical offices are requesting volunteers to make and provide masks and they have a recommended protocol including material to be used you should follow their protocol.
2. If they request masks without a specific protocol to follow, we have provided instructions. If you have another method you would like to use you can send a proposal to the SSIO Mask Service Project Committee and if approved, will be posted on the national website.
3. Please only distribute the masks to institutions with which you have a signed disclaimer form that shows that they accept full responsibility to how the masks are used.
4. Please send questions regarding the overall project to [akalathia@sathyasai.us](mailto:akalathia@sathyasai.us) . Send questions pertaining to technical aspects regarding construction and/or sewing to [agiridharan@sathyasai.us](mailto:agiridharan@sathyasai.us) or [cschiermann@sathyasai.us](mailto:cschiermann@sathyasai.us)

### Background:

Healthcare facilities throughout the country are facing a shortage of personal protective equipment (PPE) due to the rapid increase in Covid-19 cases. CDC guidelines allow a provision for healthcare facilities to use homemade face masks in times of shortage. Many hospitals are asking members of their community to donate or construct masks, shields and gowns.

### Overview:

Local healthcare facilities (hospitals, nursing homes, etc.) can be approached to assess their need for homemade face masks. Many hospitals (or the facility you are communicating with) already have a specific kit and/or design, in which case that would be the preferable mask to construct. Otherwise, several options have been provided with this documentation. Each center should assess their available sewing skill set and material



### Related Links

[Appendix A](#)[Appendix B](#)[Appendix C](#)[Appendix D](#)[Appendix E](#)[Disclaimer Form](#)

*“The cultivation of self cannot live in isolation from the cultivation of society. He has to join others in his work and skill to the common good, like an ant, but hundred times more, like an elephant. This is the work for a common good.”*





## Detailed Instructions:

1. Detailed instructions for Sewing technique by using ties by Sacramento YA's:  
<https://youtu.be/JuOF61vKuDs> (copy and paste link in browser if link does not work)
2. Detailed instructions for Sewing technique using elastic band:  
<https://www.youtube.com/watch?v=ueWkAuY3k6Y>
3. Detailed Instructions for hand stitching technique by Sacramento YA's :

### Materials Required:



**Step 1:** Cut 9x7 in pieces of the **pre-washed** woven and non-woven fabrics



**Step 2:** Place the right side of the woven fabric on top of the non-woven fabric





# Sathya Sai International Organization (SSIO) – USA

## Appendix B: Homemade Face Mask Models and Resources



Listed in order with simplest design first:

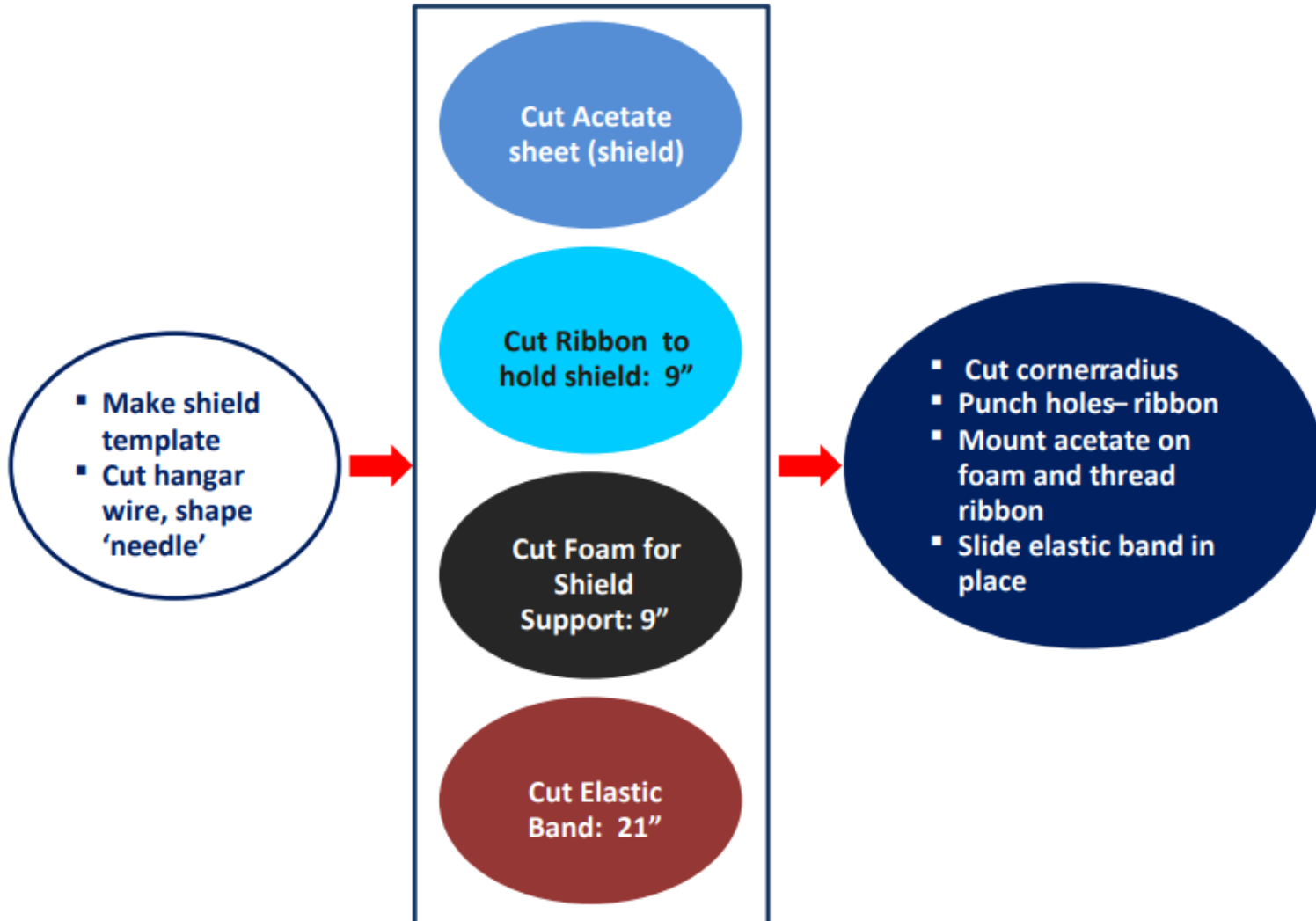
1. \*Unity Point – Easy Semi Shaped Mask with Filter Pocket Created by Medical Professionals  
<https://www.unitypoint.org/cedarrapids/sewing-surgical-masks.aspx>
2. By a Nurse -Basic Semi Shaped Mask with Ties <https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>
3. Deaconess Hospital – Basic Flat Elastic Mask from the “Turban Project”. (Pattern, Instructions, Video)  
<https://www.deaconess.com/How-to-make-a-Face-Mask>
4. St. Luke’s Hospital – Basic Flat Mask with a Very Easy Top Insertion Pocket for a Filter & Adjustable Nose Wire with clear written instructions and step by step video.  
<https://www.stlukes-stl.com/development/documents/homemade-mask-specs-directions.pdf>  
<https://www.youtube.com/watch?v=BCJcE-r7kcg>
5. St. Elizabeth Hospital - Basic Flat Tie Mask from the “Turban Project”, (Pattern, Instructions, Video)  
<https://www.steliz.org/Files/Documents/Adult-Face-Mask-Sewing-Instructions-Flyer.pdf>  
<https://www.youtube.com/watch?v=ueWkAuY3k6Y&feature=youtu.be>
6. Providence St. Joseph Health – Flat Mask Non-Woven Fabric (Very Clear Instructions)  
<https://psjh.blob.core.windows.net/covid/Instructions%20Community%20Mask.pdf>
7. Phoebe Health - Shaped Mask Cover Water Repellant Fabric or OR Linens or Tightly Woven Cotton. (Prep Sheet with Instructions, Visuals) <https://www.phoebehealth.com/patients-and-visitors/coronavirus/mask-production>
8. Craft Passion – Shaped Mask with Folded Edge Pocket to Hold in a Filter & Pattern Sizes  
<https://www.craftpassion.com/face-mask-sewing-pattern/>
9. \*Memorial Hospital – Shaped Mask with Slit for Inserting Filter, Machine & Serger (Instructions with visuals, video & professionally drafted pattern) Advanced Sewing [http://frontlinemasks.com/instructions/FrontlineMasks-Spec-V2\\_4-Print.pdf](http://frontlinemasks.com/instructions/FrontlineMasks-Spec-V2_4-Print.pdf) <https://www.frontlinemasks.com>
10. Providence - Mask Manufacturer with Hospital Input (Pattern, Video and Resources) <https://www.providence.org/lp/100m-masksthe-medical-mask-is-not-enough/>
11. Testex Textiles - 3 Layer Mask Non-Woven <https://www.testextextile.com/antiviral-mask-diy-what-if->

**Nonwoven Fabrics** used for manufacturing mask: Polypropylene, non-woven polyester, Sun Melt, Sun Bond





# Fabrication Process Steps





# Face shields



<https://sathyasai.us/service/homemade-mask-service-2020>



# Gowns





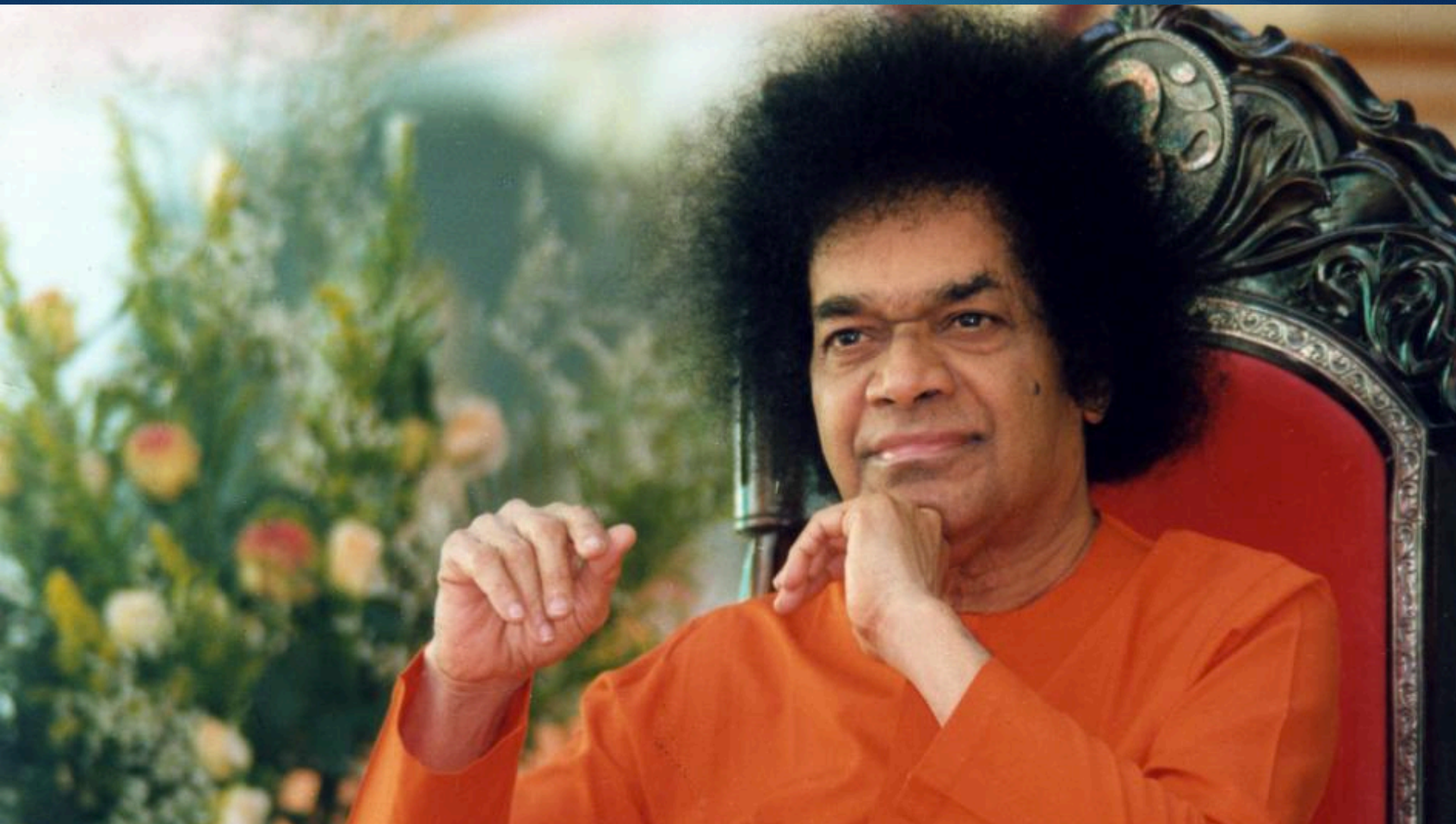
# Tests and Challenges



- **Test is the taste of God.** *My Dear Students, Vol 2*  
p 43
  - it is to protect, not trouble you
    - develops your confidence
  - for you to set an ideal for others
  - to strengthen your patience and devotion
  - help you go to higher stage



**You should not allow yourselves to be overwhelmed by difficulties. Develop self-confidence and have firm faith in God. Jan 15, 1992**







# Mental Health and Well Being During and After the COVID-19 Pandemic

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Health Innovations and Economic Development*





# Stress of COVID-19 Pandemic

## Healthcare Workers

### Professional Level

- ❖ Unknown nuances of disease pathology
- ❖ Overwhelming barrage of patients(sick and scared)
- ❖ Overwhelming flow of information
- ❖ Shifting guidelines
- ❖ PPE
- ❖ ICU beds
- ❖ Negative pressure rooms
- ❖ Ventilators

## People

- ❖ Disrupts normalcy
- ❖ Social Isolation
- ❖ Fear ,worry, irritability due to binge viewing of media outlets, social media, misinformation
- ❖ Worries about family children, elderly
- ❖ Potentially bring this virus back home to our loved ones
- ❖ Worries about family children, elderly
- ❖ Anxious, afraid and threatened
- ❖ Painful awareness of our own mortality
- ❖ Not being able to be say goodbye to family during their final moments
- ❖ Economic implications





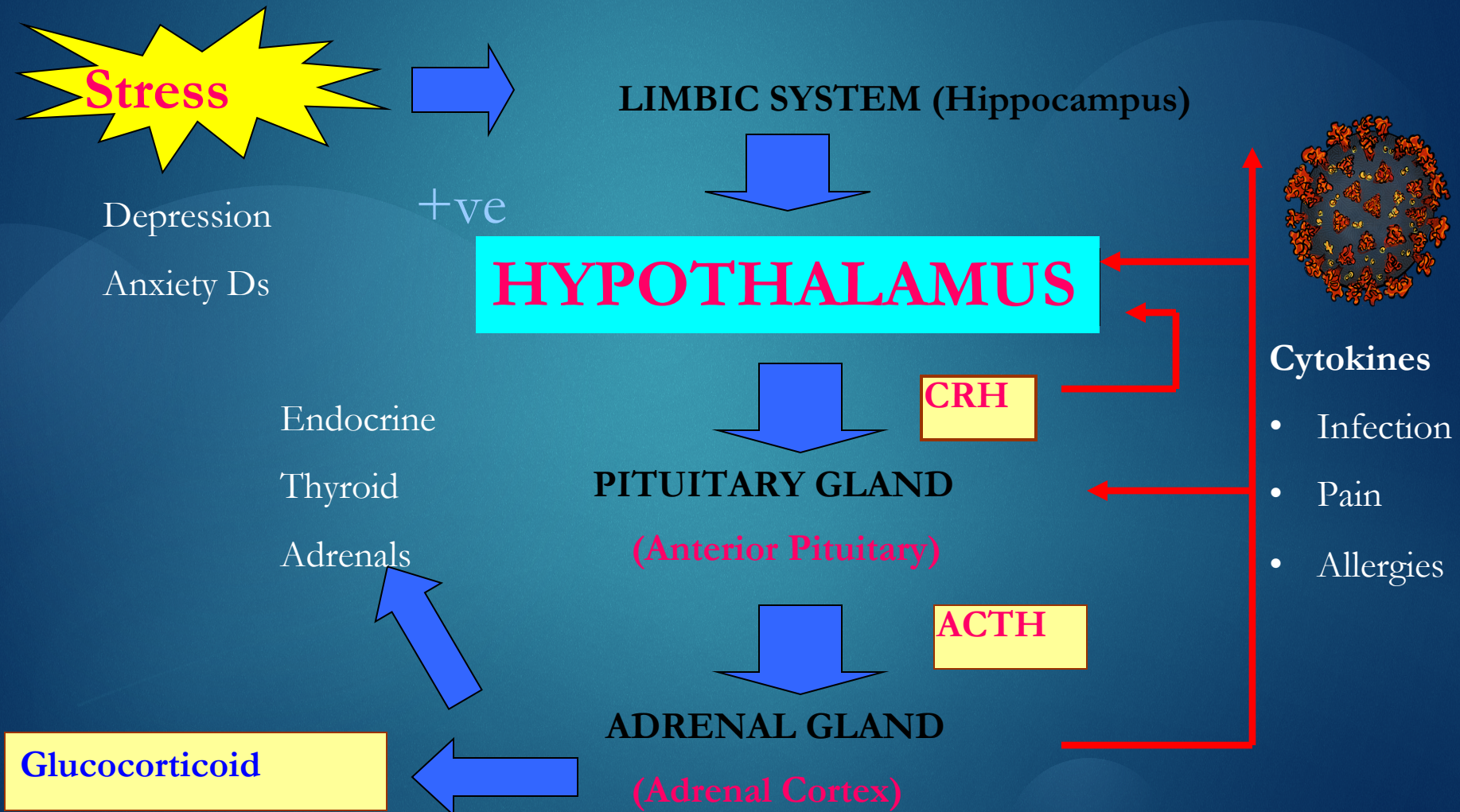
# Symptoms of Stress during COVID-19

- ❑ Fear and worry about your own health and the health of your loved ones
- ❑ Changes in sleep or eating patterns
- ❑ Difficulty sleeping or concentrating
- ❑ Feeling anxious and sad
- ❑ Worsening of chronic health problems
- ❑ Worsening of mental health conditions
- ❑ Increased use of alcohol, tobacco and drugs

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



# Mind Body Connectivity







# Therapies and Tools

## Coping with the Stress of COVID-19

- **Mindfulness**
- **Psychological First Aid**
- **Trauma Focused**
- **Grief Counseling**
- **Online therapy companies**
- **AI powered mental health chatbots**
- **Crisis Text lines**
- **Suicide hotlines**



(URL links on SSSIO website)





# What do we do when we are all experiencing stress quarantined at home with family?

- ❑ Everyone in your family is experiencing some level of stress right now.
- ❑ Recognize that feelings of loneliness, fear, and anxiety are normal reactions to a stressful situation like this.
- ❑ You may need a time out yourself.
- ❑ Communicate with your child about how you're feeling.
- ❑ That allows them to also express their feelings and frustration.
- ❑ Make sure to engage the elderly in conversations as a way to check-in and make sure they are okay.





# Do's and Don't

- Keep your routine as much as possible.
- Limit time on social media and watching news.
- Some “Me” time for each family member.
- If you can venture out get some fresh air be it in your garden or on the porch while maintaining social distancing do it!!
- Check in with your spouse, how they are handling the stress of being a parent, working from home etc.
- Virtual connect with family and friends





# Coping with COVID-19 the SAI way

*Rx*

## *Prescription for Mental Wellbeing*

**S**top worrying about things you cannot control

**A**dd a sense of normalcy to help yourselves, coworkers, family and friends

**I**nternet, I-phones (Information Technology) in moderation to connect with the world, stay informed, but avoid getting overwhelmed with the surge of information flow

**B**e healthy by exercising regularly and maintaining a healthy diet

**A** must is sleep and rest

**B**e mindful of your emotions, do self checks of your feelings: anxiety, depression & practice mindfulness meditation

**A** prayer of gratitude to **SAI** for keeping us safe

*Sarve Jana Sukhino Bhavantu*



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