

**Expert Talk on Covid-19 and Coronavirus by Dr. Apurva Kamat, Medical Officer ,
UHC Mapusa- A Report.**

St. Xavier's college organized an expert talk on the topic **Covid-19 and Coronavirus** by **Dr. Apurva Kamat**, Medical Officer , UHC Mapusa under the public awareness campaign to influence public behaviour on Covid-19 which is an initiative of the Directorate of Higher Education, Govt. of Goa.

In the talk the resource person, gave an insight about Covid-19 and Coronavirus. She specified the common symptoms of COVID 19 which includes cough, sneezing, running nose, rash, diarrhea. She also mentioned that hygiene should be maintained and the mask should be worn properly and not below the nose or on the chin. She laid an emphasis on frequently washing of hands, which is necessary as our hands get contaminated as we have a habit of touching our mouth while sneezing and coughing. Thus, she showed a demonstration as to how to wear a mask and wash our hands with clean water frequently for 20 seconds. She also said that there is no restriction with regards to the use of warm water, bar soap/liquid. She said anything can be used but preferably, alcohol based sanitizer should be used.

She also mentioned about the tests that are undertaken to test coronavirus, if found positive depending on the criticality, home isolation or the patient will be hospitalized. If home isolated then, the concerned person should be on a good diet, avoid smoking and alcohol consumption and maintaining hygiene, which can avoid further risks.

She also spoke about the importance of Plasma Donation. She mentioned that it is beneficial to both the donor as well as the beneficiary. She also mentioned that after the recovery the concerned person who was tested positive should take necessary precautions and continue breathing exercises, avoid crowded places, wear masks and maintain social distancing. Lastly, she advised to be smart and alert by avoiding rumors and to stay safe.

The talk was held on the Microsoft teams platform and delivered as part of the PTA meet of the college held on 31st October 2020. The talk was well attended with over 350 participants.

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