



**Claron Health  
International**  
Promoting Health & Prolonging Life



**UKGCC**  
UK - GHANA CHAMBER of COMMERCE

# New Year New Me: Achieving Your New Year Health Goals

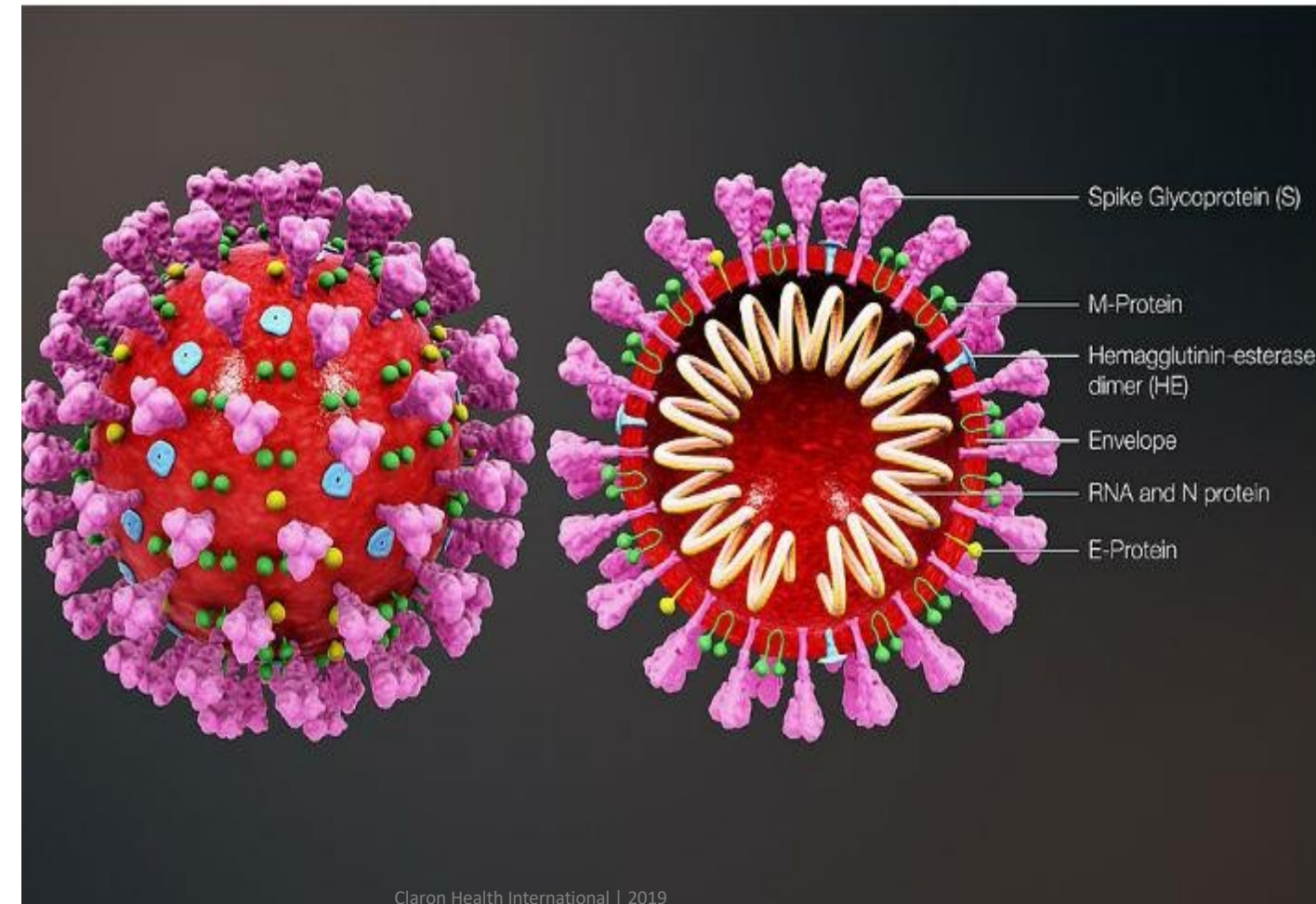
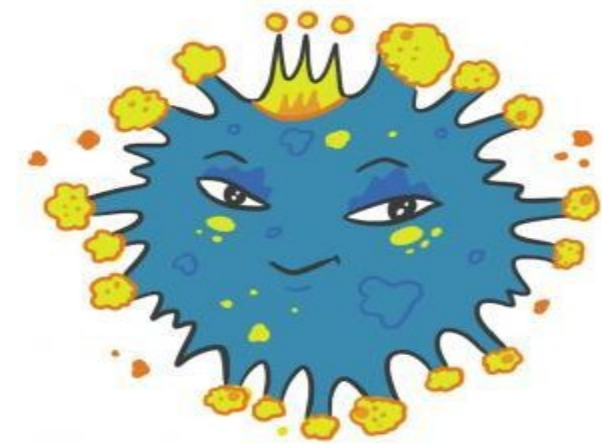
Dr. Michael Elike K. Acquah

# overview

- COVID 19
- Routines, habits and their effects on health
- Common health challenges
- Q&A

# SARS-COV-2 Covid-19

CORONA VIRUS



# TRANSMISSION

## Infectious Respiratory Droplets Can Travel



- ▶ Droplets can ...
  - ▶ Travel during sneezes, coughs, talking, and singing
  - ▶ Travel up to 6 feet
  - ▶ Land in the eyes, nose, or mouth of people
  - ▶ Land on surfaces
- ▶ Mask use can reduce transmission
  - ▶ Fewer droplets from infected person

1. Droplets when talking, laughing, coughing and sneezing.

•which can enter another persons mouth, nose or eyes

2. contaminated surfaces

# Risk group

1. Older age groups >65yrs :

- 65 years -75 years : 2% -5% die
- 75 years -85 years : 4% -10%
- >85 years : >10% die

2. Obesity

3. Chronic medical conditions eg. Diabetes mellitus, Hypertension,

4. Heart disease

5. Lung disease eg. Asthma, emphysema, COPD,

6. Immuno-compromised states eg. on meds such as steroids that affect their immune system , poorly managed HIV,

# Terminology

## ➤ Incubation period

it is the time from when someone is infected until symptoms develop.

## ➤ Infectious period

time during which someone infected with COVID-19 can transmit the virus to other people

## ➤ Isolation

keeps sick people away from healthy people

## ➤ Quarantine

restricts movement and contact of healthy people who have been exposed.

# SARS-CoV-2 Incubation Period

- ▶ The **incubation period** is the time from when someone is infected until symptoms develop
- ▶ The SARS-CoV-2 incubation period ranges from 2 to 14 days
- ▶ 50% of people will become ill by 5 days after they are infected

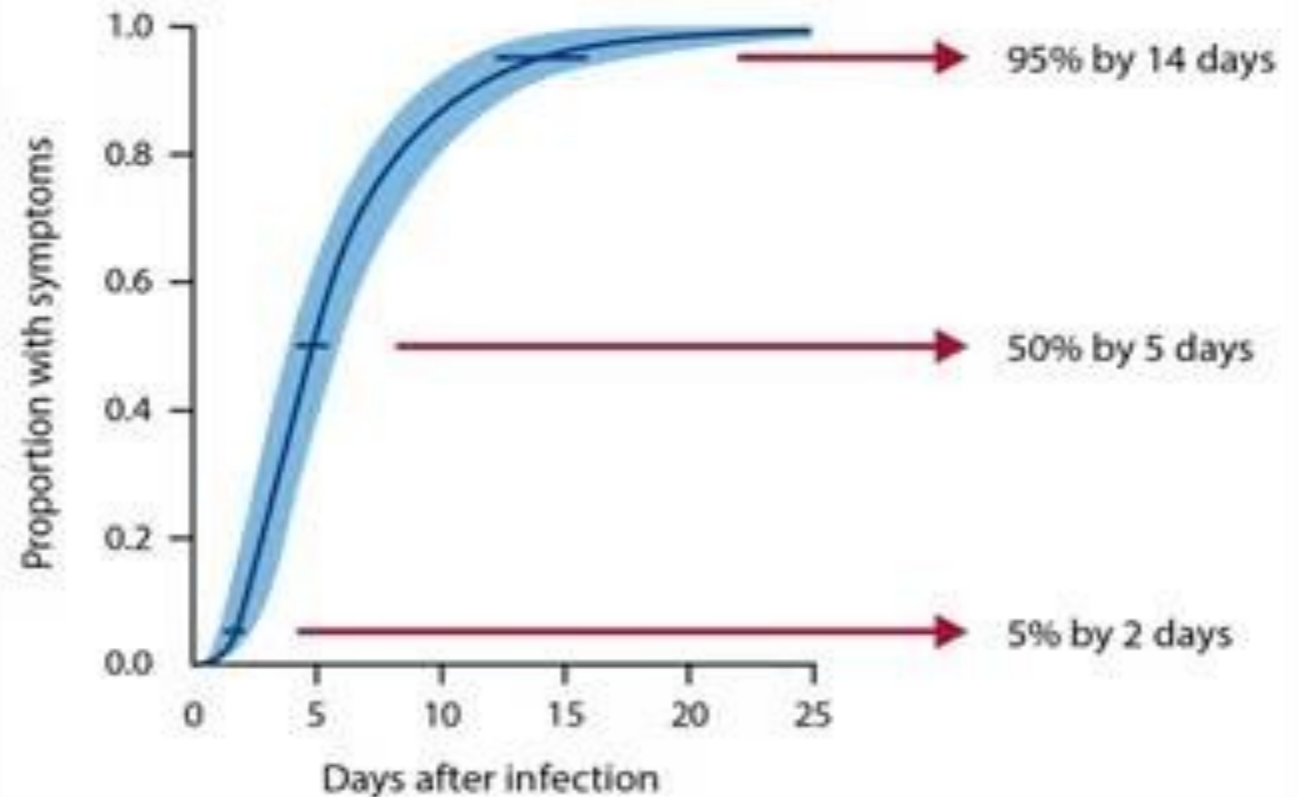


Image adapted by Center for Teaching and Learning, Johns Hopkins Bloomberg School of Public Health, from: Bi, Q., et al. (2020). Epidemiology and transmission of COVID-19 in Shenzhen China: analysis of 391 cases and 1,286 of their close contacts [medRxiv preprint]. *Infectious Diseases (except HIV/AIDS)*. <https://doi.org/10.1101/2020.03.03.20028423>

# Timeline of Infection: Infectious Period

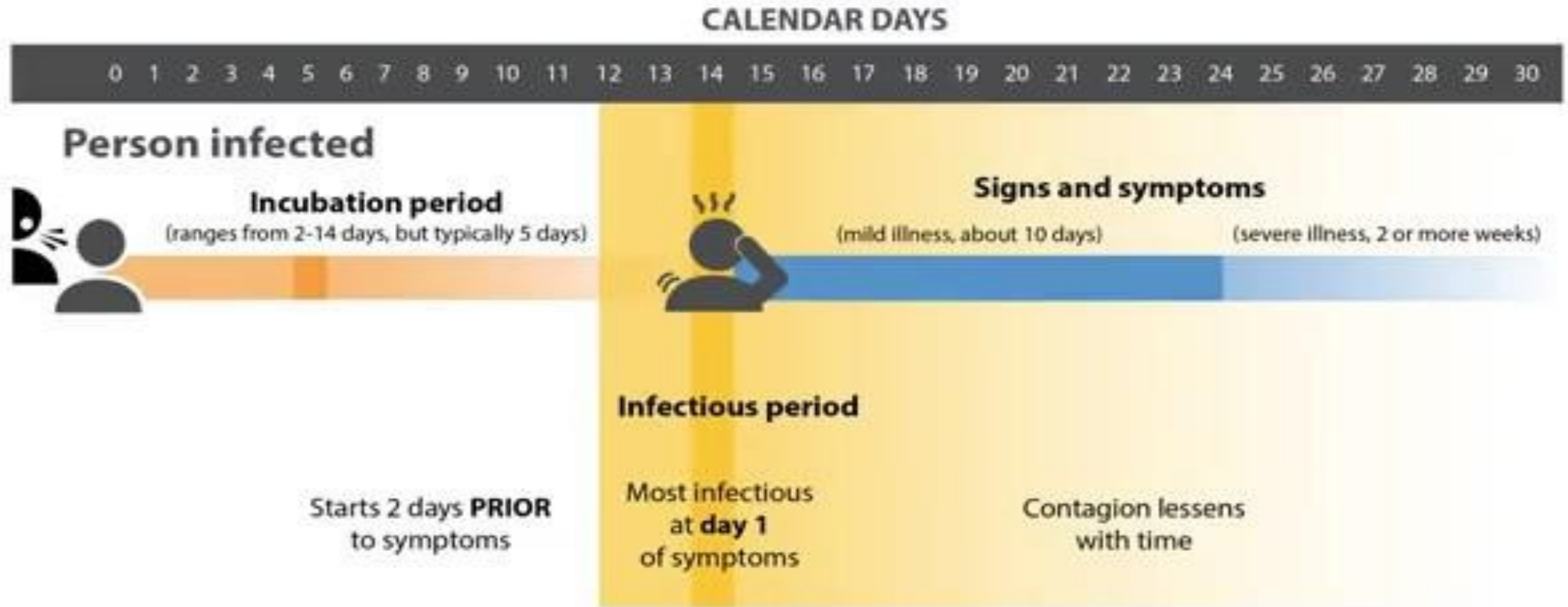


Image source: Center for Teaching and Learning, Johns Hopkins Bloomberg School of Public Health.



# Presentation

- Asymptomatic

## 1. Symptomatic

- Mild
- Moderate
- Severe

# COVID-19

## Coronavirus Symptoms

### SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of breath/ Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

### MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

### LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Diarrhea



A rash on the skin or discoloration of fingers or toes



Red or irritated eyes

### PLEASE NOTE:

- If you live in an area where malaria, dengue or other infections are common and you have any of above symptoms, seek immediate medical care according to the local health authorities.
- Stay in touch with your primary care provider to ensure you continue to receive the routine care you need, such as medication refills, follow-ups and other routine consultations.

- Fever(>37.5)
- Chills
- Fatigue
- Muscle pain
- Anosmia : loss of smell
- Dysgeusia : loss of taste
- Nausea
- vomiting
- Headache
- Cough
- Sore throat
- Dyspnea (difficulty breathing)
- Chest pain when breathing
- Blue lips
- Waking up with shortness of breath
- Confusion, loss of speech and mobility
- Difficulty waking up

# Investigations

1. Diagnostic:

PCR test

Antigen test

2. Past infection :

Antibody test

# Management

Supportive management:

- Antibiotics
- Immune boosters
- Pain relief

# Tips on prevention

- Avoid MEN

- M- mouth

- E- eye

- N- nose

Follow WOMEN

W- wash your hands

O- obey social distancing

M- mask up

E- exercise and eat well

N- no unnecessary traveling,  
partying, etc

# TREAT YOUR MASK LIKE YOUR PANTS

Wear a fresh one everyday

Don't adjust or take it off in public

If it's old and tatty throw it away, in your bin!

Keep it dry and keep it clean

It shouldn't be likely to fall down - comfy but going nowhere

It should cover everything it's meant to

Wash it like your delicates - separately and at the right temperature

Never wear anyone else's or loan yours out!

Don't have the tag hanging out - put it inside out

Remember - you should treat your face covering like your undies. Well, almost!

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

# When going to a health care facility of any kind

In areas where **COVID-19** is spreading



Maintain a distance of at least 1 metre from others



Clean hands frequently



Wear a mask

# Protect others from getting sick

When coughing and sneezing  
cover mouth and nose with  
flexed elbow or tissue



Throw tissue into closed bin immediately after use

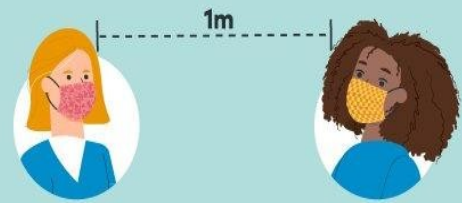
Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



# HOW TO PROTECT YOURSELF FROM COVID-19

HOW THE COVID-19 VIRUS SPREADS

DO THIS TO PROTECT YOURSELF AND OTHERS



Should I avoid shaking hands because of the new coronavirus?

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.



#Coronavirus #COVID19





# How should I wash and dry clothes, towels and bed linen, if **someone** in my household is a **suspected or confirmed COVID-19 patient**?



- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.

# Can COVID-19 be spread through coins and banknotes?



There is currently no evidence to confirm or disprove that COVID-19 virus can be transmitted through coins or banknotes.

However, respiratory droplets expelled from an infected person can contaminate and persist on surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes. Avoid touching your eyes, mouth and nose, if your hands are not cleaned.

# Simple healthy routines

- Sleep well
- Drink water when you wake up
- Exercise if even for 10-20mins
- Meditation
- Eat breakfast
- Plan your day before you leave the house

# Sleep



# Diet

- Eat a variety of food, including fruits and vegetables
- For snacks, choose raw vegetables, fresh fruit, and unsalted nuts., dried fruits



# NUTRITION TIPS



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## CUT BACK ON

# SALT

*Limit salt intake  
to less than 5 grams  
(a teaspoon) a day*

## #HEALTHYATHOME

- **Cut back on salt**
- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.
- Check the labels on food and choose products with lower sodium content.

# NUTRITION TIPS



**EAT MODERATE**

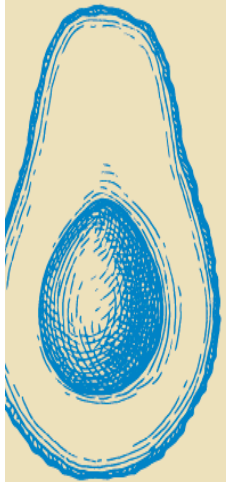
*amounts of*

**FATS**

**AND OILS**

*Avoid trans fats*

**#HEALTHYATHOME**



- **Eat moderate amounts of fats and oils**
- Replace butter, margarine with healthier fats like olive, soy, sunflower or corn oil when cooking.
- Choose white meats like poultry and fish which are generally lower in fats than red meat;
- Try steaming or boiling instead of frying food when cooking.



**FOODS**  
with  
**TRANS**  
**FAT**

**Nutrition Facts**

Serv. Size  
4 cookies (32g)  
Servings 9  
Calories 150  
Calories from  
fat 60

| Amount/Serving                                     | %DV* | Amount/Serving   | %DV* |
|--|------|------------------|------|
| Total Fat 7g                                       | 11%  | Total Carb. 20g  | 7%   |
| Sat. Fat 4.5g                                      | 23%  | Dietary Fiber 1g | 4%   |
| <b>Trans Fat 0g</b>                                |      | Sugars 10g       |      |
| Cholest. 0mg                                       | 0%   | Protein 2g       |      |
| Sodium 115mg                                       | 5%   |                  |      |
| Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4% |      |                  |      |

**INGREDIENTS:** Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.



# NUTRITION TIPS



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## REDUCE

# SUGARS CONSUMPTION

*Limit intake of  
sweets and sugary drinks*

## #HEALTHYATHOME

- **Limit sugar intake**

- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate..

# NUTRITION TIPS



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**STAY  
HYDRATED**  
*Drink plenty of*  
**WATER**

**#HEALTHYATHOME**

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with @claronhealth @claronhealth claron-health-international

- **Stay hydrated: Drink enough water**
- Good hydration is crucial for optimal health. Whenever available and safe for consumption.
- Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.

# NUTRITION TIPS



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## AVOID DRINKING

# ALCOHOL

*or keep it to the*

## MINIMUM

*if you drink*

## #HEALTHYATHOME

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- **Avoid hazardous and harmful alcohol use**
- Alcohol is not a part of a healthy diet. Drinking alcohol does not protect against COVID-19 and can be dangerous.
- Frequent or excessive alcohol consumption increases your immediate risk of injury, liver damage, cancer, heart disease and mental illness.

# Sitting is the new smoking

## SITTING EQUATES TO SMOKING

The problem is so bad that medical experts now equate sitting with smoking, because prolonged sitting will shorten your life, just like smoking. Sitting as little as 2 hrs continuously, increases risk for:

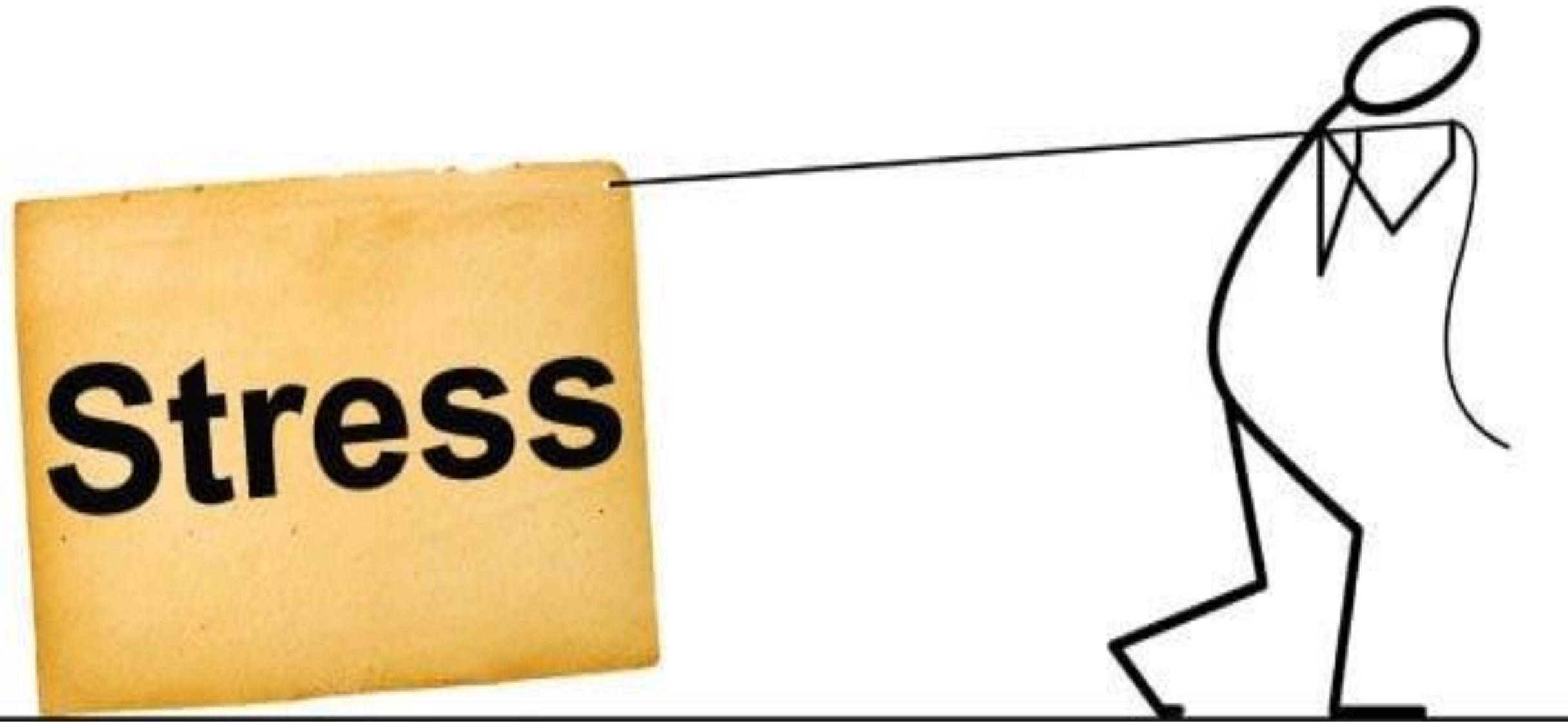
- Heart Disease
- Diabetes
- Metabolic Syndrome
- Cancer
- Back & Neck Pain
- And Other Orthopedic Problems

*(Source: Dr. James Levine of the Mayo Clinic, and author of "Get Up! Why Your Chair is Killing You and What You Can Do About it")*



# Exercise





# Hypertension

- Elevated blood pressure  $\geq$  140/90 mmhg

## Signs and symptoms

- Headache
- Dizziness
- Palpitations
- Vomiting



# Risk factors

- Age
- Family history
- Health problems eg. Obesity, Diabetes, Chronic kidney disease
- Gender - Men
- Race - Blacks
- Lifestyle: Diet, sedentary, stress, smoking, alcohol



# Diabetes

- Condition characterized by high blood glucose level.
- normal fasting glucose level 3.3-5.5 mmol/l
- Types
  - Type 1 - insulin dependent
  - Type 2 –non- insulin dependent
- Signs and symptoms
  - Frequent urination,
  - Frequent thirst,
  - Unexplained weight loss
  - Fatigue and Weakness,
  - Numbness
  - Blurry vision
  - Fruity breath

# Risk factors

- Family history
- Inactivity
- Health problems such hypertension, Obesity and hyperlipidemia
- Age
- Race/ Ethnicity: Black



# Obesity

- Abnormal or excessive fat accumulation that presents a risk to health.
  - Risk factors
    - Sedentary lifestyle
    - Stress
    - Dyslipidemia
    - Poor diet
    - Hormonal imbalances
    - Genetics
    - Medications eg. steroids

# Symptoms

- Excess body fat accumulation, particularly around the waist
- Shortness of breath
- Snoring
- Trouble sleeping
- Inability to perform simple tasks, which one could easily perform before weight gain

# Claron Health International



Website: [www.Claronhealth.com](http://www.Claronhealth.com)  
Location: Airport Residential 2, First Cl, Accra

# Services

- OPD
- Specialist services
- Oil and gas certifications
- Medical screening and wellness talks
- Telemedicine : Clarondoc
- Covid- 19 testing
- Home care with mobile lab and pharmacy
- Emergency services
- Medical staffing
- Health training and audits

A cream-colored card with a folded top edge, standing upright. The card is set against a light blue background. The words "Thank you" are written in a black, elegant cursive script. The word "Thank" is on the top line, and "you" is on the line below it, centered under "Thank".

Thank  
you

# QUESTIONS

