Twitter Thread by Jatin Khemani, CFA



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I, along with my entire family, has been COVID +ve from last 12 days. While we had severe symptoms initially but luckily we are all in the recovery phase now■■
Here’s our experience & learnings in under 2-min:

I have been COVID positive along with my entire family from last 12 days and here's my experience in under 2-min

First 5 days were most difficult - all we could hear in the house day & night was everyone coughing and vomiting, couldn't help each other much as we all had high grade fever and struggled to even stand on our feet. I have learnt that this is true for most people - no matter how strong medication you take, for the first 5 days the symptoms tend to get worse and then they gradually get better on their own.

We were lucky to have an amazing doctor guiding us throughout and we started recovering from 6-7th day onwards and are almost fine now.

There is no cure for COVID, the protocol doctors are following is treating your individual symptoms and meanwhile hoping the body to cure itself. We all had different symptoms - In my dad's & sister's case the coughing got just too bad, doctor suggested Nebuliser and it worked like magic. In my case I had a pretty bad sore throat which literally felt burnt and I couldn't even gulp water, had to resort to steroids for recovery, which luckily worked. In addition to sore throat, my brother had acute mouth ulcers, whereas my spouse had breathing difficulty.

Please don't self medicate with prescriptions floating around on family WhatsApp groups, it is best to consult a doctor. For instance, one of my family members was taking Combiflam for fever, when we consulted doctor we were strictly advised against it as it has Ibuprofen which isn't recommended, rather only PCM is advised for fever. Even if you believe those same drugs are being given by most doctors, still consulting is better as the dosage and potency is based on severity of your symptoms, your age and various others parameters. Don't self medicate.

Don't get complacent once your symptoms are gone; you must complete your medication course because internally things might still be bad and symptoms could be just suppressed due to medicines. My doctor warned us about the second week in COVID patients being notorious for bringing unexpected complications.

The key monitor-able is Oxygen Saturation, any reading below 95 is a warning bell, however most oximeters are white label Chinese imports and often don't give out correct reading at once. Keep it on for 60 seconds to get a more reliable reading. When in doubt, instead of rushing to hospital, a quick hack is to take deep steam for 5 min, which clears lungs and in most cases can restore O2.

Home remedies can be supplementary, but please don't over do Steam/Kaada etc. as that can end up doing more harm than good.

For many COVID is indeed similar to a common flu with mild symptoms, but for some the symptoms get severe while for others it can be life threatening too. Don't take it lightly, the danger is real.
If you think you have any symptoms or you got exposed, the first thing to be done is to get tested. Many people assume they must have it and start treating or ignore altogether assuming it to be normal flu, both of which are not optimal. There is nothing to be feared about testing and it must be done.
When stepping out, please keep wearing mask at all times.
Get vaccinated, if eligible.
Stay safe.