

COULD YOU HAVE BLACK FUNGUS ?

POST-COVID INFECTION

MEDICAL TERM : RHINOCEREBRAL MUCORMYCOSIS

**INDIA IS SHOWING A SHARP RISE OF BLACK FUNGUS INFECTIONS
AMONG THOSE WHO HAVE RECOVERED FROM COVID.**

READ ON FOR FURTHER INFORMATION ON THIS

[HTTPS://DELHISOLIDARITYGROUP.NET/COVIDRESPONSE/](https://delhisolidaritygroup.net/covidresponse/)

SOURCE: ICMR GUIDELINES

WHAT IS BLACK FUNGUS ?

A DIFFICULT TO TREAT AND AGGRESSIVE FUNGAL INFECTION THAT AFFECTS PEOPLE ON IMMUNITY-REDUCING MEDICATION MAKING THEM SUSCEPTIBLE TO FUNGAL SPORES INHALED FROM THE AIR OR CONTRACTED FROM SOIL/ROTTING ORGANIC MATTER.

IT CAN BE LIFE THREATENING IN DIABETIC OR SEVERELY IMMUNOCOMPROMISED INDIVIDUALS, SUCH AS CANCER PATIENTS OR PEOPLE WITH HIV/AIDS

IT CAN HAVE SERIOUS EFFECTS ON A PERSON'S EYES, SINUSES , LUNGS AND BRAIN

NOTE:

- **HIGH MORTALITY RATE OF CLOSE TO 50 PERCENT**
- **TREATMENT IS PAINFUL AND EXPENSIVE, WITH SLIM CHANCES OF RECOVERY**
- **TAKING PRECAUTIONS IS THE MOST EFFECTIVE SOLUTION**



HOW IS IT LINKED TO COVID?

INDIA IS THE ONLY COUNTRY SHOWING A SHARP RISE IN CASES.

DOCTORS ARE ATTRIBUTING THIS TO:



OVER-AGGRESIVE TREATMENT FOR COVID



INAPPROPRIATE DOSAGE/TIMINGS OF STEROIDS



NOT PAYING ATTENTION TO DIABETICS WHILE PRESCRIBING STEROIDS



INCORRECT AND UNHYGIENIC USAGE OF OXYGEN THERAPY

WHAT TO KEEP IN MIND DURING COVID TREATMENT?



STEROIDS – WHAT? WHEN?

IMMUNOSUPPRESSION DUE TO STEROIDS

WHAT:

USED FOR TREATMENT OF SEVERE COVID CASES



E.G.: DEXAMETHASONE, HYDROCORTISONE, PREDNISONE

Dosage: NO MORE THAN 6 mg of dexamethasone OR 160 mg of hydrocortisone OR 32 mg of methylprednisolone per day

WHEN:



TO BE TAKEN ONLY UNDER MEDICAL SUPERVISION



TO BE GIVEN ONLY IF THE PATIENT IS HYPOXIC (OXYGEN DEFICIENT)



NOT TO BE GIVEN DURING THE FIRST 5 DAYS OF SYMPTOM DETECTION



DURATION OF DOSAGE: 7-10 DAYS

NOTE:

RECOMMENDATIONS ARE DRAWN FROM THE W.H.O. RECOVERY TRIAL



Steroids suppress the body's natural immunity and make it highly susceptible to other pathogens such as "black fungus", EVEN after a person has recovered from Covid

OXYGEN THERAPY SAFETY AND HYGIENE



USE MEDICAL GRADE OXYGEN ONLY



USE DISTILLED, RO, STERILIZED (BY BOILING) WATER FOR THE HUMIDIFIER



ENSURE THE TUBING, PIPING AND MASKS ARE THOROUGHLY CLEANED WITH SOAP AND WATER BEFORE USAGE

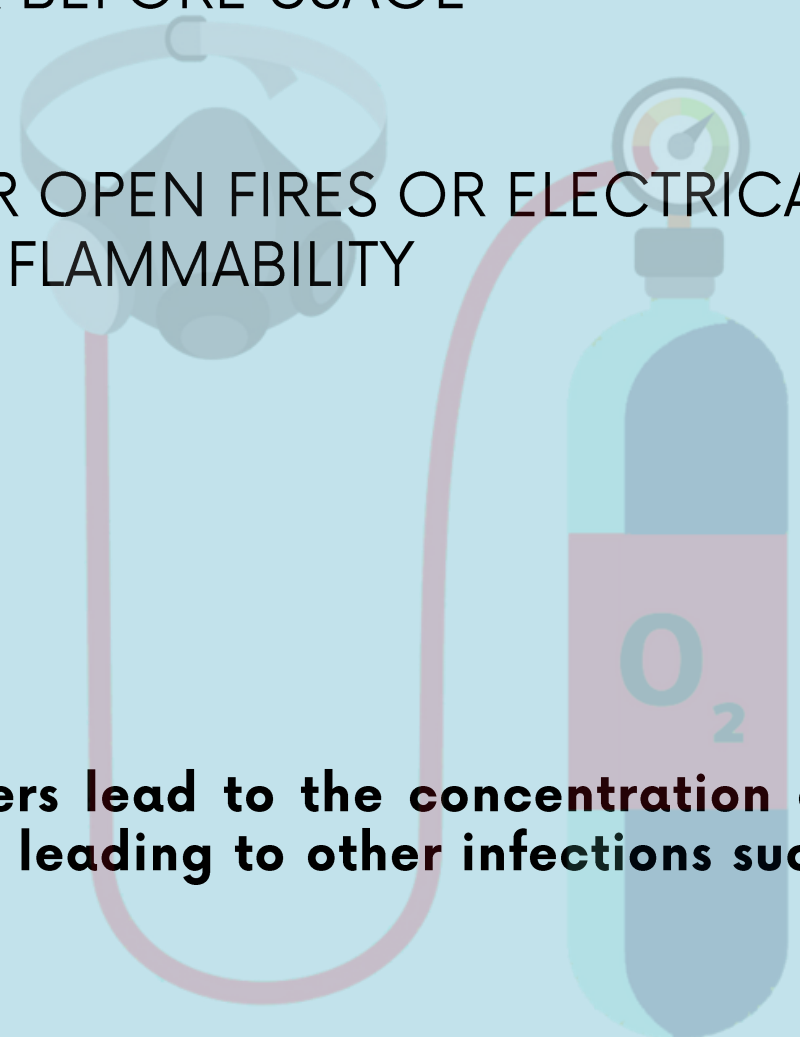


DO NOT USE O₂ CYLINDERS NEAR OPEN FIRES OR ELECTRICAL PLUGS/OUTLETS DUE TO RISK OF FLAMMABILITY

NOTE:



IMPROPER hygiene of oxygen cylinders lead to the concentration of pathogens in the piped supply system leading to other infections such as "black fungus"



WHAT INCREASES RISK ?

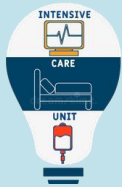
POST COVID - LOW IMMUNITY LEVELS



INDIVIDUAL WITH HIGH BLOOD GLUCOSE /
UNCONTROLLED DIABETES



IMMUNOSUPPRESSION BY STEROIDS



PROLONGED ICU TREATMENTS FOR COVID &
OTHER ILLNESSES



UNHYGIENIC/INCORRECT
OXYGEN USAGE



OTHER CO - MORBIDITIES



HOW TO PREVENT IT

from happening to you ?



AVOID STEROIDS UNLESS NECESSARY



ENSURE SAFE AND HYGIENIC O2 USAGE



SUPPLEMENT YOUR IMMUNITY THROUGH INTAKE OF FOOD AND SUPPLEMENTS



ENSURE CLOSE MONITORING POST-COVID AND MAKE SURE TO:



Wear mask when visiting dusty construction sites



Wear a mask, full pants and shirts , gloves , shoes, sunglasses - when handling soil , moss or manure



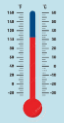
Maintain personal hygiene by washing hands regularly and scrub baths.



MONITOR AND CONTROL high blood sugar levels



WHAT ARE THE SYMPTOMS ?



FEVER



ALTERED MENTAL STATE



SINUS NASAL BLOCK/DISCHARGE



TOOTH ACHE



PAIN IN CHEEKBONE



LOOSENING OF TEETH



ONE-SIDED FACIAL PAIN



JAW PAIN



PAIN AROUND EYES



CHEST PAIN



HEADACHE



RESPIRATORY PROBLEMS



BLURRED/DOUBLE VISION



COUGHING BLOOD



BLACKISH DISCOLORATION
OVER BRIDGE OF NOSE



SKIN ABNORMALITIES
LIKE PATCHES , LUMPS , RASHES

WHAT TO DO ?

WHEN SYMPTOMS APPEAR



DON'T IGNORE THE SIMPLE SIGNS & SYMPTOMS



CONTACT YOUR DOCTOR IMMEDIATELY FOR FURTHER
DIAGNOSIS & EARLY TREATMENT



DO NOT SELF-MEDICATE

NOTE:

THE SYMPTOMS TYPICALLY APPEAR AFTER A PERIOD OF TWO TO THREE WEEKS AMONGST COVID RECOVERED PATIENTS IN INDIA, WHO HAVE CONTRACTED THE FUNGAL INFECTION

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