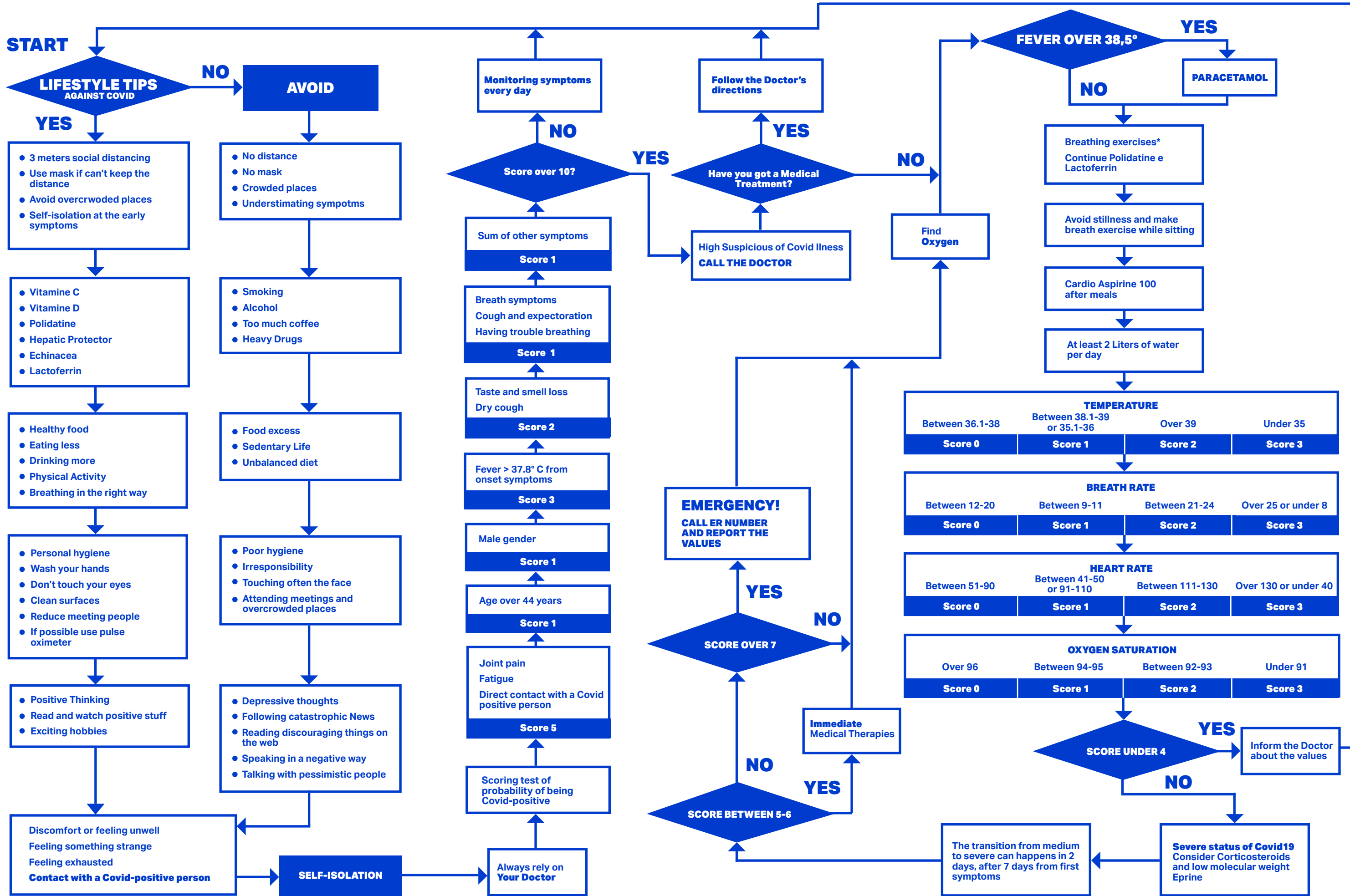


PREVENTION

DIAGNOSIS

SELF-MEDICATION



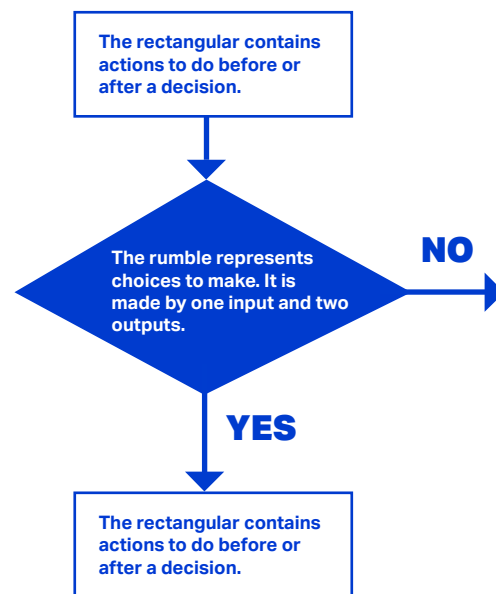
03/12/2020 FLOW CHART FOR COVID EMERGENCY MANAGEMENT

THIS FLOW CHART GIVES INSTRUCTIONS THAT NEVER REPLACE DOCTOR'S ADVICE. THE GOAL OF THIS TOOL IS AVOIDING ALARMISM AND UNDERSTIMATION, TO MAKE HOSPITAL'S ROOMS LESS

OVERCROWDED. IT IS NOT A MEDICAL ADVICE AND IT NEVER REPLACES A DOCTOR.

* INFORMATIONS WITH ASTERISK ARE LOCATED AT THE BOTTOM OF THE BLOG'S PAGE ON THE WEBSITE

LEGENDA



Covid is spreading across the Globe and even if We read News on the Web, nobody really knows how to react to this illness. More and more people need to autoisolate at the first coughing fit and they often can't be checked by the Doctor. **What can We do in these situations?** How can we know if breathing symptoms and fatigue are related to Covid?

WASP, in partnership with Professor Giorgio Noera, internationally renowned Heart Surgeon of HRS (Health Research and Development SRL), has set up a **Self-evaluation and Self-medication Kit** that permits to manage first days of sickness and to understand when call E.R. Number.

Through a scoring system, where the highest numbers are linked to the most severe symptoms, **everybody can self-diagnoses the illness, the level of danger and respond with over-the-counter drugs.** If the score result exceeds a certain threshold, the test suggests to call the Doctor for high suspicion of Covid Illness and If health parameters results are abnormal, the test urges to call E.R. number.

This Flowchart makes possible to reduce the movement of people in the Hospital Emergency Rooms: the goal is to **decrease alarmism and to avoid underestimation** of symptoms. In this way Hospital's Rooms will be less overcrowded and the circulation of the Virus reduced.

The advices are not only about medications: the chart suggests also **lifestyle tips, supplements and other ideas** to control the disease. It is simple and easy to use: in a short time You can know the severity of the illness, wherever You are.

The **test doesn't replace Doctor's recommendations**, but It permits to people to quickly react to the sickness from the first day and It warns the patient if his conditions are critical and It is necessary to call the E.R. Number.

REFERENCES

*BREATHING EXERCISES

There are a lot of exercises to train the breathing, the most common is sitting with straight back, inhale deeply and then exhale slowly. Repeat the exercise each time you need to calm down your Mind or to increase your Oxygen Saturation level, that needs to stay over 94.

AIFA

- Costicosteroids in adult patients with Covid-19. [Click here to see the full document](#)
- Low molecular weight Heparine in adult patients with Covid-19. [Click here to see the full document](#)

COVID-GRAM

- Test to know about your family member that is hospitalized. It allows you to check the risk He/She is facing. [Click here to do the test](#)

YOGA

- YouTube Videos of Yoga Therapy to train deep breathing. [Click here to watch the Videos](#)

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ATTENTION

This Flow Chart gives instructions that never replace Doctor's Advice. The goal of this tool is to avoid alarmism and underestimation, to make Hospital's Rooms less overcrowded. It is not a medical's advice and It never replaces a Doctor.

Flow Chart

For Covid-19 Emergency Management

COVID PROTOCOL
Scientific Advisory of HRS

December 3, 2020

