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Here is my first-hand account of getting Corona, suffering it and then overcoming it. Let me first debunk a couple of myths that you might be believing from non-stop TV and social media disinformation.

1. It is just like regular flu. Like everyone I've had flu umpteen times every year since I remember. Mostly my flu started with a sore throat, cough accompanied by Phlegm and at some point a runny nose. None of these typical symptoms manifest themselves this time. It instead started as a dry persistent cough followed by high fever. No sore throat, no runny nose, no phlegm initially. Going by government advice I was expecting the symptoms to subside in 7 days' time. It could not have been farther away from the truth. My actual Corona killer symptoms arrived after 7 days! Breathlessness and gasping for breath - I had never experienced that before and it was on a different level. Today is my 18th day and I am still suffering. This time someone says it's just like ordinary flu please only pity them for their ignorance.

2. If you dutifully follow government advice and stay away from people with infection you are safe. Here's how I contracted Corona. Following govt. advice I was maintaining social distancing, working from home and not going out. The one place that was still open and where I continued to visit for badminton was our local leisure centre. All perfectly healthy people were meeting up, playing and dispersing without even shaking hands and avoiding all physical contact. I came to know on a Thursday evening that one of our friends has started showing Corona symptoms. Later I found out that his wife who was a doctor contracted the virus possibly from the front line and this could have been the source strain for all of us. So, perfectly healthy looking individuals who are silent carriers can pass it on to you.

Once one person in the household gets it, it is almost impossible to not spread to others in the house mainly because it would have already spread when we were healthy but silent carriers. While we followed govt. advice and isolated ourselves the minute I knew I had Corona, my daughters first and then my wife started showing symptoms giving stock to the proclivity of this virus to spread from person to person. Fortunately it was me that had the worst symptoms.

My new dry persistent cough started on Friday 20th Mar and a high fever appeared the next day. I immediately looked up NHS online guidance and found that I and everyone else living in the household needed to isolate for 14 days. No testing was required. I was going to be fine in 7 days as per the government advice, I kept telling myself. I wanted to show everyone that it was no big deal and here was how I got and overcame Covid-19 in 7

days. It turned out that I had grossly underestimated this virus. Things aggravated quite fast from the 8th day onwards. Severe breathlessness and gasping for breath started for me in addition to the persistent dry cough and high fever. I could not take a chance and had to call 999 - the NHS ambulance service. They came, checked the vitals including Oxygen levels and advised that I am better off staying at home than going to the hospital and opening myself up to many other infections that may be prevalent there. Over the next 3 days I called NHS111 and ambulance again 2 more times. All these days even turning in the bed caused gasping for breath. If I went down and up the stairs it took me 30 minutes to regain my normal breath. These symptoms persisted without abating for 8 days and this in my view was the eye of the storm.

No medication, only your family for immediate support and a set of symptoms that were only getting worse by the day. And you do not get sleep having to endure the suffering in silence as the world sleeps. With all this if you switch on the TV you get constant bombardment about death tolls per country and how this was bad and that was worse.

I did not however for one minute, lose my positive thoughts. Rest rest rest, I was told. My daughters who had recovered after minor symptoms took charge of the kitchen, laundry and housekeeping, my friends started leaving essential things outside our home. The doctors and NHS staff in the family were constantly calling, offering support, guidance and solace.

Today the 18th day, my appetite has returned, I am getting good sleep for past 2 days and it's been 72 hours since I've had fever. I can go up and down the stairs without gasping for breath. There are still remnants of breathlessness which I think would take 2-3 more days to fully subside and for me to become normal. My wife is still having fever, cough and headache with a little bit of breathlessness. But we are confident we will get her back to normal too.

I am fortunate that I did not have any underlying health conditions and I shudder to think how it would have been for those who already had breathing problems. These people have to be extra careful and are most likely to require hospital admission.

Coming back to us, we have stuck at it together and have overcome the virus with by isolating ourselves at our home, with basic paracetamol and some antibiotics suggested by doctor friends and not visiting the hospital to put burden on NHS. Four of us in our household have now conquered the virus with this approach.

It's not a big thing. Even if you get it you can prevail over it. Your extraordinary human body, love of your family and faith in God are your three weapons that will negate and destroy this virus. Best of luck.