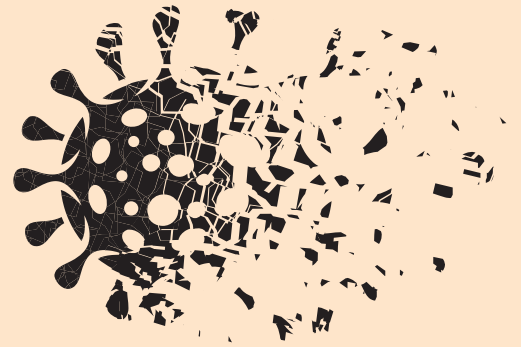


POST COVID 'BLACK FUNGUS' WHAT CAN WE DO?

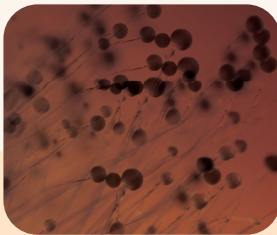
WE CAN FOCUS ON PREVENTION!



This 'Black Fungus' is Mucormycosis (a fungal infection) that mainly affects people who are on medication for other health conditions that reduce their ability to fight environmental pathogens and not just COVID-19.

WHAT PREDISPOSES A PERSON TO MUCORMYCOSIS?

- Uncontrolled diabetes mellitus
- Immunosuppression by steroids
- Prolonged ICU stay
- Co-morbidities – post transplant / malignancy



IF AT RISK, WHAT TO SEEK MEDICAL OPINION FOR?

- Sinusitis, Local pain on the cheekbone
- Nasal discharge (blackish / bloody)
- One sided facial pain, numbness, or swelling
- Blackish discolouration over bridge of nose / palate
- Toothache, loosening of teeth



PREVENTION MEASURES

- Use a mask when visiting dusty construction sites, or agricultural fields or gardens
- Wear shoes, long trousers, long sleeve shirts, and gloves while handling soil, moss, or manure
 - Maintain personal hygiene including scrubbing thoroughly while bathing

DO'S



- Control hyperglycemia in diabetics
- Monitor blood glucose level post COVID-19 and in diabetics
- Use steroids only when prescribed – correct timing, correct dose, and duration
- Use clean, sterile water for humidifiers during oxygen therapy
- Use antibiotics / antifungals only when prescribed
- Wash reusable masks thoroughly and sun-dry well before use

DONT'S



- Do not miss warning signs and symptoms
- Do not ignore nose symptoms in the context of steroid therapy in COVID-19 patients
- Do not delay in initiating antifungal treatment
- Do not self medicate with steroids or antifungal drugs
- Do not keep these drugs at home unless prescribed

Be alert for Mucormycosis in COVID-19 patients, diabetics, or immunosuppressed persons