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Post COVID-19 information sheet for patients to prevent Mucormycosis

What is it?

Mucormycosis or black fungus is a rapidly spreading fungal infection involving the sinuses, eyes, and central nervous system. If detected and treated on time we can prevent loss of vision, loss of the eye and eventually, loss of life.

Who can get it?

- Patients with Diabetes Mellites, raised blood sugars
- Patients on long term steroids (unproven)
- Other associated comorbidities like cancer, recipient of organ transplant, history of neutropenia

Signs & Symptoms

- Facial pain
- Localized headache
- Stuffy nose
- Decreased vision
- Bloody nasal discharge
- Dental pain or loose teeth
- Facial swelling or swelling around the eyes
- Drooping of eyelid, bulging of eyes
- Ulcers on the palate

Dos

- Control blood sugars.
- Immediately report if there are any of the above symptoms
- Follow the taper of oral steroids as advised by a doctor.

Donts

- Don't ignore minor symptoms.
- Don't try home remedies for management.

Time is very important in the course of disease, vision and life loss can happen rapidly.