

COVID – 19: Social Aspects and Responsibilities

by

Dr. Anurag Narware¹

Trainee CHO, NHM, Government of M.P. India

Email: dranuragnarware@gmail.com

Ph: +917869000430, +917000107400

Abstract

The world health organisation declared the illness resulting from the new virus COVID – 19, a public health emergency of international concern. By early march 2020, the Novel Corona virus now named, SARS – CoV- 2- had infected more than 90,000 people worldwide and killed at least 3100. In late 2019, the first reports of an unknown respiratory infection – in some cases fatal emerged from Wuhan, China. The source of that infection was quickly identified as a Novel Corona virus.

Key words: COVID- 19, Health emergency, Corona virus, Wuhan

Introduction:

COVID – 19 is a new infectious disease which is spread through a virus known as Noble Corona Virus. A studyⁱ concluded by ICMR said that “once the virus establishes transmission within the community, quarantine of symptomatic may have a meaningful impact on disease burden. As a public health measure, health system and community preparedness would be critical to control any impending spread of COVID -19 in the country.”

How does COVID- 19 Spread?ⁱⁱ

1. Person to person:

The spread of virus is mainly through person to person, between people who are in close contact with one another (Within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

2. From contact with contaminated surfaces:

It is possible that a person can get COVID – 19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

3. Community spreads:

Community spreads means people have been infected with the virus in an area, including some who are not sure or where they became infected.

¹ Ex. Assistant Professor, Department of Agada Tantra, Rajiv Gandhi Ayurvedic Medical College, Bhopal (M.P.), India

Life span of corona virus:

- i. No specific idea about the life span of COVID – 19.
- ii. From many studies it is concluded that this virus can survive from some hour to some days and it depends on atmosphere humidity, temperature as well.

Symptoms:

Symptoms are like other viral infections.

The symptom may develop fever and symptoms such as cough or difficulty in breathing. Reported illness has ranged from mild symptoms to severe illness and death for confirmed corona virus disease 2019.

The symptoms may appear 2- 14 days after exposure (based on the incubation period of MERS- CoV viruses) –

- i. Fever
- ii. Cough
- iii. Shortness of breath

Emergency warning signs:

If you develop emergency warning signs for COVID – 19, get medical attention immediately. Emergency warning signs include –

- i. Trouble breathing
- ii. Persistent pain or pressure in the chest
- iii. Confusion
- iv. Bluish lips or face

People at Higher Risk:ⁱⁱⁱ

Older adults and people of any age who have serious medical conditions may be at higher risk for more serious complications from COVID – 19. People at higher risks are –

- i. Older adults
- ii. People with HIV
- iii. People with Asthma
- iv. Pregnant Women

What can we do against COVID – 19?

- i. Stay home
- ii. Wash your hand often by washing with soap and water (for 20 second) or using an alcohol – based hand sanitizer
- iii. Avoid close contact with people who are sick
- iv. Clean and disinfect surfaces which are frequently touched
- v. Avoid all types of travelling

- vi. If someone in your home is sick, have them stay from the rest of the household to reduce the risk of spreading the virus.
- vii. Avoid sharing personal household items such as cups and towel.
- viii. Call your health care professional if you have concern about COVID – 19

For old age group:

Older age group are at higher risk for severe illness from COVID – 19 which may result in increased stress. Fear and anxiety about the COVID – 19 Pandemic can be overwhelming and cause strong emotions.

What can we do?

- i. Take rest and avoid repeatedly hearing of pandemic. It can be upsetting.
- ii. Take care of the body by deep breath and medication and exercise regularly, get sound sleep.
- iii. Try to eat healthy, well balanced meal, avoid alcohol and drugs.
- iv. Try to do some other activities which you may enjoy.
- v. Talk to other people you trust and tell how you are feeling.
- vi. Call your health care provider in any difficult situation.

What happen when a person is suffering from COVID – 19?

- i. Maximum number of patients may cure by isolation and treatment.
- ii. Some people with lesser immunity may have to admit in hospital for treatment.

Diagnosis:

Precautionary measures:^{iv}

Table 1 COVID – 19 Checklists

SYMPTOMS	POINT
Do you have cough?	01
Do you have cold?	01
Do you have Sore throat?	01
Are you having Diarrhea?	01
Are you experiencing myalgia or body ache?	01
Do you have headache?	01
Do you have fever?	01
Are you having difficulty in breathing?	02
Are you experiencing fatigue?	02
Have you travelled recently during past 14 days?	03
Do you have a travel history in COVID- 19 infected area?	03
Do you have direct contact with COVID- 19 infected person?	03

Score results:

0-2 - May be stress related. Observe.

3-5 - Hydrate properly and maintain personal hygiene, observe and re – evaluate after 2 days

6-12 Seek a consultation with doctor

12- 24 Call on DOH hotline 02- 8- 651- 7800/helpline²

Currently there is no accurate or rapid test for COVID- 19. The study said the only way to diagnose among asymptomatic arrivals may be through isolation and quarantine of all arrivals from specified origin airports.

If you are suspected for COVID – 19 then call on 011- 23978046 or 1075 and give information about your situations and follow the information provided by there.

Treatment:^v

- i. There is currently no specific treatment for COVID – 19.
- ii. No vaccine is preventable against COVID – 19.
- iii. The best way to prevent illness is to avoid being exposed to this virus.

The National taskforce for COVID – 19 recommends the use of hydroxyl – chloroquine for prophylaxis of SARS- CoV- 2 infection for selected individuals –

Eligible individual:

- i. Asymptomatic healthcare workers involved in the care of suspected or confirmed case of COVID – 19.
- ii. Asymptomatic household contacts of laboratory confirmed cases.

Dose:

In suspected or confirmed case –

For COVID – 19 – Hydroxyl – chloroquine 400 mg twice a day on day one, followed by 400 mg once weekly for next 7 weeks, to be taken with meals.

Asymptomatic household contact of laboratory confirmed cases –

For COVID – 19 – Hydroxyl – chloroquine 400 mg twice a day on day one, followed by 400 mg once weekly for next 3 weeks, to be taken with meals.

Exclusion:

- i. The drug is not recommended for prophylaxis in children under 15 years of age.
- ii. The drug is contraindicated in person with known case of retinopathy, and hypersensitivity to Hydroxyl – chloroquine.

Conclusion:

By above information we can able to conclude following:

How can we able to control the Corona virus – We can able to control corona by maintaining personal hygiene as well as avoiding travelling, avoiding any programmes where people gather and by maintaining social distancing. These can able to break chain of spreading the disease.

² Country/area specific

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The National taskforce for COVID – 19 recommendations for empiric use of Hydroxyl – chloroquine for prophylaxis os SARS- CoV- 2 infection.

ⁱ Study concluded by department of health research, ICMR's division of epidemiology & communicable disease, National institute of epidemiology Chennai, imperial college, St. Mary's Hospital, London.

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^{iv} Centre for disease control and prevention COVID- 19

^v The National taskforce for COVID – 19 recommendations for empiric use of Hydroxyl – chloroquine for prophylaxis os SARS- CoV- 2 infection