



SYMPTOMS, PROPHYLAXIS AND SOCIAL RESPONSIBILITIES DURING COVID-19 OUTBREAK

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Article Received on 04/06/2020

Article Revised on 24/06/2020

Article Accepted on 14/07/2020

ABSTRACT

The outbreak of Corona Virus Disease 2019 (COVID-19) pandemic was first reported in Wuhan, Hubei province, China and progressively spread globally. COVID-19 is a betacoronavirus named as SARS-COV-2 which has major impact on respiratory tract along with fever, dry cough, tiredness, sore throat, diarrhea, conjunctivitis, migraine etc. Owing to its transmissibility, World Health Organization (WHO) has issued a public health emergency of International concern by the end of January, 2020. Several research groups in collaboration with pharmaceutical companies are working ceaselessly to combat with this disease and their efforts are under clinical trials. Due to unavailability of appropriate medication or immunization for Covid 19 at this moment we need to follow precautionary measures for controlling the spread of this disease. As social distancing plays a key role to mitigate the spread of the disease, governments of various countries have promoted to maintain both social and physical distancing. With the support of the government, various cooperate companies have taken lead in spreading awareness about social distancing in the public by bifurcating their logo which symbolizes social distancing. The individuals travelling from abroad and any other states to their natives should feel responsible and self quarantine themselves for the safety of their family and neighbors. Thus, through awareness about transmission of virus, personal hygiene and fulfilling social responsibility one can contribute towards mitigation of the spread of the disease and stabilization of the mortality rate.

KEYWORDS: Covid 19, distancing, prevention, social responsibility, symptoms.

INTRODUCTION

In 2019 corona virus infection was declared by World health organization (WHO)^[1] a worldwide facilitated exertion is expected to stop the further spread of the infection. A pandemic is characterized as "happening over a wide geographic region and influencing an outstandingly high extent of the populace."^[2] In 2019 December 30 pneumonia type of diseases was observed in the city of Wuhan, Hubei region in China, after that World Health Organization(WHO) accounted this infection in January 2020.^{[3][4]}, in early days they called as Novel Corona virus but recently WHO they termed as COVID-19, it is related to Severe accurate respiratory syndrome (SARS)as well as Middle east respiratory syndrome(MERS).COVID-19 caused by betacoronavirus named as SARS-COV-2, it shows more effect on respiratory tract.^[5] It was as of late recorded that, notwithstanding fundamental and respiratory side effects, 36.4% (78/214) of patients with COVID-19 create neurological manifestations, including migraine, upset cognizance, and parenthesis. Seriously influenced patients are bound to create neurological side effects than patients who have gentle or moderate malady.^[6] Several research groups in collaboration with pharmaceutical

companies are working ceaselessly to combat with this disease and their efforts are under clinical trials.^[7] Due to unavailability of appropriate medication or immunization for Covid 19 at this moment we need to follow precautionary measures for controlling the spread of this disease. As social distancing plays a key role to mitigate the spread of the disease, governments of various countries have promoted to maintain both social and physical distancing. With the support of the government, various cooperate companies have taken lead in spreading awareness about social distancing in the public by bifurcating their logo which symbolizes social distancing. The individuals travelling from abroad and any other states to their natives should feel responsible and self quarantine themselves for the safety of their family and neighbors.^[8] Thus, through awareness about transmission of virus, personal hygiene and fulfilling social responsibility one can contribute towards mitigation of the spread of the disease and stabilization of the mortality rate. Up to now there is no proper drug to controlling the COVID -19. all over the world day by day so many cases are registering sometimes it does not shows any symptoms due to this pandemic every citizen

follow their own responsibilities to controlled the spread of COVID-19.

Symptoms

COVID-19 infection is spreading various manner from individual to individual. The greater part of the people will make smooth to coordinate affliction and recover without hospitalization. Signs and side effects of crown infection malady 2019 (COVID-19) may seem two to 14 days after presentation. The time duration between symptoms and infection time is known as incubation period. Common signs and symptoms can include Fever, dry cough, tiredness, Less normal indications are aches and pains, sore throat, diarrhea, conjunctivitis, migraine, loss of taste or smell, skin rashes , or staining of fingers or toes, Genuine manifestations are breathing problems or brevity of breath, chest torment or weight loss of discourse or development. If you have emergency COVID-19 signs and side effects, search for care immediately. Emergency signs and side effects can join Trouble breathing, Persistent chest agony or weight, Inability to remain alert, new disarray, Blue lips or face, if you have signs or side effects of COVID-19, contact your PCP or community for heading. Educate your primary care physician with regards to whether you have different unending diseases, for instance, coronary sickness or lung illness. During the pandemic, it's essential to guarantee a restorative help is available for those in most important need.

Life span of Corona virus

Up to now there is no idea about corona life span but according to some research articles it can survive from some hours to days this is also depends up on the temperature, humidity and some more external factors.

How does COVID-19 spread?

1. Person to person: The virus is spreading directly from individual to individual through respiratory droplets, if the droplets produced from the infected person through his sneeze as well as cough, and then there is more possibility for spreading virus very fastly.
2. Direct contact with contaminated surfaces: if the person directly touches the COVID-19 contaminated surfaces by his hands and with the same hand if he touch his mouth, nose directly then there is more possibility to spread the virus directly.
3. Community spreads: Network spreads implies individuals have been contaminated with the infection in a region, counting some who don't know or where they got tainted.

People at higher risk: if the person affected with corona virus, it shows severe activity on old age people, who have other serious medical conditions. People at high risks are old aged people, people with HIV, people with Asthma, people with Diabetes as well as pregnant woman.

When the person is suffering from COVI-19 then what happened?

Maximum people are curing by isolation and treatment, if you have good immunity power it is very easy to recover from COVID-19, if you have less immunity power then it is less difficulty to recover from COVID-19.

Diagnosis: Diagnosis is the major thing to stop the corona spreading. We have to follow some precautionary methods for self diagnosis.

S.no	Symptoms	points
1	Do you have a cough	01
2	Do you have a cold	01
3	Do you have sore throat	01
4	Are you having diarrhea	01
5	Are you feeling myalgia or body ache	01
6	Are you suffering from headache	02
7	Do you have fever symptoms	02
8	Do you facing difficulty in breathing	02
9	Have you travelled recently past two weeks	02
10	Do you have a travelled history in COVID-19 infected area	03
11	Do you have any direct contact with COVID-19 infected person	03

RESULT

0-2 may be stress related

3-5 maintain proper high gene and evaluated every 2 days once

6-12 seek a consultation with doctor

Treatment: current there is no proper treatment for COVID-19, no vaccine is preventable against covid-19, and the good way to prevent illness is to avoid being exposed to virus. Recently June 2020 Glen mark lunched COVID-19 drug in India after DCGI approval, which is

antiviral medication Favipiravir for treatment of mellow to direct COVID-19 cases after it got the Indian medication controllers endorsement. It will be accessible under the brand name FabiFlu as remedy based medicine for 103 rupees for every tablet with suggested portion of 1800mg two times every day on day1 and 800mg two times per day as long as 14 days as per the Mumbai headquartered worldwide pharmaceutical organization.

Prevention: up to now no vaccine is available for COVID-19 we have to follow some precautions to

control the spreading of COVID-19. Social responsibility is the major thing for controlling the spreading of COVID-19.

Social responsibilities: kindly stay away from huge occasions and mass social affairs. Stay away from close contact (with in 6feet or if nothing else 2 meters) who is wiped out or has side effects. Remain at home however much as could be expected keep separation among yourself as well as other people, especially in case you have a higher risk of authentic disorder recall a couple of individuals may have COVID-19 and spread it to others, whether or not they don't have symptoms don't understand they have COVID-19.wash your hand normally with chemical and water at any rate 20 seconds or use a liquor based sanitizers at any rate 60% liquor. Spread your face with a material face cloak out in the open spaces, for instance, the market, where it's difficult to evade close contact with others, especially in the event that you're in a district with persistent system spread. Simply use nonmedical texture shroud cautious spreads and N95 respirators should be held for human administrations providers. Spread your mouth and nose with your elbow or a tissue when you hack or wheeze. Discard the pre-owned tissue. Wash your hands right away. Swear off arriving at your eyes, nose and mouth. Abstain from sharing dishes, glasses, towels, bedding and other family things if you're gotten out. Clean and purify high-contact surfaces, for example, gateway handles, light switches, gear and counters, bit by bit. Remain at home from work, school and open zones in the occasion that you're gotten out, except for in case you will get clinical idea. Spread your mouth and nose with your elbow or a tissue when you hack or wheeze. Discard the pre-owned tissue. Wash your hands right away. Go without arriving at your eyes, nose and mouth. Abstain from sharing dishes, glasses, towels, bedding and other family things in case you're gotten out. Clean and sterilize high-contact surfaces, for example, door handles, light switches, gear and counters, bit by bit. Remain at home from work, school and open zones in the occasion that you're gotten out, except for in case you will get clinical idea. Avoid open transportation, taxis and ride-partaking on the off chance that you're wiped out. On the off chance that you have a wearisome infirmity and may have a higher threat of certified illness, check with your primary care physician about different approaches to secure yourself.

CONCLUSION

By above data we can ready to close after, In what manner can we ready to control the Corona infection – We can ready to control crown by keeping up close to home cleanliness just as abstaining from voyaging, dodging any projects where individuals accumulate and by keeping up social removing. These can ready to break chain of spreading.

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