

## **PRECAUTION AND PREVENTION – THE KEY WEAPONS TO COMBAT THE SPREAD OF COVID –19**

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### **Abstract**

*Corona Virus Disease (COVID-19) is an infectious disease caused by a newly discovered Corona virus. Covid are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East respiratory syndrome and severe acute respiratory syndrome. A novel Coronavirus is a new strain that has not been previously identified in humans. Coronavirus are Zoonotic meaning they are transmitted from animals and people. Several known corona viruses are circulating in animals that have not yet infected humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and Sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing*

**Keywords:** *Corona, Virus, Social distance, Common Signs, COVID-19*



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### **1. Introduction:**

Corona viruses are families of viruses that cause illness such as respiratory or gastrointestinal diseases. They are single stranded RNA viruses about 120 nanometers in diameter. In January 2020, a previously unknown Corona virus was identified in Wuhan china. The group of conditions related with infection by this new virus was named Coronavirus disease 2019 (COVID 19) by the world health organization (WHO). Following its rapid spread around the globe, the WHO has been declared the COVID 19 a pandemic. It mainly presents with respiratory symptoms, fever and can result in severe acute respiratory distress in high risk population. The COVID - 19 pandemic is first and foremost a health crisis. Many countries have rightly decided to close schools, colleges and universities. The crisis crystallizes the dilemma policy makers are facing between closing schools and keeping them open. The severe short term disruption is felt by many families around the world home schooling is not only a massive shock to parents productivity but also to children's social life and learning. Teaching is moving online, on

an untested and unprecedented scale. Student assessments are also moving online, with a lot of trial and error and uncertainty for everyone. Many assessments have simply been cancelled. Importantly, these interruptions will not just be a short-term issue, but can also have long-term consequences for the affected cohorts and are likely to increase inequality.

It is a saying that, 'Prevention is better than cure'. Though it is an old proverb but at present context it is very significant. Diseases may be contagious, transmission, endemic or pandemic but they have certain traits to infect both humans and animals. Some of the diseases are curable and others are incurable. However as per the history goes virus diseases are mostly incurable and its relevance continues but in due course of time the power of such viruses are low ebb and under the control by vaccines. On the other hand, new virus like COVID-19 is very fatal and it is aggravating day to day and spreading worldwide and engulfing the mankind. There is no vaccine is available to combat for this virus. Therefore to keep off from this lethal virus some of the steps should be adopted like consciousness, alertness, precaution, prevention and aloofness to live a safety life.

### **So what is virus?**

A virus is a submicroscopic infectious agent that replicates only inside the living cells of an organism. Viruses can infect all types of life forms, from animals and plants to microorganisms including bacteria and archaea. Simply VIRUS stands for -Vital Information Resources Under Seize.

### **2. Origin and Spread of Coronavirus -**

The present pandemic and deadly virus which is the daily discussion of everybody in everywhere is nothing but COVID-19. The name 'coronavirus' is derived from Latin word corona, which means 'crown' or 'wreath' itself a borrowing from Greek 'korone' 'garland, wreath'. The name was coined by June Almeida and David Tyrell who first observed and studied human corona viruses and used in print in 1968 by an informal group of virologists in the journal 'Nature' to designate the new family of viruses.

Here question arises what is COVID-19-? It is an infectious disease caused by a newly discovered coronavirus. COVID-19 stands for- **CO-** means corona, '**VI**' for virus and '**D**' for disease. Formerly, this disease was referred to as "**2019 novel corona virus**" or "2019 nCov".

The COVID-19 virus is a new virus linked to the same family of viruses as Middle East Respiratory Syndrome (MERS-CoV) and severe acute respiratory syndrome (SARS) that cause illness ranging from the common cold to more severe diseases. A novel coronavirus

(nCoV) is a new strain that has not been previously identified in humans because SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans.

Coronavirus is likely originated in bats or pangolins. The first transmission to humans was in Wuhan, a city in the Hubei province of China. Reports of the first COVID-19 cases started in December 2019. Since then, the virus has mostly spread through person to person contact. Corona viruses are a group of viruses that can cause diseases both animals and humans. However, it remains unclear exactly how the virus first spread to humans.

### **3. Common symptoms of COVID-19 include**

- A fever
- Breathlessness (shortness of breath and breathing difficulties)
- A dry cough
- A sore throat
- A headache
- Muscle pain
- chills
- New loss of taste or smell
- Running nose
- Nasal congestion

Most risk factors to infect this virus are -

- Indoor vs outdoor
- Narrow spaces vs large spaces
- Ventilated spaces-high people density vs low people density
- Longer exposure vs brief exposure

These symptoms are likely to occur 2-14 days after exposure to the virus.

People in all ages can be affected by the new coronavirus (COVID-19). However those most at risk of severe illness are older, adults and people with chronic health conditions (such as cancer, obesity, asthma, diabetes, cardiovascular disease or lung disease, high blood pressure, chronic respiratory disease, kidney problem,) appear to be more vulnerable to becoming severely ill with the virus. People who have travelled to other countries in last 14 days and their family members and people coming from other states if they have been working with people who travelled to other countries in last 14 days.

So, WHO advises people to follow good hand hygiene and good respiratory hygiene to prevent from coronavirus.

#### **4. The typical environmental activities are also favourable for spread of coronavirus.**

- Breadth-20vp/minute
- Speaking-200vp/ minute
- Cough-200 million vp enough of these may remain in air for hours in a poorly ventilated environment
- Sneeze- 200 million vp

#### **5. Spread of Coronavirus-**

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that we also practice respiratory etiquette (for example, by coughing into a flexed elbow).

These droplets can enter the mouth or nose of someone without the virus, causing an infection to occur. The most common way that this illness spreads is through close contact with someone who has the infection. Infection is likely if the person then touches their nose, eyes or mouth.

SARS is another type of coronavirus and once it became a global pandemic in 2002-2003 and took around 9.6% cases led to death. However, COVID-19 is more contagious and it is already the cause of more deaths worldwide. As per the US Govt's Centre for Disease Control and Prevention (CDC) regarding transmission of corona virus that it is very low risk from surface, from outdoor activities and very high risk from gathering in enclosed spaces like offices, religious places, cinema halls, gyms or theaters.

People infected by two ways that is direct close contact with the infected patients and indirect contact by touching any infected surface or cloth and touching one's mouth, nose and eyes of persons and things. Time between getting the infection and showing symptoms is 1 to 14 days.

#### **6. Treatment for the coronavirus disease -**

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. However, there are many ongoing clinical trials evaluating potential treatments to combat this virus. Antibiotics do not work against viruses. The 2019 -n COV is a virus and therefore, antibiotics should not be used as a means of prevention or treatment. Many viruses are preventable through antiviral vaccinations.

It takes time to develop and distribute safe and effective vaccines. A vaccine for COVID-19 is unlikely to be available any time soon. Now Ramdev Baba's **Coronil Tablet** and Glenmark's **Fabiflu** how far help to treatment for coronavirus patients is matter of wait and watch.

### **7. Precautions and Prevention of Corona virus-**

To protect against COVID-19, we should clean our hands frequently and thoroughly. Use alcohol-based hand sanitizers or wash hands with soap and water. If we use an alcohol-based hand sanitizer, first we use and store it carefully. It should keep out of children's reach and train them how to use the sanitizer. Avoid touching our eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation. Do not use before handling fire or cooking because it is inflammable. At any circumstance children are not allow to drink or swallow an alcohol-based hand sanitizer. It can be poisonous.

The Centre for Disease Control and Prevention (CDC) recommended that all people wear cloth face masks in public places where it is difficult to maintain a 6-foot (2-metre) distance from others. This will help slow the spread of the virus from asymptomatic people and people who do not know that they have contacted it. It also recommended washing the hands with soap and water for at least 20 seconds per time. When soap is not available, use a hand sanitizer with at least 60% of alcohol. Avoid touching the face before washing the hands. However surgical masks and N95 respirators are reserved for healthcare workers.

People with COVID-19 should stay at home and avoid contact with other people to prevent the illness from spreading. Keep surrounding surfaces as clean as possible and avoid sharing household items. Always cover the mouth and nose when coughing or sneezing. Face masks are generally necessary for people who have the illness.

It is important for anyone who may have COVID-19 to contact their healthcare provider. For those with mild symptoms, call a doctor over the phone for medical advice. It is essential to contact the emergency services if any of the following symptoms occur.

- Difficulty breathing
- Lasting chest pain or pressure
- Confusion
- A bluish tint to the lips or face

## **8. The key weapons to combat COVID -19 are –**

Practice social distancing by avoiding social gatherings such as melas, (fairs), haats (markets), religious places, social functions etc. Staying at home as much as possible and we should not go out without basic reasons and needs. Besides that we should also avoid physical contact like handshakes, hugs and not to touch surfaces like table tops, chairs, door handles etc.

We can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Frequently and thoroughly clean your hands with an alcohol-based hand rub or wash with soap and water that kill viruses.
- Maintain at least 1 metre (3 feet) distance between ourselves when someone coughs, sneezes, or speaks.
- Avoid the crowded places.
- Avoid touching eyes, nose and mouth of contaminated people from there, the virus can enter your body and infect you.
- Follow good respiratory hygiene and protect the people around you from viruses such as cold, flu and COVID-19.
- Stay at home and self isolate even with minor symptoms such as cough, headache, mild fever, until you recover. If you need to leave your house, wear a mask to avoid infecting others.
- If anybody has a fever, cough and difficulty breathing, he should seek medical attention, but call by telephone in advance as possible and follow the direction of the local health authority. Calling in advance will allow our health care provider to quickly direct us to the right care facility.
- We should keep up to date on the latest information from trusted sources, such as WHO or Local and National health authorities to lead a safety and coronavirus free life.

## **9. Corona itself creating awareness to keep off from it**

**C-** Clean your hands

**O-** Off from gatherings

**R-** Raise your immunity

**O-** Offer mask to poor people

N-no to handshake

A-avoid rumours

In Hindi Corona itself suggests us to lead a safer life by staying at home and not to go outside unnecessarily if there is no work.

को – Koi

रो- Rashte pey

ना –Na aye

Officials are allowed to go back to work but we have to remember to avoid ‘MEN’-

M-mouth

E-eyes

N-nose

but strictly follow ‘WOMEN’-

W- Wash hands

O- Obey social distancing

M-Mask up

E- Exercise and eat well

N- No unnecessary travelling

### **10. Keep positivity during COVID-19 pandemic**

Here are some ways to keep positive and cheerful.

1. Be busy - have a regular schedule. Help in doing some of the work at home.
2. Distract ourselves from negative emotions by listening to music, reading, watching an entertainment programme on television. If we had old hobbies like painting, gardening or stitching, go back to them. Rediscover your hobbies.
3. Eat well and drink plenty of fluids.
4. Be physically active. Do simple indoor exercises that will keep us fit and feeling fit.
5. Sharing is caring. Understand if someone around us needs advice.

**11. Covid Medical kit** should be kept at home for primary treatment and check to spread Coronavirus. Such as-

- Paracetamol
- Betadine for mouthwash and gargle
- Vitamin C and D3
- B Complex

- Vapour + capsules for steam.
- Oximeter
- Oxygen cylinder ( for emergency only)
- Aarogya Setu app to know corona patient's periphery your habitation.
- Breathing exercise

## 12. Conclusion –

In conclusion it is cleared that till date we don't have exact medicine for this virus and how long it will take for preparing vaccine is also uncertain. Therefore to disaffect from this fatal virus disease, we should lead a careful and precaution life and certain principles should follow to avoid it. In this regard, people awareness is indispensable for combating this virus unless it will take how much valuable lives is our beyond imagination. **Stay at home and live a safer life** is the motto because life is very rare.

**Stay healthy, Stay Safe by staying at home and maintaining social distancing.**

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