

CORONA- COVID 19

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ABSTRACT

COVID-19 is a disease caused by novel coronavirus. Fever, dry cough and breathing difficulties are its common symptoms. Some patients can also have aches, running nose, sore throat or nasal congestion. About 80% of the confirmed cases recovered without developing serious complications. The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth. Frequent handwashing, maintaining social distancing and following respiratory etiquettes can help us to prevent from COVID-19. As of now there is no specific antiviral- medication for treatment of coronavirus.

INTRODUCTION

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. COVID-19 is an infectious disease caused by the “novel corona virus”.

Symptoms of COVID-19

Common symptoms of covid-19 are fever, dry cough, tiredness and breathing difficulties. Some patients can develop aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are mild and begin gradually. Some confirmed patients does not require any treatment and about 80% of confirmed cases recover from the disease without developing serious complications. Another 15% develop severe illness, and only 5% need critical care. Older adults (>65 Years) and those underlying medical problems like hypertension, heart problem, diabetes, lung disease and cancer etc. are likely to develop serious complications.

How does it spreads

The mode of transmission of covid-19 is contact with droplets, whenever an infected person coughs or sneezes the droplets of saliva or discharge from the nose spreads in air or falls on the surface. If another person is standing

nearby inhales or touches surface and then touch one’s mouth, eyes or nose can get infection. The virus can stays on the surface for a few hours or up to several days.



Preventive measures

One can reduce the chance of getting infection by taking few simple precautions:

- **Hand washing and sanitizing:** Regularly and thoroughly clean hands with alcohol based hand sanitizer or wash them with soap and water for at least 20 seconds. If the hands are visibly dirty then

don't use alcohol based hand sanitizer, but wash hands preferably with soap and water. Hand sanitizers are effective only when soap and water are not available.

Steps of hand washing

- Remove all jewellery and personal items.
- Wet hands under clean running water.
- Apply soap and spread it on both the hands front and back as well as fingertips.
- Scrub hands together and move fingertips around both hands for at least 20 seconds.
- Rinse both hands under clean running water and gently wash away soap.
- Dry hands using clean tissue or towel.

- **Social distancing:** Maintain at least three feet's (1 meter) distance with the person coughing and sneezing. Stay home if you are sick and seek medical advice in case of fever, cough and respiratory difficulties.
- **Avoid touching nose, eyes and mouth:** Contaminated hands can transfer virus through nose, eyes and mouth. So avoid touching nose, eyes and mouth.
- **Respiratory etiquettes:** Make sure to cover mouth and nose with tissue or bent elbow and immediately discard tissue. In case if mask is used make sure to remove it from the straps, avoid touching the mask.
- **Stay physically active:** WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space. Examples of home based exercises are Knee to elbow, squats, planks, back extension etc.
- **Eat healthy diet:** Good nutrition is crucial to boost the immune system. As temporary closing of business is effecting food practices and limited access to fresh foods is compromising the opportunities to continue a healthy and balanced diet. Nonetheless, even with limited food resources one can continue eating a healthy and varied diet.

General precautions

- Limit salt intake:** WHO recommends consuming less than 5 g of salt per day. Due to decreased availability of fresh foods one will necessarily rely on Canned, frozen and processed foods and they contain higher levels of salt concentration. In order to achieve the required amount rinsing of canned vegetables and beans can be done to remove the excessive amount of sodium. Avoid adding extra salt to your food. Dried or fresh herbs and spices can be added to enhance the flavour of food.
- Limit sugar intake:** WHO recommends that < 5% of total energy intake for adults should come from free sugars i.e. about 6 teaspoons. Fresh fruits, dried fruits with no added sugar can be consumed.

Desserts with low sugar and small proportions should be taken. Limit the amount of sugar or honey added to foods and avoid sweetening your beverages.

- Limit fat intake:** WHO recommends that total fat intake should be less than 30% of total energy intake, out of which limit the saturated fat to 10%. Steaming, grilling and sautéing cooking methods should be preferred over frying. Olive oil and sunflower oil can be used to cook the food. Limit the intake of food items containing trans fats e.g. frozen food, cookies, crackers, doughnuts etc.
- Consume enough fibre:** Fibre helps to provide prolonged feeling of fullness hence prevents from overeating. Include Vegetables, fruits and wholegrain foods in daily meals for adequate fibre intake. Examples of wholegrain foods are oats, brown rice, quinoa, brown bread etc.
- Stay hydrated:** Drink at least 8 ounce of water daily to prevent dehydration. Drinking water instead of sugar sweetened beverages is the best way to limit the sugar hence calorie intake. Strong tea, coffee, caffeinated drinks and energy drinks should be avoided,
- Stop or Limit the alcohol consumption:** Heavy use of alcohol weakens the immune system and undermines the body to fight against the bacteria and viruses.

Ministry of AYUSH has recommended the following self-care guidelines to boost the immunity.

General measures

- Drink only warm water throughout the day.
- Practice Yogasana and meditation for atleast 30 minutes a day.
- Use garlic, cumin, coriander and turmeric on daily basis in cooking.

Ayurvedic Immunity Promoting Measures

- Take one table spoon Chyavanprash in the morning; diabetic patients should take sugar free Chyavanprash.
- Drink herbal tea made up of Fresh lime juice, Basil, Cinnamon, Black pepper, Dry Ginger and Raisin once or twice a day.
- Hot turmeric milk should be taken once or twice a day.

Simple Ayurvedic Procedures

- Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

During dry cough / sore throat

1. Steam can be taken once in a day with fresh Mint leaves or Caraway seeds.
2. Honey mixed with Clove powder can be taken 2-3 times a day in case of cough or throat irritation.

By taking these measures normal dry cough and sore throat can be treated and if the symptoms persists, consult physician.

Myths vs. facts for COVID 19

Myths	Facts
COVID- 19 can be transmitted through houseflies	COVID- 19 CANNOT be transmitted through houseflies
Drinking alcohol can prevent or cure COVID- 19	Drinking alcohol CANNOT prevent or cure COVID- 19
5G mobile Networks can spread COVID-19	5G mobile Networks DO NOT spread COVID-19
Exposing yourself to the sun or to temperatures higher than 25 ⁰ C can prevent or cure COVID-19.	Exposing yourself to the sun or to temperatures higher than 25 ⁰ C DOES NOT prevent nor cure COVID-19.
Eating garlic can prevent COVID-19	Eating garlic DOES NOT prevent COVID-19.

CONCLUSION

COVID-19 is an infectious disease caused by a newly discovered novel corona virus. As of now there is no specific antiviral- medication to prevent or cure coronavirus. However majority of the people recovered without developing complications like in any other viral infection. Some drugs which has been used for other corona virus infections are being tried in very sick patients. Frequent handwashing, maintaining one feet distance, following respiratory etiquettes and staying at home are the effective ways to break the Decrease the size of chain of infection so that I can be fitted in previous page.

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