

A Brief Introduction to Covid-19 (Corona Virus Disease)

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ABSTRACT

This short paper presents a brief introduction to the disease of Covid-19, its symptoms, preventive measures and management. The purpose of this paper is to bring awareness in global population to prevent themselves from this pandemic disease and maintain their health. The paper is written in simple language and no any medical terminology has been used. So it is easily understood by a common educated person.

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Introduction

The world health organization defines the Corona virus disease (covid-19) is an infectious disease which is caused by a newly discovered corona virus [1]. It was formerly known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [2]. The world health organization named the disease COVID-19. Covid-19 is an acronym of CO mean corona, VI means virus, D means disease and 19 mean 2019. It is zoonotic disease which means that it was first transmitted from animal to human. The disease was first started in the Wuhan city of China at the end of 2019. "There were a series of pneumonia cases of unknown cause emerged in Wuhan (Hubei, China). When in January 2020, deep sequencing analysis from lower respiratory tract samples identified a novel virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) as causative agent for that observed pneumonia cluster. On February 11th, 2020, the World Health Organization (WHO) Director-General, Dr. Tedros Adhanom Ghebreyesus, named the disease caused by the SARS-CoV-2 as "COVID-19" [3]. The corona virus disease has adopted a pandemic state now and has spread to the whole world. It has affected almost every country. It has also affected the health care professional who are fighting as a front line workers against the pandemic disease of corona virus. A study shows that this disease has an impact on the mental, physical and social well-being of health care professionals [4]. Previous studies on covid-19 also show that three groups of people are prone to the complication of covid-19. Those group include young children, people aged 65 years or older and women who are pregnant [5].

Signs and symptoms

Researches show that maximum of the patients infected with the corona virus will experience common cold and flu, while few of them remain asymptomatic. 80% of patient will show mild symptoms of the disease. Adults have the best immunity to fight against the infection but the demerit is that they are more likely to spread the infection [2].

Most of the symptoms which can occur are the following:

- Fever
- Dry cough
- Dyspnea (difficulty in breathing)
- Headache
- Sore throat
- Rhinorrhea (runny nose)
- Fatigue
- Muscle pain
- In severe cases acute respiratory distress syndrome (ARDS)

Prevention

The covid-19 is an infectious disease of respiratory system, so it spreads through the secretion expelled out during sneezing and cough. It is important for individual to take the following precautions to protect himself/ herself from the disease, and also to prevent spreading to others.

- Use face mask
- Avoid touching nose, mouth and ears
- Frequent hand washing with alcohol base solutions and soap
- Cover coughs and sneezes with blend elbow
- Avoid contact with infected people
- Maintain an appropriate distance from people
- In case of symptoms, seek medical care early
- Follow advice given by your healthcare provider

Management

There is no specific treatment of covid-19 and currently no any vaccine are available. The health care professional gives symptomatic and supportive treatment to the patients of covid-19. The treatment is based on the severity of the disease condition and symptoms. The treatment option include:

General treatment

"A confirmed patient of COVID 19 needs complete bed rest and supportive treatment, ensuring adequate calorie and water intake to reduce the risk of dehydration" [2].

Symptomatic Treatment

The symptomatic treatment is given according to the symptoms of patient. It include the use of antipyretic for reduction of fever and pain. If there is dehydration then the use of intravenous fluid and oral juices to maintain rehydration of patient. The patient is also treated with antibiotics for secondary infection like sore throat etc.

Oxygen Therapy

In severe cases of covid-19 when there is dyspnea (difficulty in breathing) and acute respiratory distress syndrome oxygen therapy is given to the patient. If the condition of patient is not stabilizing then the patient is kept on ventilator for adequate oxygen supply.

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