

Sangameshwar College, Solapur

Linguistic Minority Autonomous Institute

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COVID - 19

In December 2019 there was a bunch of pneumonia cases in the city of Wuhan in China. Several early cases had reported visiting or working in a seafood and live animal market in WUHAN. Investigations found that the illness was caused

by a recently discovered coronavirus.

The disease was later named

COVID-19.

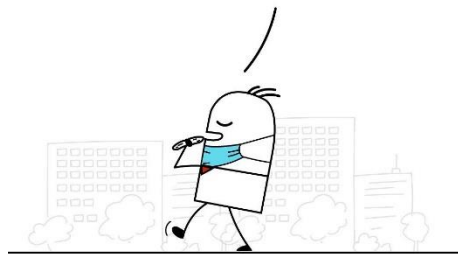
COVID-19 did

spread inside China and to the rest of the world.

On 30 January 2020, WHO declared the eruption of public health emergency of international fear.

We must keep in mind that this is a new disease and whatever we know about is rapidly evolving and might change over in the future.

Covid is a conspiracy

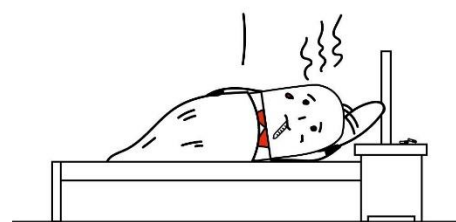


What is a coronavirus?

Coronaviruses are large cluster of viruses. They contain of a core of natural material surrounded by a lipid envelope with protein spikes. This gives it the look of a crown. Crown is a Latin word and in Latin it is called corona. There are different

types of coronaviruses that cause infection in animals and humans. In human's coronavirus

I will pop a paracetamol.



could be the reason for respiratory infections ranging from common cold to more serious diseases. These include the severe acute respiratory syndrome coronavirus first discovered in China in 2003, the Middle East respiratory syndrome coronavirus that was first detected in Saudi Arabia 2012 &

Sources:

[MyGov.in](https://mygov.in) | [MyGov: A Platform for Citizen Engagement towards Good Governance in India](https://mygov.in)

[WHO India](https://www.who.int) | [World Health Organization](https://www.who.int)

[Centers for Disease Control and Prevention \(cdc.gov\)](https://www.cdc.gov)

SARS-COV2(virus that causes COVID-19 that was firstly reported in December 2019)

Where did this new virus come from?

It is known that coronavirus has spread in a range of animals. Sometimes these viruses can

make the jump from animals to humans. This is called a spill over and could be due to a range of factors such as mutations in the virus or increased contact between human beings and animals. For e.g., MERS-COV is known to be transmitted from camels and SARS-COV from civet cats. The animal reservoir of the new coronavirus is not known yet. People believe that it has come from bats.

How does the disease spread?

The disease can spread from person to person through droplets when an infected person releases those droplets through coughing talking or sneezing when close to another person. It can also spread when infected droplets settle on objects and



Hmm... still fever and cough.
Could be a seasonal fever.
I know some antibiotics.



when someone touches them and then touches their eyes nose or mouth.

What are the symptoms?

The gestation period is the time taken from exposure to the virus and development of symptoms. It is on an average 5 to 6 days but can range from 1 to 14 days. There can be a series of symptoms from very mild to severe. Some people may not develop symptoms. Common symptoms

include fever, fatigue, and respiratory symptoms such as cough, sore throat, and shortness of breath. Some people

reported loss of their sense of taste or smell, and some may develop a skin rash. In other severe cases there could be pneumonia, organ failure and at times death. About 80% of cases recover from the disease without requiring special treatment but there are some people who are at risk of severe illness. They include older people or people with the underlying medical problems such as chronic respiratory disease, obesity, diabetes high blood pressure, heart disease or cancer.



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How can we tell whether someone is infected?

The infection is usually diagnosed by a test called reverse transcriptase polymerase chain reaction commonly referred to as PCR. This test will identify the virus based on its genetic fingerprint. There is also a blood test that can be checked for antibodies against the virus which may show that somebody was infected in the past.

How is it treated?

The treatment for COVID-19 is primarily supportive care. Medicines against the virus are currently under investigation.

What is contact tracing?

Contact tracing is a vital way to stop the spread of deadly infectious diseases. Everyone needs to understand this clearly that people who are in close contact with someone who is infected with the virus are at higher risk of becoming infected themselves and of potentially further infecting others. So closely watching these contacts after exposure to an infected person will help the contacts to get care and treatment and will prevent further transmission of the virus. This monitoring process is called contact tracing.

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Contact tracing which has been broken down into three basic steps:

The first one is called as contact identification- Once someone is confirmed as infected with the virus contacts are identified by asking about the persons activities and of the people around them since onset of the illness. These contacts can be anyone who have been in contact with infected person. They may be family members, work colleagues, friends, or health care providers. The second basic process is called as a contact listing

in which all persons considered to have contact with an infected person are listed. Efforts are made to identify every listed contact and keep a follow up regarding development of early symptoms & about the prevention of the disease. In some cases, quarantine or isolation is required for high-risk contacts either at

home or in the hospital. The third basic step is called as the contact follow up. Regular follow up is conducted with all contacts to monitor for symptoms and tests for signs of infection.

How do we prevent transmission of the virus?

There are a variety of effective ways to prevent the spread of the disease. These measures

If you have people like these
in your family,

Now is the time to be strict,
now is the time to be disciplined,
now is the time to be adamant.

Don't let them take things lightly.

include covering your mouth and nose when coughing or sneezing with a flexed elbow or tissue and putting that tissue in a closed storage bin immediately after use. Wash your hands regularly with soap and water or an alcohol-based sanitizer. Keeping at least two metre distance from people and the proper use of masks and personal protective equipment especially in health settings. It is essential to stay home if you are feeling unwell and to call a government helpline or your medical professional. But if you have a fever cough or difficulty breathing seek medical care early and share your travel history or contact with someone unwell with your health care expert or competent government official. In certain area's governments have implemented specific physical and social distancing measures designed to prevent the spread of the outbreak. It is important to follow their advice. Social distancing is the best way to help keep COVID 19 from spreading. Social distancing means putting space between yourself and other

people. The suggested distance is six feet or about 2 metres. This also means staying away from any place where people may gather such as parks or other public gathering places. It is important for everyone, not just people at risk to keep their distance. you or your family members could have COVID-19 but not know it. It may be hard for some people such as kids and teens to keep social distancing. But it may help to remind them that they are helping the people, and their

own family. When you are keeping your distance, you are also helping the whole healthcare system right from the equipment to the people who are working so hard to care for others. So, keep a six foot or two metre space between you and others, avoid gathering at places like marketplace, playgrounds, tea shops and be sure to stay informed

about what is happening regarding distancing in your area. ***“With care and a little time, we will get through this. Be kind to yourself and those around you.”***

The situation out there is pretty serious,
hospital resources are overwhelmed.

Keep your loved ones at home,
stay safe and in case of symptoms,
get treatment as early as possible



JANHIT MEIN JAARI

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