

## **Covid-19 Pandemic Disease: Precautions and Life Challenges**

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### **Introduction:**

**Covid-19:** corona virus disease is a severe viral infection of the lungs characterized by fever, a dry cough, and breathing difficulties. It is an infectious and deadly that has killed thousands in china has spread to almost every country of the world and has become pandemic.

Mankind has observed various pandemics throughout the history where some of the were more disastrous than the others to the humans. We are observing a very tough time once again fighting an invisible enemy; the novel COVID-19 corona virus. Initially observed in the Wuhan province of China, now fastly spreading around the world (Said Nadeem, 2020). Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses 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 corona virus causes corona virus disease COVID-19.

The SARS-CoV-2 is a  $\beta$ -coronavirus, which is enveloped non-segmented positive-sense RNA virus (subgenus sarbecovirus, Orthocoronavirinae subfamily) (Zhu et. al., 2020). The Covid-19 shock is posing unprecedented challenges to advanced country governments. As most have come to recognize, the economic crisis entailed by the pandemic is unique in that it combines a deep supply shock - arising from wide-ranging and prolonged lockdowns of entire economies – with consequent demand shocks – arising from a collapse in corporate investment plans, retrenchment of household spending, rapidly increasing unemployment and patchy social welfare systems reduced to their bare bones after decades of rentier capitalism –as well as radical uncertainty and heightened fragility in financial markets (UNCTAD 2020).

As a consequence, policy makers have focused on the provision of massive stabilization packages, designed to flatten both, the contagion curve of the pandemic

as well as the curve of economic meltdown and financial panic, through a raft of cash transfers, credit lines and guarantees from governments to households and firms. Doing so depends on the ability of governments to borrow from their central banks – or for central banks to revert to their original role as bankers to their governments (See S Kapoor and W. Buiter, 2020) – on the required scale, a concept often referred to as ‘fiscal space’. How to deal with this necessary accumulation of government debt in response to the crisis, and in particular, how to avoid the mistake of turning to austerity to make adjustments once the crisis has passed, is already beginning to tax the minds of policymakers in the advanced economies (See Emma Dawson, 2020).

If the challenges are high in advanced countries, they are enormously more threatening to developing countries. Developed country governments make effort to combat to manage economic condition while, for developing country governments it is very difficult to overcome from the economic crisis by closing down their informal economies, because the people dying more due to starvation than the covid-19 illness.

The most of the developing countries are depended on advanced countries by means of service exports such as food, oil, tourism, natural resources and intern they import their basic needs, but due to lack of transport in this situation there is steep increase in the value of foreign currency. These situations of covid-19 majority of the developing countries are facing high debt burdens. Therefore major actions are to be taken by the developing countries to fight against financial crisis.

#### **Origin of Covid-19:**

Corona virus is a pandemic of corona virus disease 2019 (COVID-19) caused by the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). The disease was first identified in Wuhan, Hubei, China in December 2019.

- **Disease:** Corona virus disease 2019 (**COVID-19**)
- **Virus strain:** Severe acute respiratory syndrome corona virus 2 (SARS-CoV-2).
- **First case:** December 1, 2019
- **Origin:** Wuhan, Hubei, China
- **Symptoms:** Initial flu-like symptoms, such as fever, coughing, breathing difficulties, fatigue, and myalgia.
- **Incubation period:** 1-14 days
- **Mode of transmission:** Human-to-human transmission via respiratory droplets.

- **Prevention tips:** Avoiding close contact with sick individuals; frequently washing hands with soap and water; not touching the eyes, nose, or mouth with unwashed hands; and practicing good respiratory hygiene.

**According to WHO:**

On 11 March 2020, WHO declared Novel Corona virus Disease (COVID-19) outbreak as a pandemic and reiterated the call for countries to take immediate actions and scale up response to treat, detect and reduce transmission to save people's lives.

**Present Status:**

The Ministry of Health & Family Welfare, as on 23<sup>rd</sup> May 2020 a total of 1, 31, 868 COVID-19 cases, (including foreign nationals) have been reported in India. These include 54, 440 who have been cured/discharged, 1 who has migrated and 3,867 deaths. Hospital isolation of all confirmed cases, tracing and home quarantine of the contacts is ongoing. The government of India has taken various steps to stop the spread of Covid-19; in that first step is lock down from 25<sup>th</sup> march 2020. And it was successful also now India is in fourth stage of lockdown. WHO Country Office for India has been working closely with MoHFW on preparedness and response measures for COVID-19, including surveillance and contact tracing, laboratory diagnosis, risk communications and community engagement, hospital preparedness, infection prevention and control, and implementation of containment plan. In a video-conference held on 15<sup>th</sup> April 2020, MoHFW and WHO deliberated on further strengthening the partnership and additional measures that can be taken to step up the response to COVID-19 in the country. In his address, Dr Harsh Vardhan, Union Minister for Health & Family Welfare said, "WHO is an important partner in our fight against the COVID-19. We really value guidance and contributions made by the WHO in containing spread of COVID-19 across the country.

**Table shows the present status of the Covid-19, as on 23<sup>rd</sup> May 2020, up to 10.00 am**

**in some major countries of the world (WHO)**

| Country | Total Infected | Total Death |
|---------|----------------|-------------|
| America | 1 547 973      | 92 923      |
| Spain   | 234 824        | 28 628      |
| Britain | 254 199        | 36 393      |
| Russia  | 335 882        | 3 388       |

|                  |                  |                |
|------------------|------------------|----------------|
| Italy            | 228 658          | 32 616         |
| Brazil           | 310 087          | 20 047         |
| Iran             | 131 652          | 7 300          |
| China            | 84 522           | 4 645          |
| India            | 125 101          | 3 720          |
| Pakistan         | 52 437           | 1 101          |
| <b>Worldwide</b> | <b>5 103 006</b> | <b>333 401</b> |

**Table shows the present status of the Covid-19, as on 24<sup>th</sup> May 2020, up to 08.00 pm**  
**in some major States of the India (MoHFW)**

| <b>Country</b>        | <b>Total Infected</b> | <b>Total Death</b> |
|-----------------------|-----------------------|--------------------|
| Maharashtra           | 47190                 | 1577               |
| Tamil Nadu            | 15512                 | 103                |
| Gujarat               | 13664                 | 829                |
| Delhi                 | 12910                 | 231                |
| Rajasthan             | 6742                  | 160                |
| Madhya Pradesh        | 6371                  | 281                |
| Uttar Pradesh         | 6017                  | 155                |
| Karnataka             | 1959                  | 42                 |
| <b>Total in India</b> | <b>131868</b>         | <b>3867</b>        |

“India is now in a decisive phase of the response. As in the case of polio, in combating COVID-19 too, surveillance is playing a central role. Accordingly, at the request of the government, WHO has further stepped up the support in strengthening ongoing surveillance and response at state, district and block levels; cluster containment activities; strengthening real-time data collection activities; and accelerated implementation of the national Integrated Health Information Platform. Our entire field presence, including the National Public Health Surveillance

Project, has been fully re-purposed to support the government to overcome this challenge,” says Dr Henk Bekedam, WHO Representative to India.

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### **Precautions and Protecting measures:**

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

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 meter (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health

care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

### **Health Challenges:**

The public is fearful of the novel coronavirus of 2019 and is worried over whether the health system will be able to treat them or their loved ones should they become ill. Consequently, clinical and public health efforts have focused on acute medical care needs of those who are severely affected, while containing the virus's spread in the population. Urgent priorities have included expanding hospitals' capacities to care for sick patients and equipping health care providers to meet the unprecedented medical demands while keeping them safe. Meanwhile, concerted efforts are underway to validate diagnostic tests and bring them to scale while developing effective acute and preventive treatments. The attention has been paid to the mental health consequences of the pandemic. Yet while the urgent emphasis is and should be on containing the virus and its physical threat, when the pandemic has subsided and we begin to resume normal life, it is the psychological sequelae that will emerge and persist for months and years to come (Jeffery et. al., 2020).

During the acute crisis, everyone, to varying degrees, will experience fears of infection, somatic concerns, and worries about the pandemic's consequences. Compounding personal distress are the disruption of usual daily routines and the social isolation imposed by the "stay at home orders" adopted by most US states.<sup>1</sup> Longer periods of physical isolation, especially if experienced as involuntary, without an adequate and convincing explanation, or accompanied by financial losses can compound risks of adverse mental health consequences of physical isolation. People with pre-existing or constitutional vulnerabilities to psychiatric disorders including anxiety, depression, obsessional symptoms, substance use, suicidal behavior, and impulse control disorders will be especially vulnerable to stress-related symptom exacerbations.

### **Precautionary measures to be followed:**

To protect ourself and others against COVID-19, we should clean hands frequently and thoroughly. Use of alcohol-based hand sanitizer or washing hands with soap and water practiced frequently to avoid contamination. Care full handling of all these materials is strictly followed.

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

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