

COVID-19 : Do's and Dont's

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Corona viruses belong to the genus Corona virus, family Coronaviridae in the order Nidovirales. Corona viruses are large, enveloped, positive-stranded RNA viruses ranging from 27 to 32 kb. Recombination rates of these viruses are too high because of constantly developing transcription errors and RNA Dependent RNA Polymerase (RdRP) jumps. It's spike protein is a multifunctional molecular machine that mediates corona virus entry into host cells. The spike forms large protrusions from the virus surface, giving it the appearance of having crowns.

Corona viruses are very dangerous because they are capable of adapting to new environments through mutation and recombination. These viruses cause respiratory, hepatic and neurologic system diseases in humans. In December 2019, novel Corona virus (nCoV), has emerged in the Huanan Seafood Market (Wuhan State-China). It has been centre of attention worldwide due to a pneumonia epidemic of mysterious reason. Chinese officials declared on January 7, 2020 that a novel Corona virus (nCoV) was isolated. World Health Organization named that virus as COVID-19 on 11 Feb 2020. It poses serious health threats to humans.

The virus is transmitted to other person with face to face contact and when an infected person sneezes. These airborne respiratory droplets can reach in the nasal mucosa and lungs of people by breathing. COVID-19 virus can also be transmitted to other person by touching an infected object and then touching their eyes, mouth and nose. The common symptoms of this disease are cough, fever, breathlessness and bilateral lung infiltration. In general, there is no medicine or vaccine available for effective treatment of COVID-19 infection.

In India the cases of Covid-19 has been increasingly drastically. We should do following thing to stop its spread.

Do's

1. Wash your Hand for 30 seconds with soap and water.
2. Cover your mouth and Nose while sneezing.
3. Always use masks when out with friend or Family.
4. Consult a doctor if suffering from cough, nausea, shortness of breath.
5. Carry a hand sanitizer with you everywhere
6. Stay at Home, avoid travelling.
7. Do Yoga, Pranayama and light exercise and take healthy food.

Don'ts

1. Avoid close contact with any person.
2. Avoid to go outside or crowded places.
3. Do not Split in public places or open areas.
4. Avoid using Public transport.
5. Do not use over the counter medicines.
6. Don't Panic, Take it Easy.
7. Do not touch your face, Eye , Nose and mouth.