



Building back: Measures and Ease of Covid-19 Sustainable Recovery

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Abstract: Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Covid-19 virus created crisis all over the world and the world was unfortunately stopped. It is an infectious disease and can infect any person from the liquid of infected person through cough by mouth or liquid from nose. The virus can also transport to the healthy person by coming in contact with the objects, places and tools of infected person. The virus can affect to the any age group peoples. The symptoms of the covid-19 infected persons vary from person to person. In some infected persons the symptoms are mild like the normal person but in some persons the symptoms are moderate. The seriousness of disease depends upon immunity of the individuals. The first very most important precaution is to keep social distancing from the infected peoples. Sanitation, wearing mask, avoiding crowd areas, vaccination these are some precautions to avoid covid-19 infections. In this paper we are going to discuss the detail trend of covid-19 infection, symptoms, treatment, precaution, impact on society, sustainable recovery.

Keywords: COVID-19, Infection, Precaution, Treatment, Sustainable Recovery.

Introduction: Originally first the covid-19 was found in Wuhan city (China), later on it was spread all over the world. It is an infectious viral disease and spread very fast from from an infectious person to non-infectious persons by the liquid through cough or sneezing through nose. This virus can also spread by coming in contact with the places, objects and tools used by covid-19 infected persons. In the early days covid-19 virus was known as novel corona-virus (COVID-19). Day by day virus infected cases as well as death rate was increased so largely and WHO considered this virus as similar to Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV) virus in its pathogenic, clinical spectrum and epidemiology. Comparison of the genome sequence of COVID-19, SARS-COV & Middle East Respiratory Syndrome Coronavirus MERS CoV. However, the amino acid sequence of COVID-19 differ from the other coronavirus specifically in the regions of 1 ab polyprotein and surface glycoprotein or S-Protein¹. Because of day by day increase in COVID-19 cases and increase in death rates WHO has declared this virus as pandemic and epidemic one.

Symptoms:

The symptoms of covid-19 may appear 2 - 14 days after exposure to the virus. The symptoms will be from mild to severe. The symptoms of covid-19 infection are: fever or chills, cough, shortness of breath or difficulty in breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, Diarrhea². The emergency symptoms are trouble in breathing, constant pain or pressure in chest, bluish lips or face, sudden confusion, having a hard time staying awake³. The patient having emergency symptoms have to admit under the supervision of doctor. Sometimes they requires ventilators in case of breathing difficulties. Some peoples have no symptoms but they can spread covid-19 and acts as carriers of covid-19. Some peoples may experience breathing problems and pneumonia. Some children

experience multi-system inflammatory syndrome, a system that can affect some organs and tissues, several weeks after covid-19. Rarely some adults also experience the syndrome too⁴.

Treatment:

If the person comes in close contact with the covid-19 infected person then, he will be screened for covid-19 test. If the person found covid-19 positive then, he will be given treatment according to his symptoms and severeness. If the symptoms are mild then the person may be quarantined for 14 days either in hospital or at home also under doctor's supervision. The patient have to isolate himself in a well ventilated room. Patient have to wear a triple layered medical mask. Mask have to discard after 8 hours of use or earlier if it becomes wet. Before discarding the mask it should be disinfect by 1 % sodium hypochlorite. Oxygen level should be checked with oxymeter time to time. The patient should not share personal items with the other people in the household or hospital. All the items and room used by the patient should sanitize everyday and also whenever required. Peoples have to avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Disposable gloves have to wear while handling the patient.

If the patient is with mild or asymptomatic disease in home isolation then, he must be in communication with a treating physician and have to report promptly to the physician in case suffering from any worse symptoms. The covid-19 infected patient should follow symptomatic management of fever, running nose and cough as warranted. Patient have to drink warm water and also have to perform warm water gargles or have to take steam inhalation twice a day. The patient have to seek immediate medical attention if suffering from difficulty in breathing, dip in oxygen saturation ($SpO_2 < 94\%$ on room air), persistent pain/pressure in the chest, mental confusion or inability to arouse. The patient have to take rest for the speedy recovery which will better. Patient have to stay isolated and should not go to work, school or public places. Patient have to drink plenty of fluids. The patient who is having already diabetes, cardiac problems or any other diseases or respiratory problems have to take treatment strictly under physician⁵.

In early days only one medication has been approved to treat covid-19. No any kind of sure available for covid-19 cure. Antibiotics aren't effective against viral infections such as covid-19. Research scientists are testing for variety of possible treatment measures. The FDA has approved the antiviral drug remdesivir (Veklury) to treat covid-19 in hospitalized adults and children who are below age 12 and older in the hospital. Its given through a needle in the skin (intravenously). FDA has authorized a drug called paxlovid that includes nirmatrelvir-a drug that blocks the activity of a specific enzyme needed for the virus that causes covid-19 to replicate and an antiviral drug called ritonavir that helps slow the breakdown of nirmatrelvir. The FDA has authorized another drug called molanupiravir to treat mild to moderate covid-19 in some cases. Baricitinib may be used in people who are on mechanical ventilators or need supplemental oxygen. People who have higher risk of developing serious illness due to covid-19 can also be given treatment of sotrovimab, a combination of bamlanvimab and etesevimab and a combination of 2 antibodies called casirivimab and imdevimab.

The U.S. National Institute of health has recommended the corticosteroid dexamethasone for people hospitalized with severe covid-19 who are on supplemental oxygen or need mechanical ventilation. Other corticosteroids, such as prednisone, methylprednisone or hydrocortisone, may be used if dexamethasone isn't available. The FDA also authorized convalescent plasma therapy with high antibody levels to treat covid-19. Convalescent plasma is a blood donated by people who have recovered from covid-19. Convalescent plasma with high antibodies may be used to treat some hospitalized people ill with covid-19 who are either in their illness or who have weakened immune systems⁶.

Precautions:

As we know that 'Precaution is better than cure', taking care to avoid covid-19 infection is very important. Nowadays vaccines are available, so peoples have to take vaccines to avoid adverse effects of covid-19. For more vaccination, drives of vaccines should be arranged in societies and also have to create awareness regarding vaccination. Peoples have to avoid to go in public places as far as possible. Instead of working in offices, if possible online work should be preferred. As far as possible peoples have to avoid to attend public programme like marriage, cultural events, fairs, various types of group celebrations and parties. Peoples have to use masks and have to sanitize hand, other objects handled which are coming in contact with other peoples whenever required. Peoples have to maintain social distancing as far as possible.

Impact on society:

Due to covid-19 physical interactions of peoples in society is minimized. Physical as well as emotional attachment of peoples also lowered. Government has to announce strict lockdown in order to avoid crowd to prevent covid-19. Due to lockdown lot of industries were closed so, peoples have lost their jobs. If no work

then no pay for workers of daily wages was treated by many of organizations. Huge number of peoples became jobless which affects their family life as well as economy of society also. Lot of fear of covid-19 was there among the peoples in society and due to fear itself lot of peoples have lost their lives. Peoples lost their social support due to social distancing and fear. In case of some disasters like floods, earthquakes, fires etc. it becomes very difficult to help peoples because of social distancing and fear of infection. Schools were closed for physical education and online education was started. Students miss their physical and emotional attachment with their friends and teachers. Students were facing many problems like network issue, data availability, electricity, availability of device while studying online. Students have to use mobile or laptops to attend online education which causes lot of mental as well physical stress, also some visibility problems. People were facing availability of travelling means to attend their work places. Peoples have to make their own arrangement of vehicles to reach at work place which ultimately affects their economy. The GDP of country was largely affected by COVID-19. Economy of the country was also collapsed largely. Peoples have to stay at homes due to lockdown and they were affected mentally as well as physically due to stress and fear.

Sustainable Recovery of covid-19:

Scientists were discovering the various medicines and vaccines to avoid adverse effects of covid-19 infection. All over the world different vaccines are made available by scientists. Nowadays because of vaccination and awareness about covid19, the recovery rate was increased day by day. All the things are becoming normal slowly. Industries, offices, markets, schools, colleges etc. started slowly and reaching towards normal life. All the things are normalizing. The economy of peoples also improving. GDP of country is also increasing continuously. Large number of peoples are vaccinating and also taking care of themselves. Right now again the coronavirus cases are increasing day by day but the mortality rate is largely decreased because of vaccination. Many infected peoples are not showing any symptoms and they are being as normal because of vaccination. The covid-19 virus is changing its DNA sequence and showing its new varieties. Many varieties of virus trends were found in different countries. This became very difficult for scientists to find medicines for treatment of covid-19. Peoples have adjusted to this difficult situation and found new ways to overcome this crisis. Once again the world has begins newly. In current days a new virus omicron is also found and its spread is also increasing day by day. So world is again facing with the new problems.

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