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## Case Report

# CANDID on COVID: Current & Continuing A to Z Cycle

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### ABSTRACT

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first known case was identified in Wuhan, China, in December 2019. The disease since then spread worldwide leading to an constant ongoing pandemic. With the changing global scenario, unpredictable life, destructive scenes everywhere this deadly micro virus has easily managed to bring the world to its knees with its changing variant, multiplying behaviour and mutating ability. Here, I have tried to get a glimpse of this “COVID” sights, sections & sequelae at a glance that has been face by the world since December 2019 till date.

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## 1. Introduction

Coronavirus disease is a contagious disease caused by severe acute respiratory syndrome coronavirus 2. The first known case was identified in Wuhan, China, in December 2019. This deadly pandemic has spread worldwide leading to an constant destruction and damage of mankind. With the altering global scenario, unpredictable life, disparaging scenes everywhere this miniscule virus has effortlessly accomplished to breakdown the population, sealdown places and instant lockdown at times of despair.<sup>1,2</sup>

## 2. Case Report

A to Z on how things chanced & appeared suddenly, persisted & prevalent daily and diminishing & declining slowly and now with the resurgence and rise lately that has kind-a-forever brought a “change and shift” in the mundane which strongly seems here to stay for sometime atleast and has trended to be a part of our being. Every single word in the tabulation below has a story and meaning to it in these

trying times of COVID era.

## 3. Discussion

The Coronavirus (SARS-CoV-2) has spread rapidly all across the world since December 2019 after its outbreak from Wuhan city in China. World Health Organization (WHO) finally declared Coronavirus outbreak as a pandemic disease on 11 March 2020. Earlier the spread of disease was supposed to be zoonotic but now it has been proved that the virus spreads by aerosol infection by human-to-human contact. This SARS-CoV-2 mainly affects the respiratory system. The patients come to ENT OPD with chief complaints of common cold, cough, fever, headache, breathlessness, myalgia which goes in favour of COVID during this pandemic era. Otorhinolaryngologist deal with the examination of oral cavity, nasal cavity and airway examination in the outpatient department, so they are at a much higher risk of getting infected with this SARS-CoV-2 infection as its main modality of spread is through droplet from one infected individual to other.<sup>1,3,4</sup>

There has been a lot of literature since December 2019, regarding COVID. How things were looked upon during

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**Table 1:**


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<b>A</b>	Anosmia, Ageusia, Allergy, Air-borne spread, Ambulance, Admission(hospital), Antigen levels, Antibodies, Age(elderly/old), Age-group, ASTRAZENEC vaccine, Airway, Academics, Alpha variant, Airport, Air-conditioners, Aeroplanes, Air-lift, App, Aerosols, Anxiety, Antiviral drugs, Antibiotics, Azithromycin, Anticoagulants.
<b>B</b>	Breathlessness, Black fungus, Blood-donation, Beds, Breathing, Breathe, BHARAT-BIOTECH, Beta variant, Booth(swab), Booster doses, Boredom.
<b>C</b>	Cough, Cold(common), Closeness(contacts), Corona virus, Contagious, Contamination, Currency, Closure, Control, Cure, Change, Cases, Caregivers, CHINA, Cylinder(oxygen), Cardiopulmonary resuscitation(CPR), Collapse, Clean(hands), Cleanliness, Counselling, COVISHIELD vaccine, COVAXIN vaccine, CORADS score, Case-sheet, Census, Certificate, C-Reactive Protein(CRP), Complete Blood Count(CBC), Children, Colleges, Close, Corona Count, Candle, Cocktail vaccine, Critical, COVID-19, Controversy, Collection centres, Campaigns, Chest infections, Casualty, Cytokines, COVID( duty/ doctors/ wards/ infection, cases/contacts/ count/ discharges/ deaths/screening), Corticosteroids, Chloroquine, Convalescent sera.
<b>D</b>	Disease, Drugs, Duty, Disaster, Disruption, Deprivation(food/money/health), Depression, Despair, Distancing, Doctors, Dedication, Devotion, Delta variant, Delta plus variant, Discharges, Deaths, December 2019, Droplet infection, Doses, Development, D-Dimer, Duration, Delivery, Decline, Dabagatrin, Donations, Doning & Doffing, Detection rates.
<b>E</b>	Emergency, Economy, Effect, Existence, Eyes, Education system, ENT, Experiment, Endoscopes, Endotracheal intubation.
<b>F</b>	Fungus, Fever, Finance, Fatigue, Ferritin, Funds( raisers/ relief), Future, Food, Fear, Frontliners, Flights, Focus, Frustration, Face shields, Favipiravir.
<b>G</b>	Global(pandemic/ warming), Gastro-enteritis, GI system/GIT, Government, Gap, Gamma variant, General medicine, Gargles, Guidelines, Googles(eye), Gloves(disposable/sterile), Google, Genetic or Genomic sequencing.
<b>H</b>	Health-care system, Health-care facility, Hospital, Health, Hope, Heart rate, High Dependency Unit (HDU), History, High Flow Oxygen(HFO), Highest, HRCT-thorax, Heroes, Hypoxaemia, Help-line, Hype, Headache, Hydroxychloroquine, Human trials, Human-to-human contacts, Hospitalization, Hosts.
<b>I</b>	Importance, INDIA, International, Income, Ignorance, Illness, Intensive Care Unit(ICU), Immunity, Injections, Isolation, Investigations, Indent, Incubation period, Internet, Immunomodulators.
<b>J</b>	Job, Jobless, Judicial system, JOHNSON & JOHNSON vaccine.
<b>K</b>	Kit (COVID medicines, Personal Protective Equipment {PPE kit}), Kidney failure.
<b>L</b>	Loved ones, Life, Living, Loss, Lose, Lockdown, Lungs, Lactate Dehydrogenase(LDH), Lowest, Light, Low molecular weight Heparin, Loneliness, Load(viral), Lopinavir.
<b>M</b>	Money, Mankind, Masks, March 2020, Memory, Mouth, Medicines, Mortality, Morbidity, Mutate, Measures, Media, Mucormycosis, MODERNA vaccine, Monoclonal antibody, Multi-organ system involvement., Mild/Moderate cases, Myalgia, Mechanical ventilation.
<b>N</b>	Nurses, Nose, Neglect, NaMo, News, Non-invasive ventilation(NIV), November 2021, Nasal prongs, Nebulisation, Nebuliser, News channels, N95 masks.
<b>O</b>	On-going pandemic, Onset, Oxygen(plants/ cylinders), Old-age, Online classes, Open, Omicron, Otorhinolaryngology, Outbreak, Oseltamivir, Origin.
<b>P</b>	Pandemic, Public-health, People, Perception, Population, Politics, Pulse-oximeter, Pneumonia, PFIZER vaccine, Police, Postpone, Panic, Progress, Proximity, Physician, Pulmonologist, Plasma, Plasmapheresis, Pulmonary medicine, Public, Psychological impact, Plasma exchange therapy.
<b>Q</b>	Quarantine.
<b>R</b>	Recovery, Rest, Restlessness, Real-time Reverse Transcriptase-Polymerase chain reaction(RT-PCR), Resistance, Rural, Restrictions, Recession, Re-open, Routine, Respirator, Respiratory medicine, Remdesivir, Rapid-antigen test (RAT), Respiratory failure, Respiratory support, Reaction, Recession, Ritonavir, Refractory cases, Randomized control trials.
<b>S</b>	Sanitiser, Social-distancing, Sanity, Severe Acute Respiratory Syndrome(SARS), Statistics, Source, Shops, Significance, Situation, State, Saturation, Stethoscope, Spread, Swab, Sample, Scan, Score, Spray, Social, Shortage, Schools, Serum institute, Stocks, Students, SPUTNIK- V vaccine, Social-service, Security, Salt water, Standard Operating Procedure(SOP), Seal-down, Sepsis, Severe cases, Surface sterilisation, Sodium hypochlorite solution, Sensitivity, Specificity, Stocks, Supplemental therapy.
<b>T</b>	Temperature(fever), Test-of-time, Trades, Threat, Tiredness, Turmeric, Throat, Treatment, Travel, Transmission, Trials, Trips/Tours, Tele-consultation, Tele-medicine, Touch, Tocilizumab, Transport.
<b>U</b>	Urban, Urgent/ Urgency, Unlock-down, Unstable.
<b>V</b>	Vulnerable, Vaccination, Variant, Vaccine, Vial, Virus, Ventilation, Vitals, Vitamin supplements, Vaccination centres, Vitamin C.
<b>W</b>	Ward, Washing hands, Weakness, Wave, World-wide, WUHAN, Work-from-home, World Health Organisation(WHO).
<b>X</b>	X-ray chest.
<b>Y</b>	Youth, Yellow fungus.
<b>Z</b>	ZYDUS CADILA vaccine, Zoonotic.

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pre-COVID times and how things have mattered to us post-COVID times. There has been inch to inch details regarding its symptomatology to its behaviour and various management modalities. Hence, I thought to omit the bad part and try to focus on the must and to be focussed upon part that COVID has taught us since December 2019 and is still continuing to do so. Hence, just a slight deviation from the routine ENT practice is what it is meant to be in this piece of work.<sup>2</sup>

This sudden spur of raging pandemic has definitely brought in lot of developments in everyone's life. The gist of the changes to be adapted has been summarised below, which is to be in vogue at the earliest. Note: focus everywhere is on words like- you, your, self & I. During these times, the importance of every single thing and every tiny moment spent and to spend has been realised such as:

1. S: Self-care & Self-love is the new in-thing (it should be **"you"** and **"only you"**).
2. P: Protection & Prevention & Positivity (**self**; first and then family).
3. H: Health & Happiness (**self**; always & loved ones; next).
4. O: Otorhinolaryngology (for life- **"your"** professional being).
5. O: Oxygen (preserve green, for **"you"** to breathe at peace).
6. R: Realise & Reap (**"your"** being, dreams, life and more importantly **"YOU"**).
7. T: Time & Trust (it has to be spent for **self** only; too precious to waste on others)
8. H: Hope & Habits (have always in **your** life) &
9. I: INDIA & Immunity (build both for **self**).
10. B: Be kind, helpful, handy & available to **you** first and family next.
11. A: Anxiety out & Academics in **"your"** life.
12. S: Stress less & Socialise more- benefit of **self**.
13. A: Achieve & Attain **your** goals.
14. V: Vision & Visualise **your** dreams.
15. A: Aspire & Acquire **your** views & judgements.
16. N: Neglect negativity in **your** life.
17. N: No to anger, angst, apprehension in **your** life.
18. A: Aim & Accomplish **your** beliefs & thoughts.
19. I: **"I"** can change, choose whatever the mind chances upon.
20. A: Ambition is a essence of **your** existence.
21. H: Heart (filled with love, content, compassion & harmony for **you** & family).

COVID-19 pandemic is now an international health emergency. Transmission via close contact from human to human has rapidly amplified spread of disease, making it even more difficult to contain its spread in the community. The person may be asymptomatic with a positive swab

test, may present with a mild influenza-like illness or may present with serious symptoms that need hospitalisation. There is presently no effective antibody test available for rapid diagnosis, but HRCT chest have been seen to be quite sensitive and specific. In the absence of an effective vaccine, treatment is mainly supportive with oxygen therapy, antivirals, steroids, HCQ's and antibiotics. Complicated cases and cases refractory to standard therapy may require immunomodulatory drugs and plasma exchange therapy via convalescent sera from recovered patients. Advances in viral genetic sequencing and technology have paved way for development of a vaccine for COVID-19, with many pharmaceutical companies already having started human trials, which have been executed and now on the verge of booster schedule.<sup>1,2</sup>

Since being declared a global pandemic, COVID-19 has ravaged many countries worldwide and has overwhelmed many healthcare systems. The pandemic has also resulted in the loss of livelihoods due to prolonged shutdowns, which have had a rippling effect on the global economy. Even though substantial progress in clinical research has led to a better understanding of SARS-CoV-2 and the management of COVID-19, limiting the continuing spread of this virus and its variants has become an issue of increasing concern, as SARS-CoV-2 continues to wreak havoc across the world, with many countries enduring a second or third wave of outbreaks of this viral illness attributed mainly due to the emergence of mutant variants of the virus.<sup>5</sup>

#### 4. Conclusion

COVID has had a catastrophic effect on the world's demographics resulting in > 3.8 million deaths worldwide, emerging as the most consequential global health crisis since the era of influenza pandemic of 1918. COVID has literally been a colossal, instantaneous phenomenon in all our lives both professionally and personally from the word "go". It has entitled on all of us that how "chances" which were taken have now become "changes", and how these changes have left on to "choices" to be made appropriately in future. There was a time in Pre-COVID era which said "Simon Go back". It seems literally impossible now to utter the words "Go Corona Go", as it has become a part and parcel of all our lives though we like it or not. Likewise masks and sanitisers have also become a must in our mundane.

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#### 6. Conflict of Interest

The authors declare no potential conflicts of interest concerning the authorship and publication of this article.

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