

Basic protective measures against the new coronavirus pandemic– COVID-19

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Abstract

Necessary steps to ensure that we are prepared well to face the challenge and threat posed by the growing pandemic of COVID-19 the Coronavirus with active support of the peoples of India. We have been able to contain the spread of the Virus in our country. The most important factor is preventing the spread of the virus locally is to empower the citizens with the right information and taking precaution as per the advisories.

Keywords: COVID-19, Coronavirus, Immunization, Distancing, Healthcare provider.

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following.

Wash your Hands Frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.¹

Maintain Social Distancing

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes 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 coughing has the disease.

Avoid Touching Eyes, Nose and Mouth

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 can make you sick.

Practice Respiratory Hygiene

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. Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have Fever, Cough and Difficulty Breathing, Seek Medical Care Early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. 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.

Stay Informed and follow Advice given by your Healthcare Provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19. National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Immunization Program in the Context of the COVID-19 Pandemic

Coronavirus This document provides guidance regarding the operation of immunization programs in the context of the COVID-19 pandemic. It contains recommendations on vaccination and epidemiological surveillance for vaccine-preventable diseases (VPDs) in the context of the COVID-19 pandemic, in the Region of the Americas, which were consulted on by members of PAHO's Technical Advisory Group (TAG) on Vaccine-preventable Diseases, and are aligned with recommendations from WHO's Strategic

Advisory Group of Experts (SAGE) on immunization. These recommendations are preliminary and are subject to review as new evidence becomes available.²

Coronavirus Pandemic – A Treat to Humanity

The world is facing another zoonotic (transmitted between animals and people) infection caused by a novel strain of coronavirus. 1 This new virus was provisionally named '2019-nCoV' by the World Health Organization (WHO), but now solemnly called (from 11th February 2020) as 'severe acute respiratory syndrome coronavirus 2 (SARSCoV-2)' and the disease stemming due to its infection is known as coronavirus disease 2019 (COVID-19). 2 This novel coronavirus came to limelight following a spate of cases of pneumonia with no obvious reasons in December 2019 from Wuhan city of China's Hubei province having a population of eleven million. The virus has now outspread to several countries across the globe.³

The duration of COVID-19 it is significantly longer in stool samples than in respiratory and serum samples, highlighting the need to strengthen the management of stool samples in the prevention and control of the epidemic, especially for patients in the later stages of the disease. Compared with patients with mild disease, those with severe disease showed longer duration of COVID-19 in respiratory samples, higher viral load, and a later shedding peak. These findings suggest that reducing viral loads through clinical means and strengthening management during each stage of severe disease should help to prevent the spread of the virus.⁴

The present guidelines are in addition to guidelines on appropriate management of suspect/confirmed case of COVID-19 issued by MoHFW on 7th April, 2020. All suspected (awaiting test results) and confirmed cases of COVID-19 disease are currently being isolated and managed in a hospital setting with the intent to break the chain of transmission. The person should be clinically assigned as a very mild case/ pre-symptomatic case by the treating medical officer.⁵

Conclusion

From government leaders to health workers and family and friends, this messaging services provides the latest news and information on coronavirus including details on symptoms and how people can protect themselves and others. It also provide the latest situation reports and numbers in real-time to help government decision-makers protect the health of their populations and the global pandemic on COVID-19.

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Conflict of Interest

Not declare.

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