



COVID-19, a Pandemic Situation: Symptoms and its Prevention Scenario

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Author's contribution

The sole author designed, analysed, interpreted and prepared the manuscript.

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ABSTRACT

The corona virus COVID-19 is the pandemic due to global health crisis among the world and greatest challenge that we have faced in 21ST century. The novel corona virus disease COVID-19 has become the 5th pandemic which is reported in Wuhan, China and gradually spread into worldwide. This virus is a spillover of an animal virus and then also adapted the ability of transferring human to human. This virus is highly contagious due to rapid spread and constantly evolves in the human population. This virus has spread to every continent of the world and the death ratio is staggering. The COVID-19 pandemic is a lot more than just a health calamity, but it is also socio-economic because people are losing jobs and income. The COVID-19 disease affects physical and mental health due to isolation. Moreover, more and more countries are affecting the cases of COVID-19 which are rising very rapidly day by day. Therefore, every country needs to several actions which accelerates their safety health, balance between the protection of health, prevent economic and social disruption due to this pandemic. In the spirit of the solidarity, we all need to be contributing our self to protect this situation. However, every country is equally responsible for determining the measures to prevent or decrease the viral transmission. Government authorizes also trying to act for reduce disease's trajectory and they focus on develop the vaccination and therapeutic drugs.

Keywords: Global health crisis; contagious; socio-economic disruption; mental health; determining measures; reduce trajectory; vaccination; COVID-19; pandemic.

1. INTRODUCTION

The COVID-19 pandemic spreads from an infected person to person because virus is transmitted by the close contact with others who are infected with the virus. Therefore, outbreak of the Public Health Emergency due to corona virus pandemic is announced by the WHO. While the COVID-19 have affected global social and economic disruption. However, it also affect's physical and mental health as well because mostly people are getting depressed when they are away from society and even though they cannot do face to face communication. To prevent the spread COVID-19, recommended preventing measures are social distancing, always wearing face masks in public area, hand washing, disinfecting surfaces and isolation from people who exposed or symptomatic. Nowadays, government works on the treatment of the COVID-19 because vaccination is essential to prevent this crisis. Hence, COVID-19 vaccination is approved, and it works by delivering the genetic anti-bodies from the virus to own body cells and we can stimulate our own immune response. So, everyone will get able to safely receive the dose of COVID-19 vaccine. handle this widespread, it is critical to meet up to the expanding request of Crisis Therapeutic Administrations so that the circumstance remains beneath control and there is a diminish in mortality. The delicate and divided healthcare system of India must be overhauled, and accentuation ought to be put on creating the Crisis Medical Services so as to fortify the healthcare framework as an entirety and to create living way better.

2. HISTORY

The history of the corona virus is identified as pandemic due to its able to spread person to person worldwide and kills thousands of people. Corona virus is originated from Wuhan, China in December, 2019. Covid-19 is a suspected zoonotic disorder with signs that are identical. The most frequent outbreaks are unexplained pneumonia with cough, fever, tiredness, and occasional other gastro-intestinal symptoms. January 21, 2019 was the first case recorded in our region. In addition, the World Health Organization (WHO), which covers at least 25 nations, announced a total of 27,276 confirmed

cases with a death rate of 565 at the beginning of February 2020 worldwide. No one can deny the truth that the world has changed drastically in fair a matter of few months due to spread of Novel Crown Infection, COVID-19. India being the moment most crowded nation after China, the nearness of this infection in a quiet was to begin with recognized on 30 January 2020 in Kerala. Being an agronomical (agricultural-based economy) nation, the lion's share of populace remains in country ranges and get to to wellbeing care offices is troublesome. To confine the spread of the infection in India, an arrangement of lockdown were foundations and as on 8 July 2020 there are 7,46,506 cases and India is positioned 3rd within the world as distant as the number of cases are concerned. As the number proposes a diffuse spread of this malady in India, Maharashtra and Tamil Nadu are among the most noticeably awful, influenced states with both about contributing around 50% of total cases.

The COVID-19 pathogen has been named a new beta-corona virus (2019-nCoV) that reminds us of the awful signs of extreme acute respiratory syndrome (SARS) [1]. The precise origin of the corona virus is unknown, although it is suspected that this crisis could be caused by bats. Hence, the reservoir of the corona virus is bats. Moreover, episode of the Corona virus widespread is directly exceptional stun to the Indian economy. The economy is down due to recently Corona novel virus. However, delayed country-wide lockdown, annual financial slowdown and related disturbance through request and suppliers, the economy is likely to confront due to hard time [2]. During this pandemic caused by COVID-19, the healthcare professionals posted in Emergency Medical Services Department need to wear PPE (Personal Protective Equipment) for their protection [3]. There has been a reliable rise in number of cases day-by-day. This COVID-19 being an irresistible illness, known to be spread by vaporized transmission and influencing primarily the respiratory framework of people, has caused numerous mortalities particularly influencing the more seasoned age bunches. The expanded mortality in more seasoned age bunches (more than 60 a long time) is additionally due to other related comorbidities like Diabetes Mellitus, Hypertension, Bronchial Asthma, Tuberculosis, Immunocompromised

patients, cancer patients [4] To make use of the potential of the youth population (especially in the rural areas) and training them to provide basic emergency services during this pandemic will provide aid in decreasing the burden on healthcare professionals [5].

Thus, behavioral changes for survival, reduced the wrongdoing rates all over the India and the world while our nation that was still lagging behind it is Western Partners in learning and applying the Concept of Cleanliness and legitimate Sanitation learnt and connected it inside such a brief time. It made a difference in building a great safe framework in common open and thus the dangers of other communicable diseases were handled within the prepare. Lesser number of Non COVID-19 patients were recorded in the most places in India as individuals remained indoor and devoured domestic cooked nourishment in expansion.

Covid-19 has caused numerous passing all over the world ,has caused numerous casualties ,misfortune of economy but there's a positive side to this caused by all the lockdown and stoppage of human movement all over the world like drop in carbon dioxide emanation, contamination of all sort discuss contamination, water pollution, it's positive impact on worldwide warming, due to expanded in sanitation hone and more care to individual and public cleanliness there's a diminish in incidence of other communicable disease, there is additionally diminish in street activity mischances and there's a change of behavior of individuals towards certain callings and other people. Though it encompasses a part of terrible impacts there are a few concealed impacts as well this widespread.

3. SYMPTOMS

The mean time of incubation for the corona virus is 5-7 days. A severe infection has no symptoms at all. Symptoms of nonspecific syndromes, including fever, dry cough, and weakness, are ultimately established. In the later stage of respiration, several mechanisms can be involved cough, shortness of breath, sore throat, hemoptysis and chest pain, stomach pain (Bernabei, 2020), diarrhea, nausea and vomiting, Via the respiratory tract or mucosal surfaces, the nCoV virus may reach the host. The primary organ implicated in the Covid-19 disease is the lungs [6].

4. PANDEMIC SITUATION AND ECONOMY

Due to COVID-19 pandemic, commercial, education, economy, entertainment, and transportation are affected globally. The whole world has come to a standstill, and the COVID pandemic is the cause. Suddenly, the villainous man murders thousands of people, and suddenly we feel powerless. It turned life upside down for us. Solidarity is a primary and vital tool in the fight for the security of mankind. A letter from Dr. Tedros Adhanom, WHO Director-General, who has made "solidarity" a constant message of the global response of public health to the COVID-19 pandemic [7]. It is also a recognition that we are all united, not a sense of being alone, but a resolve to dedicate ourselves to good, to improve the culture and to foster a just society. The planet is confronting the COVID-19 pandemic with a dilemma of largescale and massive human effects. The WHO partners with several countries to introduce a holistic approach to educating, inspiring, and involving populations to delay the spread of the current corona virus.

In orchestrate to check the spread of the contamination, the government of India detailed a over the country lock-down beginning Walk 25, 2020 which continued for roughly two months. Hence, all nonessential businesses, including retail market, instructive educate. whole nation remained closed during the lockdown and all implies of travel were stopped, aside from a few local transports permitted towards conclusion April and early May to let transient specialists, pioneers, visitors, and understudies back to their local places [8]. However, the foremost far-reaching degree embraced by any government in response to the widespread and whole world will be closed doe to this pandemic situation. The exceptional pandemic situation had a critical antagonistic impact on the financial status. Millions of businesses and livelihoods are currently at stake. Therefore, situation around the world came to a stop, with no work or wage, more than 50 million vagrant specialists either returned to their local towns or moved to camps interior the cities because state borders were fixed. Transportation of crude materials and wrapped up merchandise over states was also severely obliged. Nations have closed national borders bringing universal exchange and commerce to an abrupt stop. All these are extremely disturbing supply components and dispersion chains in nearly all sectors. At the same time, there has been a total collapse of

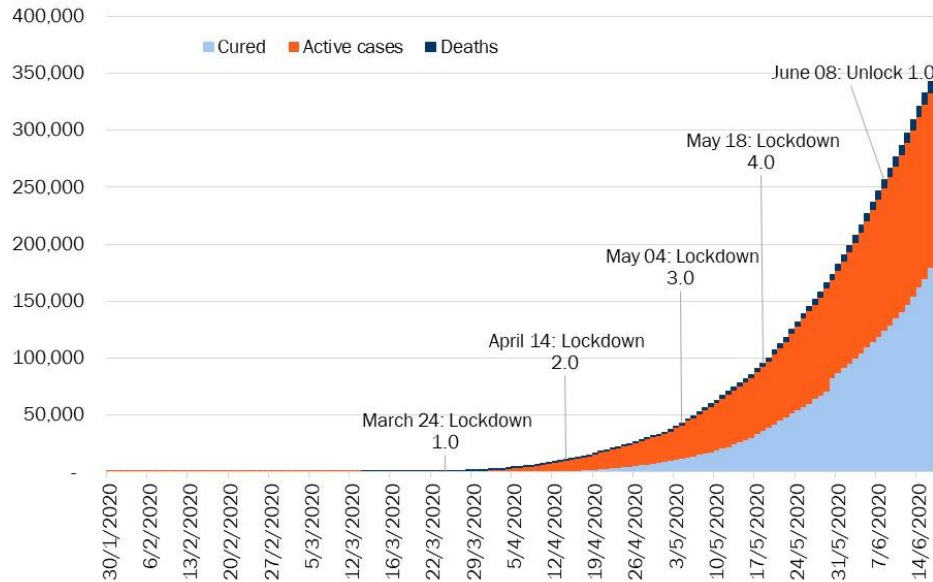


Fig. 1. Total (cumulative) number of cases of COVID 19 in India

utilization request as millions of individuals stay home and put off their non-essential consumptions [9].

Now, we all in a critical situation due to COVID-19 widespread through delivering two sorts of stuns on countries: a health stun as well as a financial stun. Covid-19 which has the nature of the illness exceedingly infectious, the ways to reduce transmission through many activities such as maintain social distance and avoid social get together, stay at home and self-isolation, wear a mask, and open offices, confinements on versatility and even lock-down of a whole country. These activities can possibly lead to critical results for economies around the world. In other words, effective control of the infection requires the economy of a nation to halt its typical working [10].

India is the fourth most affected nation worldwide, and India's COVID-19 is near to its height. India is the world's second largest population and suffered by the COVID-19. India has announced 'Janata Curfew' on March 22nd, 2020. The first lock-down period is 21 days on 24 March, and this lock-down scenario has a negative effect on the state of the economy because people have lost their jobs and are all suffering from financial difficulties. On low-income migrants and daily wage earners, the abrupt lockdown has a serious impact [11]. They also face food shortages and struggles with little

savings and no guidance and financial aid from the Indian government, which forced many to travel hundreds of miles to reach their villages. The economic effect of the lock down on migrants was shifted by the distribution of rations by the government. India's poor economic reaction is a significant concern outside of health policy. The stimulus package for 'Atmanirbhar Bharat (Self-reliant India)' was revealed in May. India needs to do more to support low-income workers' families displaced by the lockdown and the declining economy from their employers. Among the states of India, there is a great divide. About half of all cases of COVID19 are presently clustered in three states: Maharashtra, Tamil Nadu, and Delhi [12].

5. TREATMENT

Strong and symptomatic treatment is available. To begin with, satisfactory confinement (talked about afterward) is better to anticipate spread to others. Mild to moderate illness is cured by counselling at house regarding symptoms. The key treatment is just keeping your body hydrated and nourished by controlling fever or cough [13]. However, anti-viral and anti-biotics tablets should be avoided who are suffered by positive COVID-19. In critical situation, mechanical ventilation and extra corporeal membrane oxygen required while renal replacement therapy also needed in some cases. If patient is suffered by co-infections, antibiotics and antifungal are

beneficial. To drink hot water and ginger tea for reducing your symptoms. Moreover, wear a mask and maintain social distance is key for preventing spread of COVID-19 [14]. Amid this widespread of COVID-19 a major part has been played by Crisis Restorative Administrations productively to decrease the mortality rate in our nation. But as there has been an expanded request of Crisis Therapeutic Administrations the call volume has unequivocally expanded on the crisis therapeutic number, subsequently driving to inaccessibility of Crisis Restorative Administrations in farther areas. Subsequently, an isolated Coronavirus Helpline Number ought to be made to streamline the method and help in convenient accessibility of Crisis Restorative Administrations in such territories [15]. To create utilize of the potential of the youth populace (particularly within the country zones) and preparing them to supply essential crisis administrations amid this widespread will give help in diminishing the burden on healthcare experts [16].

6. PREVENTION

There are many ways to prevent COVID-19 transmission by taking simple measures. You should have to keep distance from other people and wear a mask properly. You should have to avoid large gathering and avoid close contact with people. Moreover, minimize often touching your nose, eyes, and mouth. Do not share your personal items with other people such as phone, combs and many more. Clean and disinfect surfaces by using alcohol-based disinfectants is essential to reduce spreading of COVID-19. You should have to do self-quarantine if you feel any symptoms [17]. India will expand its research potential by utilizing financial sector capacity for labs or resources, based on the actual standing of COVID-19. To improve health provision, central and state governments can aim to increase economic activity with development partners and community health staff. In addition, the government has sought to introduce fair social isolation, efficient self-quarantine protocols, obligatory mask wearing and hygiene measures to reduce the dissemination of COVID-19 transmission and improve identification and mitigation. Crisis Therapeutic Administrations play a major part in injury and Division of Orthopedics, and amid this widespread there are occurrences happening that have caused disturbance and influenced the productivity of Crisis Restorative Administrations. This widespread is comparative to fiasco and

consequently to bring out the maximal [18]. The delicate and divided healthcare framework of India must be overhauled, and accentuation must be put on creating the Crisis Therapeutic Administrations so as to fortify the healthcare framework as a entirety and to form living better [19]. A number of related literature was published on COVID-19 [20-22]. Spoorthy reported on mental health problems faced by healthcare workers due to the COVID-19 [23]. Sonone et. al. reflected on the mystery of low covid-19 mortality rate in India [24]. Somashekhar et al. [25] reviewed ASI's Consensus Guidelines. Sinha et al. [26] reported about effectiveness of structured exercise protocol on functional performance in subjects with COVID-19. Singh et al. reported on Convalescent Plasma Therapy [27]. Shaik et al. focused attention on Depression in Teachers Due to Cyberbullying [28]. Pandemic Due to this widespread, there has been an undue weight on healthcare framework of our nation and subsequently to discharge the weight on the wellbeing care framework, it is time we require effective instruments for shrewd administration and asset assignment. To cater this, require, we must be stabilized and progress the Crisis Restorative Administrations so that the life of patients is saved [29,30]. The expanded request of Crisis Restorative Administrations together with their opportune activity would help ease out the weight and diminish the burden on healthcare office and avoid its immersion [31-35].

7. CONCLUSION

The world is going by the critical situation and that is COVID-19 pandemic which is originated due to corona virus. Shortness of breath, fever and dry cough are most common symptoms of the novel corona virus. COVID-19 is highly contagious, so we must keep safe distance from other people and wear a mast hand wash our hands frequently. Government also put their extra efforts to reduce this impact and improve overall condition of the country. Shutdown brings us several good lessons. With such a positive mind, humans have trained to deal with challenges, so I hope these lessons would stick with us throughout life. Every tragedy is coming to an end, and this one will end soon. Presently is the time for worldwide solidarity and back, particularly with the foremost helpless in our social orders, especially within the rising and creating world. As it were together can we overcome the interwoven wellbeing and social and financial impacts of the widespread and anticipate its acceleration into an extended

compassionate and nourishment security catastrophe, with the potential misfortune of as of now accomplished advancement picks up.

COMPETING INTERESTS

Author has declared that no competing interests exist.

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