

The Race to Stop COVID-19: Coronavirus Pandemic

SHWETA DIXIT¹, ASHUTOSH PARTANI²

^{1,2} AIMS Institute of Management Studies

Abstract- *Coronavirus disease 2019 (COVID-19) is an infectious disease. The standard method of testing is real-time reverse transcription polymerase chain reaction. The test is typically done on respiratory samples obtained by a nasopharyngeal swab, however a nasal swab or sputum sample may also be used. Results are generally available within a few hours to two days. As a vaccine is not expected until 2021 at the earliest, a key part of managing COVID-19 is trying to decrease the epidemic peak, known as “flattening the curve”.*

Indexed Terms- *Infectious, Polymerase, nasopharyngeal, epidemic.*

I. INTRODUCTION

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus2 (SARS-CoV2). This disease was first identified in December 2019 in Wuhan, the capital of China’s Hubei province, and has since spread globally, resulting in the ongoing 2019-20 coronavirus pandemic. Common symptoms include fever, cough, and shortness of breath. The time from exposure to onset of symptoms is typically around five days, but may range from two to fourteen days. While the majority of cases results in mild symptoms, some progress to viral pneumonia and multi-organ failure.

II. ELABORATIVE APPROACH

World Health Organization
Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

All members of the household

Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty

Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.

When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.

Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.

EPI-wIN www.who.int/covid-19

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For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.

Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet

Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.

Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

EPI-wIN www.who.int/covid-19

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III. FINDINGS

- Symptoms may include fatigue, muscle pain, diarrhea, sore throat, loss of smell, and abdominal pain.
- The time from exposure to onset of symptoms may range from two to fourteen days.
- Complications: Pneumonia, viral sepsis, acute respiratory distress syndrome, kidney failure.
- Diagnostic Method: rRT-PCR testing, CT scan

CONCLUSION

As a vaccine is not expected at the earliest, preventive measures to reduce the chances of infection include staying at home, avoiding crowded places, washing hands with soap and water often and for at least 20 seconds, practising good respiratory hygiene and avoiding touching the eyes, nose, mouth with unwashed hands.

Prevention efforts are multiplicative, with effects far beyond that of a single spread. Each avoided case leads to more avoided cases down the line, which in turn can stop the outbreak in its tracks.