The Race to Stop COVID-19: Coronavirus Pandemic

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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
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.

REFERENCES

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ACKNOWLEDGMENT

We would like to present our grateful feeling to Prof. Dr. Prathamesh S Nadkarni Sir for motivating, guiding and mentoring us for writing this research paper. Prof. Dr. Prathamesh S Nadkarni Sir is a warm hearted and have a fun-loving personality with concrete values and ethics. Sir you have been a great support and inspiration. Thank you very much sir.