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PREVENTION AND CONTROL OF NOVEL CORONAVIRUS DISEASE (COVID-19) - A REVIEW

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ABSTRACT Coronaviruses are a large family of viruses which may cause illness in animals or humans. COVID-19 is the infectious disease caused by the most recently discovered coronavirus. People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of coronavirus disease (COVID-19) are fever, tiredness, and dry cough. Most people (about 80%) recover from the disease without needing special treatment. Person-to-person spread, Spread from contact with contaminated surfaces or objects, Protection measures for everyone Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading Basic protective measures against the new coronavirus. Wash your hands frequently, Maintain social distancing, Avoid touching eyes, nose and mouth, Practice respiratory hygiene. If you have fever, cough and difficulty breathing, seek medical care early

INTRODUCTION
coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is covid 19
COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

Symptoms
People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of coronavirus disease (COVID-19) are fever, tiredness, and dry cough. Most people (about 80%) recover from the disease without needing special treatment.

More rarely, the disease can be serious and even fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

People may experience:
• Cough
• Fever
• Tiredness
• Difficulty Breathing (Severe Cases)

Spread of Disease
Person-to-person spread
The virus is thought to spread mainly from person-to-person.
• Between people who are in close contact with one another (within about 6 feet).
• Through respiratory droplets produced when an infected person coughs, sneezes or talks.
• These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
• Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
• Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19.

Spread from contact with contaminated surfaces or objects
It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus. CDC recommends people practice frequent "hand hygiene," which is either washing hands with soap or water or using an alcohol-based hand rub. CDC also recommends routine cleaning of frequently touched surfaces.

How easily the virus spreads
How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

• The virus that causes COVID-19 is spreading very easily and sustainably between people.
• Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

COVID-19 is thought to spread mainly through close contact from person-to-person in respiratory droplets from someone who is infected. People who are infected often have symptoms of illness. Some people without symptoms may be able to spread virus.

Methods and Results:
Protection measures for everyone
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. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

• Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
• Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
Why? 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.
Why? 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.
• 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.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- 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. Why? 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.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.Why? You have a higher chance of catching COVID-19 in one of these areas.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading
- Follow the guidance outlined above (Protection measures for everyone)
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.
   Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Basic protective measures against the new corona virus
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.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing
Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? 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
Why? 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.

Why? 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.

Why? 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 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.

Why? 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.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

Follow the guidance outlined above.
1. Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. **Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. **Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Corona virus Preventive steps at home
Ingredients
After the spike of positive cases of coronavirus in the capital, everyone is in panic mode. While people are trying to stock masks and hand sanitizers, many pharmacies are already out of stock. What if we told you, you can make an equally effective hand sanitiser at home. To prepare it, you just need some basic ingredients that you can easily find at the drug store or a grocery store.

The right kind of sanitizer to use to kill the virus
According to the Center for Disease Control and Prevention, we should use a sanitizer with at least 60 per cent alcohol content in it. This recipe will make for a sanitizer with the alcohol content which is more than 60 per cent.

What you will need:
- 2/3 cup of isopropyl alcohol (rubbing alcohol) 91% - 1/3 cup of aloe vera gel (If you want to increase the alcohol content in the sanitizer, you can reduce the aloe vera gel to 1/4 cup).

- Essential oil of your choice
- A medium-size mixing bowl
- A spoon
- An empty container to store the sanitizer

How to make the sanitizer at home
Take the mixing bowl and add Isopropyl alcohol and aloe vera gel in the given quantities. Mix them until well blended.

Now add eight-10 drops of essential oil to the mixture to make it smell nice.

Now pour this homemade sanitizer into an empty container and close it properly. You can take a small piece of masking tape and label the bottle as hand sanitizer to leave no confusion for anyone who sees the bottle.

Though yes, washing hands with soap and water for at least 20 seconds is the best way to safeguard yourself, using sanitizer is definitely the second-best option.

Congested chest? 4 concoctions will help your body break down mucus

Apart from the chills, winter months are unpopular for the onset of cold and flu. Every second person is found nursing a cold or suffering from a nagging cold. Nutritionist Luke Coutinho often gets queries where people ask him how they can fight congested chests. In an Instagram post, he wrote, "If we help the body or lungs to break down the mucous, then we can eliminate it easily, bringing immediate relief. Moreover, the sooner we get it out, the better it is because delaying it can lead to high fever and bodyaches."

Here is a recipe that will prevent your congestion from turning into a full blown flu with fever and body ache.

Recipe 1:
Take freshly mashed ginger, 3 peppercorns, cinnamon, elaichi, garlic cloves. Make a tea preparation out of it and drink it warm.

Recipe 2:
Take a glass of fresh carrot juice and add one tablespoon of raw coconut oil.

Recipe 3:
Boil water and add one tablespoon ajwain and inhale steam for five minutes. This steam will also help with the breakdown of mucus.

Recipe 4:
Take a tablespoon of pure raw honey plainly or add some of it to ginger tea.

All these home remedies can help deal with congestion in a big way. In this post, many people asked Luke Coutinho if honey can be added to anything hot, since recent reports suggested that honey turns toxic if it is taken with anything warm. Well, let us dispel this myth. When honey is added to something hot, it changes the composition of the honey and weakens its benefits, eliminating certain essential minerals. But when it is raw or at room temperature, it is more beneficial - however, that does not mean that it will get toxic and kill you when heated.

CONCLUSION
We control disease by following ways
• Wash your hands frequently
• Maintain social distancing
• Avoid touching eyes, nose and mouth
• Practice respiratory hygiene
• If you have fever, cough and difficulty breathing, seek medical care early

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