



Covid-19 Thoughts of 2020....

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Seasons greetings and a Happy New Year 2021 to all readers. This Coronavirus Pandemic with the Covid-19 being the mainstay of the year 2020 worldwide, we look forward to 2021 to wrap up this biggest health challenge we all are encountering in our lives until now.

From fever to a cold and a severe respiratory distress to anosmia and ageusia or diarrhoea aches and tiredness being the more reckonable symptoms in everyone's mind, the disease has opened our eyes. To how a predominantly respiratory virus can create havoc with varied presentation, to how borders can be shut, flights cancelled, people quarantined isolated and all -in an attempt to tame the invisible virus, to how we could try to repurpose drugs, to how quickly we can roll out a safe and effective vaccine.

The pandemic has in fact taught the medicos that when the times get tough the tough gets going, the community that hospitals and healthcare is the most important place of all. It has taught the masses a whole new vocabulary of N95, of Quarantine, of saturation, of Chloroquine (of Covidiot for me). It has taught the rich and the poor alike yet apart, the value of time place travel and all the little things we all took for granted in the Pre Covid era.

The bottom line is not to panic and read on to learn what we currently know about the novel coronavirus disease called Covid-19. What is known about the virus (SARS-Cov-2) is updated fairly frequently as we learn more about it. There is currently no evidence that any prescribed medications including inhaled corticosteroids (nasal or bronchial), antihistamines or biologic medications have any effect on the risk of contracting COVID-19. One shouldn't try to self-modify any ongoing treatment for any disease because one

may run the risk that the disease could become worse, needing rescue medical treatment or be admitted to the hospital.

Although guidelines are plenty the proper adherence to it remains to be seen in spirit. People still are oblivious to the need of social distancing to tame the pandemic although masks are more favoured these days, perhaps due to its ability to stop the cold winter breeze! Something the earlier days caning failed to install in us. Rumourmongers are a different breed of valiant fools who seems to be the missing lego pieces in the research groups worldwide.

Until the millions of doses of vaccine finds its way into us and evokes immunity let us remember 2020 for the ways it taught us all to wash our hands, use sanitizers when we couldn't wash and mask up to a beautiful 2021 and the start of a new decade which won't be plagued by pandemic. Until then Online Classes, Work from Home and Webinars will continue to plague the fortunate.

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