



Together We Can Stand Against Corona Virus

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Introduction

Corona viruses are a large family of viruses which may cause disease in animals or humans [1]. The current corona virus has emerged from the Wuhan city, China. The first corona virus case was found during December 2019. A woman was infected from Wuhan seafood market. The diagnosis shown that the possibility of corona virus to human could be from bat. The main symptoms of this virus to human are Fever, Cough, Shortness of breath. These symptoms can develop into pneumonia, with chest tightness, chest pain, and shortness of breath. An incubation period of current corona virus is 2-14 days. The transmission of the COVID-19 can occur by multiple ways. The direct contact with infected people is a major cause. An indirect contact with surfaces in the environment or with objects used by the infected person could be the other immediate cause of corona virus infection. It is difficult to

find the infected people and places of corona virus. Total number of infected people with corona virus can be found with PCR test [2]. The virus emerged at Wuhan city, later spread to other cities of China and then other countries through people travelled from Wuhan city, China. Corona virus spread to other countries such as Thailand, France, Germany, Italy, Spain, UK and USA. Those people travelled from one country to another country, the virus spread exponentially. Germany, France, United Kingdom, USA was affected to much from corona virus. The incidence of morbidity and mortality related to corona virus was too high for these countries. The rate of increase in cases became greater in the rest of the world than inside China [3]. The number of corona virus cases and deaths continuously increased all over world. The USA is most affected country as far as corona virus is concerned.

No	Country	Total Cases	Total Deaths	Active Cases	Tot Cases/ 1M pop	Deaths/1M pop	Tests/1M pop
1	USA	13,147,864	268,404	5,070,645	39,628	809	561,089
2	India	9,288,665	135,491	454,262	6,704	98	98,113
3	Brazil	6,166,898	170,799	483,252	28,930	801	102,736
4	Russia	2,187,990	38,062	464,436	14,990	261	508,845
5	France	2,170,097	50,618	1,962,927	33,216	775	307,641

Table 1: Corona virus cases in selected countries (Number).

Source: <https://www.worldometers.info/corona-virus>

* Statistics referred till 26/11/2020.

Total cases of corona virus in USA was 13,147,86 and in India, they were 9,288,665. USA has highest incidence as far as total cases and death due to corona virus is concerned. Deaths per 1 million population in India was 98. In USA, it was observed as 809. In USA, maximum people (268404) died due to corona virus till date. For Brazil, the deaths per million population was 801, which is second highest in the world. In Russia, the death per million population was only 261. Corona virus tests per million population was 561089 in USA and it was 508845 in Russia. In India, corona virus test per million population was only 98113. India should increase the corona virus testing per million population.

Corona virus has no history as it is originated first time from China. Everyday, medical professionals and researchers in this field suggested many measures to control the incidence and exponential growth of corona virus.

As of now, no approved treatments are available for this infection, hence prevention is crucial. Several properties of this virus make prevention difficult such as nonspecific features of the disease, the infectivity even before the onset of symptoms in the incubation period, transmission from asymptomatic people, long incubation period, tropism for mucosal surfaces such as the conjunctiva, prolonged duration of the illness, and transmission even after clinical recovery. Isolation of confirmed or suspected cases with mild illness at home is recommended [4].

In India, number of measures were taken to stop the exponential growth of corona virus.

Measure against corona virus

The measure against corona virus are suggested at individual level and at country level. They are explained as follows.

Individual level protective measures

By protecting self, anyone can slow the spread of corona virus. First objective should be not to get infected and second objective must be as do not infect others. We can explain these two objectives separately as follows.

Don't get infected

Every person get infected through the virus through entry into your body. It may happen through, mouth, nose, eyes. For prevention, every body must use three "Ws" that is as follows

- **Wash hand regularly:** Washing hand through soap and water is the best method to protect from virus. Virus enters body through hands. Soap is best to break the outer layer of the corona virus. Soap makes hand slippery. It is a mechanical motion of washing rips and the virus away from hand.
- **Do not touch to face:** Every person must ensure that he/she will not touch to any part of body. Every body must avoid touching nose, ear, eyes etc. This rule must be followed very strictly by every person.
- **No handshakes:** Every person must ensure that she/he will not do handshakes with anybody. Secondly must follow the salute or Namaskar method after meeting to any person.
- **Use of sanitizer:** In order to keep hands clean, everybody must use the sanitizer. There is no limit on the use of sanitizer but it will definitely protect from people from corona-virus.

Wearing Mask regularly

Corona virus is spread through droplets produced by coughing, sneezing and talking. Wearing mask reduces the maximum risk of infection. Every person can protect self and other from spread of corona virus.

Keep safe distance

Corona virus travels some distance through sneezing and touching. In order to interrupt the chain of transmission, it is important to avoid being very close to other people. It is re-commanded that every person will stay at least 2 meters away from other person. It is called as social distancing. While travelling, shopping, walking, working every person must follow social distancing.

Country level measures

There are two measures are taken at country level by central government to protect people against corona virus. First is lockdown and second is unlock. It is explained as follows.

Lockdown in India

On 19th March 2020, Prime minister of India, Mr. Narendra Modi addressed nation on television and told how country is combating COVID-19. He appealed to all people of country not to step out of homes unless it is most important work. On 22nd March 2020, Prime minister announced people's curfew from 7 am until 9

pm. From 25th March 2020 to 14th April 2020, Prime minister announced complete lockdown for 21 days. After lockdown, all kinds private and commercial activities stopped in country. The public and private transport stopped all over country. All people in the country asked to remain in house in order to stop the spread of corona virus. Only pharmacies, hospitals, banks, grocery shops and other essentials were open. People those going to buy necessary items in grocery shops were asked to stand in queue and follow social distancing. People were not getting basic necessary things as their was complete lock down. The second phase of lockdown was introduced because corona virus cases was increasing very fast. From 15 April to 3 May 2020 (19 days), the second lockdown was implemented. Government and Reserve Bank of India announced various measures for people and economy. People co-operated government during first lockdown. But many migrants started walking towards their homes. Many migrants working on various sites in various states had no money and regular jobs. Contractors never paid them money. People living on rent realized that why to pay rent when there is no regular job and income. Due to force of migrants, central government announced special train services to migrants. Many people walked to railway stations to get ticket and travel pass. Due to overcrowding and limited train facilities, many migrants started walking and went through private vehicles to their native places.

The third phase of lock down was also introduced from 4 May to 17 May 2020 (14 days). But the corona virus cased increased fast in different states in India. Educational institutions were asked to take examinations through online methods. The students living in the tribal and rural area faced lot of problem of inter net connectivity. Private companies cut the pay and asked the workers to work from home. Farmers made huge loss under lockdown period. The vegetables, fruits, food crops and other crops were ready but due to lockdown, they were unable to cut crop and send to market. Markets were closed during lock down period. Farmers earned huge loss and failed to plan for different seasons. Labors in the rural area had no jobs.

After many efforts by government, an exponential growth of corona virus stopped at certain extent. But as a precaution, the fourth phase of lock down was implemented from 18 May to 31 May 2020 (18 days). Economy affected to much and almost all the economic

activities were at lower level. The number of cases were increasing but the exponential growth of corona-virus was slow. Therefore based on peoples demanded central government started unlock economy. Every case and containment zone was under observation of ministry of health and welfare, Government of India. First unlock started from 1st June to 30th June (30 Days). Government divided the country into different zones. In green zones, few economic activities allowed by government. Second unlock was introduced from 1st July to 31 July 2020 (31 days). In this period, the central government allowed maximum economic activities in the green zones and focused more on red zones. The corona virus cases were increasing fast in red zones. Therefore there was separate guidelines for red zones in country as which activities started and which are not. Third unlock was introduced from 1st August to 31 August 2020 (31 days). Thee transport allowed but with restrictions in this phase. People allowed to move from one state to another state with precautions. The fourth unlock was announced for 1st September to 30 September 2020(30 days). The schools and colleges were allowed to operate with standard operating procedure. It was not possible for central government to open activities in containment zones. The fifth unlock was introduced for 1st October to 31st October 2020(31 days). People asked not to celebrate various festivals. They asked to remain in house and take care of self health and others and wear mask outside house. At present, 6 unlock is going for 1st November to 30 November 2020 (25 days). In this unlock, all the individual asked to take precautions and continue economic activities. Number of states asked to take precautionary measures and allowed economic activities. Still some states have not started the public transport as local trains, schools and colleges.

Science and technology innovation are very important to protect the people and further spread of corona virus. They are the only solution to save people from corona virus. There are number of pharmaceutical industries which are doing trials for successful vaccine against corona virus. The vaccine will be available soon to every person. There is challenge to provide it to all people due to cost, storage, transport and time. Central government and other institutions are doing management to provide vaccine to all people in country.

WHO Director-General Dr. Tedros, in his regular media briefing cautioned that “we have a long way to go. This virus will be

with us for a long time". He added that "the world cannot go back to the way things were. There must be a "new normal" – a world that is healthier, safer and better prepared" [5]. Due to complete lockdown, people had no choice but to stay at home. Lockdown disrupted the regular activities including exercise. Lockdown has big psychological impact on people of different strata in society. As per WHO commendations, adults must do two and half hour moderate to vigorous aerobic activity per week. At the same time, the young kids and adolescent must move for at least an hour every day. Lockdown stopped face to face interactions, visits to relatives and friends, playing, festival celebrations etc. Every person must do at least one activity as jogging, walk, cycling, running. Such activities are cardio exercise and beneficial for reducing stress and anxiety. Corona virus will go one day but we have to leave healthy life.

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