

## Corona Virus

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Corona virus COVID-19 is a virus that causes disease in avian and mammals. Coronavirus effect is felt on the respiratory tract in humans. This virus may also produce infection in chicken's upper respiratory effect, and in pigs and cows it causes diarrhea and vomiting. Genomic size of this virus is about 30 to 35 kilobases. The first outbreak of this virus was reported in Wuhan, China in December 2019 but so far over 175000 cases of COVID-19 have been recorded in more than 128 countries. The most affected countries are China, Italy, Iran and South Korea. According to world figures over 6800 people have so far died of this disease and over 75000 patients have recovered.

This virus spreads from one person to another in a same way like influenza virus. The time between entrance and causing symptoms is 6 days but it may ranges from 3 to 15 days.

Symptoms produced by this virus are fever, headache, and fatigue, shortening of breath, respiratory distress and dry cough without sputum, sore throat, chills, nausea, vomiting, nasal problem, muscle pain and joint pain.

If this virus stays long time it may cause other complications in humans like pneumonia and acute respiratory problem. This disease has no any specific vaccine and antiviral treatment but we can suggest supportive therapy and researchers are working on this issue.

Preventive measures are most important to keep away from this disease. You should wash your hands with sanitizers, cover your mouth and nose, cover mouth when coughing or sneezing, maintain distance from one man to another man. If anyone is suspect of this disease it should be isolated for 14 days and continue the treatment until he doesn't recover.

The transmission of virus from a person to other takes place through respiratory droplets, when people are coughing and sneezing. Droplets may stay in environment for a short time but it may stay in contagious form for longer period on glass, metal and plastic surface. We can disinfect the surface through ethanol with 65 to 70 percent solution.

The risk of spread of this disease is low in without-symptoms man and if someone has mild symptoms it can cause the most transmission from one man to another man.

Prevent yourself from this virus through handwashing, social distancing, respiratory hygiene and self-isolation.

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