

PREVENTION AND MANAGEMENT OF CORONAVIRUS

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**ABSTRACT**

The pandemic of COVID-19 was started from China and spread into every corner of the world. The pandemic has shaken lives of each one of us. Even the health care systems of developed countries are facing major difficulties in preventing the spread of covid-19 globally. India is also not apart from the same and reporting large number of cases of COVID-19. India has reported cases from states and the government is trying to contain the spread of the disease. Corona warriors and the Frontline workers are working against the Corona virus up to their full potential in order to save the lives of citizens.

**Keyword:** Prevention, Management, Coronavirus

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**What is COVID-19 (Novel Corona Virus Disease)**

CO- Corona; VI- Virus; D- Disease;  
19- 2019 (Year of origin)

Coronavirus disease (COVID-19) is a disease caused by the novel corona virus (SARS-CoV-2) that leads to cough, fever or difficulty in breathing.

In addition to above symptoms, some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

**Prognosis**

Approximately 80% of confirmed cases recover without any serious complication. Very few become seriously ill and develop difficulty in breathing and need to be treated

at higher level health care facility. Out of these, very less number of cases may even cause death.

### **How does Coronavirus Spread**

COVID-19 spreads mainly by droplets through two ways:

Direct contact: From an infected person, when a healthy person stays in close contact of an infected person (Within one meter distance). The healthy person may get infected if the infected persons do not cover their face when coughing or sneezing.

Indirect contact: The droplets of infected person survive on surfaces and clothes for many days. Therefore, if a healthy person touch any such infected surface or cloth and then touch one's mouth, nose or eyes, he can transmit the disease.

### **Incubation Period**

Different people show the symptoms at different periods. The incubation period of COVID 19 (time between getting the infection and showing symptoms) varies from 1 to 14 days. Infected persons (asymptomatic, symptomatic or persons without any serious symptoms) can spread the disease.

### **Who all are on High Risk for infection**

- Person travelled to other countries in last 14 days and their families.
- Persons coming from other states if they have been working with people who travelled to other countries in last 14 days.
- Family members, care givers and contacts of patients confirmed to have COVID-19.
- People older than 60 years of age and people with medical problems like high blood pressure, heart problems, respiratory disease/asthma, cancer or diabetes are at higher risk for developing serious complications.

### **Prevent the spread of COVID-19**

#### 1. Avoid getting COVID-19

a) Maintain Social Distancing:

Avoid any type of social gatherings and functions.

Maintain a safe distance of at least one Metre in public places to avoid direct droplet contact.

Stay at home and avoid going to crowded places.

Avoid physical touch like handshakes, hand holding or hugs.

Avoid touching surfaces unnecessarily like table tops, door handles, staircase side-rails etc.

b) Practice good respiratory hygiene

Frequently wash your hands with soap and water or 70% alcohol based hand-rub:

Š. After coming home from outside or meeting other people especially if they are ill.

Š. After having touched your face, coughing or sneezing.

Š. Before preparing food, eating or feeding children.

Š. Before and after using toilet, cleaning etc. Cover your nose and mouth with handkerchief while coughing or sneezing.

Wash the handkerchief at least daily.

It is preferable to cough/sneeze into your bent elbow rather than your palms.

Avoid spitting or shouting in public places to avoid the spread of droplets.

Avoid touching your eyes, nose and mouth with unclean hands.

Ensure that the surfaces and objects are regularly cleaned.

Stay informed about latest developments about COVID-19.

## 2. What to do if you are having symptoms

Symptoms of COVID 19 are similar to seasonal respiratory illness (common cold/flu). All people with these symptoms may not have COVID 19. The following persons should be quarantined for 14 days at home as a precaution:

- People who have travelled to COVID 19 affected countries/areas in past 14 days
- Those who have come in close contact with a suspected/confirmed COVID-19 patient
- Those who develop symptoms.

The above persons should immediately inform to a health care agency and should visit a health facility if symptoms become severe.

### **Role of a health care worker in early detection and referral**

You may prepare a list of persons travelled from other countries and states in last 14 days and Share it to the Medical Officer at PHC but not with others

Š. Teach them Home Quarantine for next 14 days

Š. Tell them to monitor themselves for symptoms of COVID-19

Š. Tell them to inform you if symptoms develop and call the COVID 19 Helpline (1075).

### **What should a person do during Home Quarantine**

Š. Stay in a separate room at home with attached/separate toilet. Maintain a distance of at least 1 meter from others

Š. Wear a mask at all times to cover your nose and mouth.

Š. Use separate dishes, towels, bedding etc. which should be cleaned separately

Š. The surfaces such as floor, table tops, chairs, door handles etc. should be cleaned/sanitized

at least once a day

Š. Make sure that only one assigned family member is the caretaker.

### **What the caretaker of the Home Quarantined person should do:-**

Š. Keep a distance of one metre when entering the isolation room.

Š. Wear a mask or cover your face with double layered cotton cloth.

Š. Wash your hands with soap and water after coming out of the room.

### **How can you effectively carry your duties as a frontline Worker-**

Take all preventive measures such as

keeping safe distance, wash hands frequently with soap and water.

Mask your mouth and nose if you are accompanying a suspected case.

Maintain social distancing in any type of meeting/discussions in a group which should not be larger than 10-12 persons.

Inform about maintaining safe distances in crowded living areas and tell about preventive measures and support them as required.

Monitoring of self for any signs of illness and report immediately to health care agency.

Remember for special care for people at higher risk like elderly.

Educate the people about importance of vaccination and motivate them about vaccination.

**Stay protected: Stay safe from coronavirus**

**REFERENCE:** [www.mohfw.gov.in](http://www.mohfw.gov.in)