



Corona Virus

Dr B B Sharma


Principal

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- Corona viruses is a large family causing various illnesses
 - The diseases range from common cold to Middle east respiration syndrome (MERS CoV), Severe Acute Respiratory Syndrome (SARS Co V)
 - Corona viruses are zoonotic- meaning transmitted between animal and people


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- SARS- CoV was transmitted from civet cat to human beings
 - MERS-CoV was transmitted through Camel
 - Several known corona viruses are circulating in animals and have not yet infected humans

Symptoms and effects

- Common signs of infection includes
- Respiratory symptoms
- Shortness of breath
- Difficulty in breathing
- Fever
- Cough


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- More severe cases of infection can cause
 - Pneumonia
 - Severe acute respiratory syndrome
 - Kidney failure
 - Even death


- Corona virus moves from respiratory system to gastrointestinal tract to blood leading to multi organ failure and death
- The average age of non survivors was 17yrs more than survivors
- Why sr- citizen They have less or less active T-cells and B-cells responsible for immune responses
- There is dysfunction of cells making it difficult for them to prevent viral multiplication in body

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- Covid 19 is not very fatal- kills only 2% to 3% of infected
 - But Covid 19 is very infectious
 - Since it infects many/more people- a large number dies
 - Why so infectious not yet clear

Prevention

- Standard recommendations to prevent infection spread includes
- Regular hand washing with alcohol based handwash or soap
- Covering mouth and nose when coughing and sneezing
- Egg and meat to be thoroughly cooked

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- Avoid close contact with anybody showing symptoms of respiratory illness , running nose cough and sneezing
 - Maintain at least 1 meter distance (3feet) from any one coughing or sneezing
 - This gives out small droplets from mouth and nose having Covid-19 virus- if the person has the disease
 - Avoid touching eyes, nose and mouth

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- Always cover your mouth and nose while coughing or sneezing
 - Virus stays active for 3 days on plastic, 24hrs on cardboard and stainless steel , 4hrs on copper and 3hrs in Air
 - What is outbreak, Epidemic and Pandemic