
Corona Virus Disease (COVID-19): A Brief Overview

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ABSTRACT

The COVID19 pandemic has been transmitted worldwide rapidly. The simplest ways of preventing this virus are to understand about and act accordingly. In an attempt to mitigate the outbreak of COVID-19, many countries have imposed drastic lockdown, movement control or shelter in situ orders on their residents. COVID-19 cases in India are growing at the fastest pace in the world and the country's case tally in August is the highest across the globe. The seven-day rolling average of cases in the country has crossed that of the U.S., and is now the highest in the world. India is recording the third-highest number of deaths daily (on an average). In terms of testing, the country ranks at 10 among the 15 nations with the most infections. The effectiveness of those mitigation measures is very hooked in to cooperation and compliance of all members of society. Lockdown measures were perceived as necessary to curb the spread of the virus as rapid human-to-human transmission occurred and far about the virus remained unknown. Due to the obscurity of this novel virus, there has been tons of confusion and misunderstanding about the virus itself, how it can spread and therefore the necessary precautions that ought to be taken to stop infection.

Keywords – corona virus, symptoms, treatment, prevention and coping with stress

INTRODUCTION

COVID-19 is an emerging respiratory infection that was first discovered in December 2019, in Wuhan city, Hubei Province, China. SARS-CoV-2 belongs to the larger family of ribonucleic acid (RNA) viruses, leading to infections, from the common cold, to more serious diseases, such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The main symptoms of COVID-19 have been identified as fever, dry cough, fatigue, myalgia, shortness of breath, and dyspnoea [1].

COVID-19 is characterized by rapid transmission, and can occur by close contact with an infected person. The details on the disease are evolving. As such, this may not be the only way the transmission is occurring. COVID-19 has spread widely and rapidly, from Wuhan

city, to other parts of the world, threatening the lives of many people. The last of January 2020, the World Health Organization (WHO) announced a public health emergency of international concern and called for the collaborative effort of all countries, to prevent its rapid spread. Later, the WHO declared COVID-19 a “global pandemic” [2].

SYMPTOMS COVID-19 [3]

Corona virus had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may be appearing 2 to 14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 1) Fever or chills
- 2) Cough
- 3) Shortness of breath or difficulty breathing
- 4) Fatigue
- 5) Muscle or body aches

- 6) Headache
- 7) New loss of taste or smell
- 8) Sore throat
- 9) Congestion or runny nose
- 10) Nausea or vomiting
- 11) Diarrhea

When to Seek Emergency Medical Attention

Look for emergency warning signs for COVID-19. If someone is showing any of those signs, seek emergency medical aid immediately:

- 1) Trouble breathing
- 2) Persistent pain or pressure in the chest
- 3) New confusion
- 4) Inability to wake or stay awake
- 5) Bluish lips or face

The Corona virus Self-Checker is an interactive health assessment tool which will assist individuals who ages 13 and older and their parents and caregivers of children ages 2 to 12 on deciding when to seek testing or medical care if they suspect them or someone they know has contracted COVID-19 or has come into close contact with someone who has COVID-19. Find out who should get tested. Protect yourself and others. Wear a mask, wash hands frequently, stay 6 feet social distancing from others. Two types of tests are available for COVID-19: viral tests and antibody tests [4].

- 1) A viral test tells you if you have a current infection.
- 2) An antibody test might tell you if you had a past infection.

Considerations for who should get tested

- 1) People who have symptoms of COVID-19
- 2) People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19
- 3) People who have been asked or referred to get testing by their healthcare provider, local external icon or state health department

Not everyone needs to be tested. If you do get tested, you should self-quarantine or isolate at home and follow the advice of your health care provider or a public health professional.

- 1) **If you test positive**, know what protective steps to take to prevent others from getting sick.
- 2) **If you test negative**, you probably were not infected at the time your sample was collected. The test result shows that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself.

Stay Home Away From Others [5]

- 1) Stay away from others, especially people who are at higher risk for getting very sick from COVID-19, such as older adults and people with other medical conditions, if possible.
- 2) If you have been around someone with COVID-19, stay home away from others for 14 days (self-quarantine) after your last contact with that person and monitor your health.
- 3) If you have a fever, cough or other symptoms of COVID-19, stay home and away from others (except to get medical care or testing, if recommended).
- 4) If you need support or assistance while in self-quarantine, your health department or community organizations may be able to provide assistance.

For COVID-19, a close contact is anyone who have positive of an infected person for at least 15 minutes. An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19. Answer the phone call from the health department. If someone from the health department calls you, answer the call to help slow the spread of COVID-19 in your community [6].

- 1) Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.
- 2) Your name will not be shared with those you came in contact with. The health department will only notify people you were in close contact with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.

How COVID-19 Spreads [7]

COVID-19 is assumed to spread mainly through close contact from person-to-person. Some people without symptoms could also be ready to spread the virus. We are still learning about how the virus spreads and therefore the severity of illness it causes.

Person-To-Person Spread

- 1) Between people who are in close contact with one another (within about 6 feet).
- 2) Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- 3) These droplets can enter in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- 4) COVID-19 may be spread by people who are not showing symptoms.

How easily an epidemic virus spreads from person-to-person can vary. Some viruses are highly contagious and spread very fast, like measles, while other viruses do not spread as easily. Another factor is whether or not the spread is sustained, which means it goes from person-to-person no end.

The virus that causes COVID-19 is spreading very easily, fast and sustainably between people. Virus is spreading more efficiently than influenza, but not as efficiently as measles, which is very

contagious. In general, the more closely an individual interacts with others and therefore the longer that interaction, the higher the risk of COVID-19 spread.

Spread between Animals and People [8]

- 1) At this time, the risk of COVID-19 spreading from animals to people is considered to be low. Learn about COVID-19 and pets and other animals.
- 2) It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC spreading awareness about the pets animals worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do if you have pets.

How to Protect Yourself and Others [9]

The virus is transmitted mainly from person-to-person.

- 1) Between people who are in close contact with one another (within about 6 feet).
- 2) Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- 3) These droplets can enter in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- 4) Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Wash Your Hands Often [9]

- 1) Wash your hands frequently with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- 2) It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place

- After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- 3) If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Proper use of sanitizer on hands and rub them together until they feel dry.
 - 4) Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact [6,7]

- 1) Inside your home: Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- 2) Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet distance from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your Mouth and Nose with a Mask When Around Others [7]

- 1) You could spread COVID-19 to others even if you do not feel sick.
- 2) The mask is meant to protect other people in case you are infected.
- 3) Every individual should wear a mask in public settings.
- 4) Masks should not allow for kids under age 2, anyone who has problems in breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- 5) Continue to keep about 6 feet distance between yourself and others. The mask is not a substitute for social distancing.

Cover Coughs and Sneezes

- 1) Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- 2) Throw used tissues in the trash.
- 3) Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- 1) Clean and disinfect frequently touched surfaces daily. This includes tables, door handles, light switches, countertops, desks, phones, keyboards, toilets, and sinks.
- 2) If surfaces are dirty, clean them. Use detergent or soap and water to disinfect the surface, then, use a household disinfectant.

Monitor Your Health Daily

- 1) Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet from others.
- 2) Take your temperature if symptoms develop.
 - Don't take temperature within 30 minutes of any exercising or after taking medications that could lower the body temperature, like acetaminophen.

How to Select, Wear and Clean Your Mask [8]

- 1) Wear masks with two or more layers to stop the spread of COVID-19
- 2) Wear the mask over the nose and mouth and confirm it under your chin
- 3) Masks should be worn by people two years and older

- 4) Masks should not be worn by kids under the age of 2, people who have problem in breathing, or people who cannot remove the mask without assistance
- 5) Do not wear masks intended for healthcare workers, for example, N95 respirators

How to Select [8]

When selecting a mask, there are many choices. Here are some do's and don'ts.



Fig. Showing How to Choose a Comfortable Mask



Fig. Showing Do not Choose the Mask that are Uncomfortable to Use



Fig. Showing Special Situations for Children

How to Wear

Wear a mask correctly and consistently for the best protection.

- Be sure to wash your hands before putting on a mask.
- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.
- Do not touch the mask when wearing it



Fig. Showing How to Wear a Mask Properly

Do not Wear a Mask



Fig. Showing do no Wear a Mask

How to Take Off a Mask

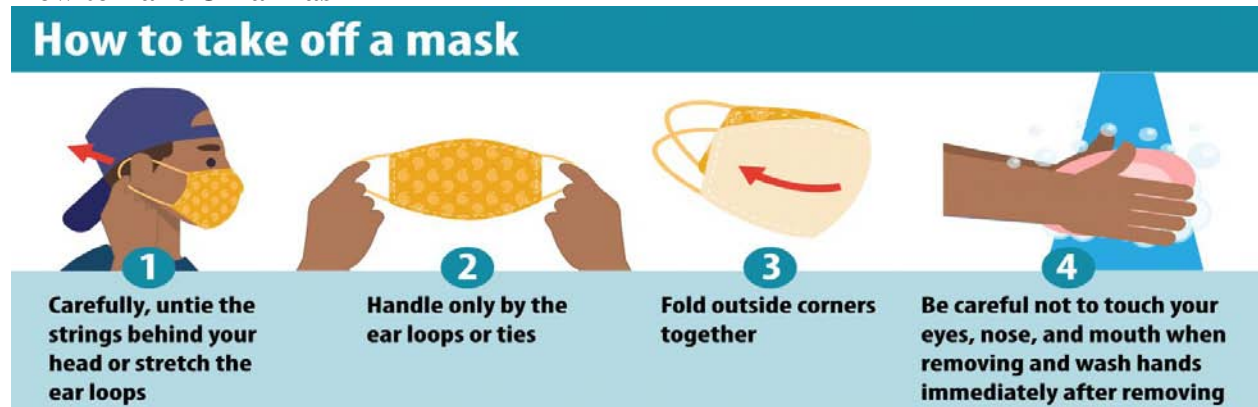


Fig. Showing How to Take Off a Mask

How to Clean [9]

Masks should be washed regularly. Always remove mask correct order and wash your hands after handling or touching a used mask.

- 1) Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- 2) Use the highest heat setting and leave in the dryer until completely dry
- 3) While masks are strongly encouraged to reduce the spread of COVID-19, CDC recognizes there are specific instances when wearing a mask may not be feasible.

Feasibility and Adaptations [10]

CDC recognizes that wearing masks may not be possible in every situation or for some people. In some situations, wearing a

mask may exacerbate a physical or mental health condition, leads to a medical emergency, or introduce significant safety concerns. For example,

- 1) People who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear masks if they rely on lip-reading to communicate. In this situation, consider using a clear mask. If a clear mask isn't available, consider whether you can use written communication, use closed captioning, or decrease background noise to make communication possible while wearing a mask that blocks your lips.
- 2) Some people, such as people with intellectual and developmental disabilities, mental health conditions or

other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for importance of wearing masks.

- 3) Younger children (e.g., preschool or early elementary aged) may be unable to wear a mask properly, particularly for an extended period of time. Wearing of masks may be prioritized at times when it is difficult to maintain a distance of 6 feet from others (e.g., during carpool drop off or pick up or when standing in line at school). Ensuring proper mask size and fit and providing children with frequent reminders and education on the importance and proper wear of masks may help address these issues.
- 4) People should not wear masks while engaged in activities that may cause the mask to become wet, like when swimming at the beach or pool. Using a wet mask may difficult to breathe. For swimming, it is important to maintain physical distance from others person when in the water.
- 5) People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- 6) People who work in a setting where masks may increase the risk of heat-related illness or cause safety concerns due to introduction of a hazard (for instance, straps getting caught in machinery) may consult with an occupational safety and health professional to determine the appropriate mask for their setting. Outdoor workers may prioritize use of masks when in close contact with other people, like during group travel or shift

meetings, and remove masks when social distancing is possible.

Masks are a critical preventive measure and are most essential in times when social distancing is difficult. If masks cannot be used, make sure to take other measures to reduce the risk of COVID-19 spread, including social distancing, frequent hand washing, and cleaning and disinfecting frequently touched surfaces.

Face Shields [11]

- 1) A face shield is primarily used for eye protection for the person wearing it. But we don't know what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control.
- 2) However, wearing a mask may not be feasible in every situation for some people for example, people who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired. Here are some considerations for individuals who must wear a face shield instead of a mask:
 - Although evidence on face shields is limited, the available data suggest that the following face shields may provide better source control than others:
 - ✓ Face shields that wrap around the sides of the wearer's face and extend below the chin.
 - ✓ Hooded face shields.
 - Face shield wearers should wash their hands before and after removing the face shield and avoid touching their eyes, nose and mouth when removing it.
 - Disposable face shields should only be worn for a single use and disposed of according to manufacturer instructions.

- Reusable face shields should be cleaned and disinfected after each use according to manufacturer instructions or by following CDC face shield cleaning instruction
- Plastic face shields for newborns and infants are not recommended.

Surgical Masks

Masks are not surgical masks or respirators. Currently, those are critical supplies that should continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. Masks also are not appropriate substitutes for them in workplaces where surgical masks or respirators are recommended or required and available.

Coping with Stress

The corona virus disease (COVID-19) pandemic may be stressful for people. Fear and anxiety a few new diseases and what could happen are often overwhelming and cause strong emotions in adults and youngsters. Public health actions, like social distancing, can make people feel isolated and lonely and may increase stress and anxiety. However, these actions are necessary to scale back the spread of COVID-19. Dealing with stress during a healthy way will cause you to, the people you care about, and your community stronger.

Stress during a pandemic disease outbreak can cause the following:

- 1) Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- 2) Changes in sleep or eating patterns.
- 3) Difficulty sleeping or concentrating.
- 4) Worsening of chronic health problems.
- 5) Worsening of mental health conditions.
- 6) Increased use of tobacco, and alcohol and other substances.

Everyone Reacts differently to Stressful Situations

- 1) People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions).
- 2) Children and teens.
- 3) People caring for family members or loved ones.
- 4) Frontline workers such as health care providers and first responders,
- 5) Essential workers who work in the food industry.
- 6) People who have existing mental health conditions.
- 7) People who use substances or have a substance use disorder.
- 8) People, who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
- 9) People who have disabilities or developmental delay.
- 10) People who are socially isolated from others, including people who live alone, and people in rural or frontier areas.
- 11) People in some racial and ethnic minority groups.
- 12) People who do not have access to information in their primary language.
- 13) People experiencing homelessness.
- 14) People who live in congregate (group) settings.

Take Care of Yourself and Your Community [12]

Taking care of your friends and your family are often a stress reliever, but it should be balanced with look after yourself. Helping others deal with their stress, like by providing social support, also can make your community stronger. During times of increased social distancing, people can still maintain social connections and look after for their psychological state. Phone calls or video chats can assist you and your loved ones

feel well connected, less lonely, or isolated.

Healthy Ways to Cope With Stress [4,5]

- 1) Know what to do if you are sick and are concerned about COVID-19. Contact a health care provider before you begin any self-treatment for COVID-19.
- 2) Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- 3) Take care of your emotional health. Taking care of your emotional health will assist you think clearly and react to the urgent needs to protect yourself and your family.
- 4) Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- 5) Take care of your body.
 - Take deep breaths, stretch, or meditate
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
- 6) Make time to unwind. Try to do some other activities you enjoy.
- 7) Connect with others. Talk with people you trust about your concerns and the way you're feeling.

Helping Children Cope with COVID [9, 12]

Children and teenagers react, in part, on what they see from the adults around them. When parents and caregivers affect the COVID-19 calmly and confidently, they will provide the best support for his or her children. Parents may be more reassuring to others around them, especially children, if they are better prepared.

Watch for Behavior Changes in Your Child [5,6]

Not all children and teenagers answer stress within the same way. Some common changes to watch for include:

- 1) Excessive crying or irritation in younger children.
- 2) Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- 3) Excessive worry or sadness.
- 4) Unhealthy eating or sleeping habits.
- 5) Irritability and “acting out” behaviors in teens.
- 6) Poor school performance or avoiding school.
- 7) Difficulties with attention and concentration.
- 8) Avoidance of activities enjoyed in the past.
- 9) Unexplained headaches or body pain.
- 10) Use of alcohol, tobacco, or other drugs.

Ways to Support Your Child [7]

- 1) Talk with your child about the COVID-19 outbreak.
- 2) Answer questions and share facts about COVID-19 in a way that your child can understand.
- 3) Reassure your child that they are safe. Let them realize it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn from you how to cope with stress.
- 4) Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- 5) Try to keep up with regular routines. If schools are closed due to pandemic, create a schedule for learning activities and relaxing or fun activities.
- 6) Be a role model. Take breaks, get enough to sleep, exercise daily, and eat well. Connect with your friends and family members.

- 7) Spending time with your child in meaningful activities, reading together, exercising, and playing board games.

CONCLUSION

The general public in the India appears to have important misconceptions about COVID-19. Correcting these misconceptions should be targeted in information campaigns organized by government agencies, information provision by clinicians to their patients, and media coverage. Provides a valuable and early insight into the areas that need attention and issues that need to be prioritized and improved for correctly sharing information and preventing the spread of misinformation about an outbreak, which dilutes the effectiveness of health policies. Community engagement activities, including communication initiatives, need to incorporate these modifications in their awareness generation activities.

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