

COVID-19

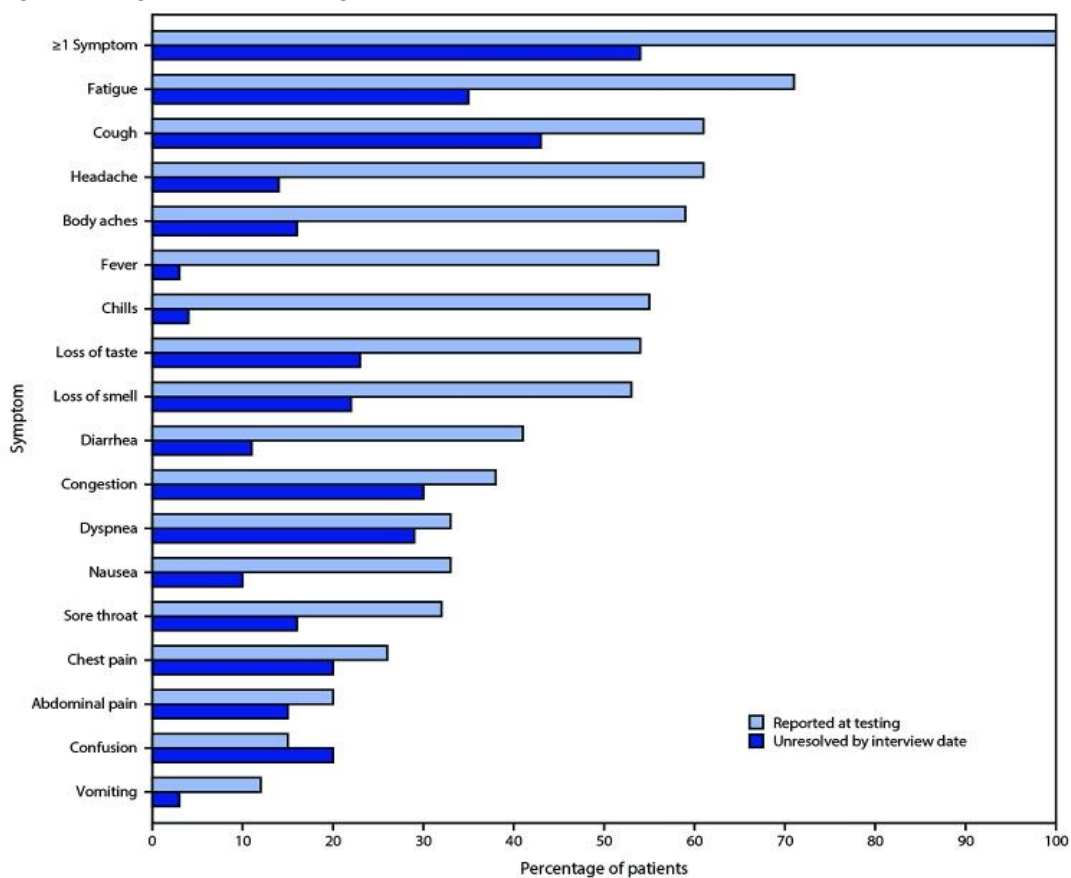
COVID-19, a severe acute respiratory syndrome virus, was identified in China during December of 2019. There is no known true origin of the virus besides that it came from Wuhan, China. The virus has become a pandemic affecting every country differently due to the process that country took to handle it. With now close to 41 million cases and 1.2 million deaths worldwide the virus has forced millions of people to adapt to the precautions recommended by health officials. Those precautions being enforced differently according to how high the cases are in that area. Vaccines are under testing and being overseen by the FDA for approval.

COVID-19 is a new strain of coronavirus that was previously identified by scientists, the difference with this strain is the unpredictable and complex way it acts. People have been reported with no symptoms or critical neurological conditions. The virus affects people with underlying health conditions, and older people the most. In the early spread in 2020, Italy was most heavily affected due to the large elderly population. With their medical professionals and politicians' decisions they have controlled the rates of death and cases. Although it has the most effect on this category of people, nobody is safe from the virus. Young and healthy people will most likely not be affected by the virus, but they are the most likely to spread it. Most young people are asymptomatic and have no idea they are contagious. Others who show symptoms follow the path of flu-like symptoms such as: cough, fever, sore throat, muscle pain, and shortness of breath. The loss of taste and smell can also be lost, and is the main cause of signs that the virus is different from the flu. An infected person is no longer contagious after 10 days, so to be safe infected peoples are to quarantine for two weeks. The first two weeks are not the most lethal though, lingering illness and conditions can cause damage to the body. "Among 292 respondents, 94% (274) reported experiencing one or more symptoms at the time of testing; 35% of these symptomatic respondents reported not having returned to their usual state of health by the date of the interview (median = 16 days from testing date), including 26% among those aged 18–34 years, 32% among those aged 35–49 years, and 47% among those aged ≥50 years. Among respondents reporting cough, fatigue, or shortness of breath at the time of testing, 43%, 35%, and 29%, respectively, continued to experience these symptoms at the time of the interview. These findings indicate that COVID-19 can result in prolonged illness even among persons with milder outpatient illness, including young adults"(). This case study showed the long lasting effects on fairly young people, which gives a comparison to how lethal COVID-19 can be on a person in the older age group.

Since COVID-19 is highly contagious and easy to come into contact with due to its strain, scientists and medical professionals have recommended ways to slow/prevent further spread. Testing, wearing masks, contact tracing, social distancing, washing your hands, and disinfection surfaces are the procedures medical leaders want people to take. The main prevention technique is the use of the mask. Droplets from sneezing, breathing, or coughing are the main way the virus is spread, and masks contain the droplets. A mask is comparable to a helmet, both the user would preferably not like to wear but something that is very vital for protection. With a mask, an interaction between people has a low rate of contagion. Without one the opposite occurs. Other precautions have similar effects when used. Without precautions

being taken countries find themselves with more cases and deaths. An example being the United States, which leads the world in deaths and cases. Besides the current ways people are combatting the virus, a vaccine is being formulated. With several large medical companies close to the end of the process. The FDA (Food and Drug Administration) and CDC (Center for Disease Control and Prevention) are at the forefront of the approval of a working vaccine. Their main thoughts towards a vaccine is that it has passed the clinical trials, and is approved to work and to be safe. The plan laid out by the CDC states that a vaccine when ready won't be available to everyone. The vaccine will be available to certain groups in need decided on by the CDC. COVID-19 has made such an impact on the people in the United States that fees for the vaccine will be waived. No firm date has been released for the prediction of the approval of a vaccine, but the dates range from November to early 2021.

In conclusion the pandemic caused by COVID-19 has caused countless lives to be affected directly and indirectly. It has changed the way the world is functioning and will continue to have that effect. The virus is unlike common strains of influenza or H1N1 it is unpredictable in all of its stages. The virus ranges from no effect to deadly, and with the factor of asymptomatic carriers precautions must be taken. With several ways the spread of the virus can be prevented, It is crucial they are used. With the current methods of prevention the cases and deaths are still increasing, causing an even stronger need for a vaccine.



Bibliography

[1]Henrick Pettersson, Byron Manley and Sergio Hernandez. **Tracking coronavirus' global spread.** *Cnn.com*

<https://www.cnn.com/interactive/2020/health/coronavirus-maps-and-cases/>

[2]Stephen A. Lauer, et al. **The Incubation period of Coronavirus Disease 2019 (COVID)-19 From Publicly Reported Confirmed Cases: Estimation and Application.** *acpjournals.org*

<https://www.acpjournals.org/doi/full/10.7326/M20-0504>

[3]Mark W. Tenforde, et al. **Symptom Duration and Risk Factors for Delayed Return to Usual Health Among Outpatients with COVID-19 in a Multistate Health Care Systems Network-United States, March-June 2020.** *MMWR Morb Mortal Wkly Rep.* 2020 July

31<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392393/>

[4]Chanjuan Sun, Zhiqiang Zhai. **The efficacy of social distance and ventilation effectiveness in preventing COVID-19 transmission.** *Sustainable Cities and Society, Volume 62, November 2020, 102390*

<https://www.sciencedirect.com/science/article/pii/S2210670720306119>

[5]Centers for Disease Control and Prevention. **How to Protect Yourself and Others.** Sept.

11, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

[6]Centers for Disease Control and Prevention. **8 Things to Know about Vaccine Planning.**

Oct. 14, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>