

What Is COVID-19?

A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.

In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world.

COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs).

It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly.

How Does Coronavirus Spread?

1) Person-to-Person Transmission:-

Experts believe the virus that causes COVID-19 spreads mainly from person to person. There are several ways this can happen:

(Droplets or aerosols) - When an infected person coughs, sneezes, or talks, droplets or tiny particles called aerosols carry the virus into the air from their nose or mouth. Anyone who is within 6 feet of that person can breathe it into their lungs.

(Airborne transmission) - Research shows that the virus can live in the air for up to 3 hours. It can get into your lungs if someone who has it breathes out and you breathe that air in.

(Surface transmission) - Another way to catch the new coronavirus is when you touch surfaces that someone who has the virus has coughed or sneezed on. You may touch a countertop or doorknob that's contaminated and then touch your nose, mouth, or eyes. The virus can live on surfaces like plastic and stainless steel for 2 to 3 days. To stop it, clean and disinfect all counters, knobs, and other surfaces you and your family touch several times a day.

(Fecal-oral) - Studies also suggest that virus particles can be found in infected people's poop. But experts aren't sure whether the infection can spread through contact with an infected person's stool. If

that person uses the bathroom and doesn't wash their hands, they could infect things and people that they touch.

The virus most often spreads through people who have symptoms. But it is possible to pass it on without showing any signs. Some people who don't know they've been infected can give it to others. This is called asymptomatic spread. You can also pass it on before you notice any signs of infection, called presymptomatic spread.

2)Community Spread

Sometimes, a person can trace how they got the virus because they know that they've been in contact with someone who's sick. In other cases, the cause is unknown. Community spread is when someone gets the virus without any known contact with a sick person.

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Symptoms of COVID-19

The main symptoms include:

Fever

Coughing

Shortness of breath

Trouble breathing

Fatigue

Chills, sometimes with shaking

Body aches

Headache

Sore throat

Loss of smell or taste

Nausea

Diarrhea

The virus can lead to pneumonia, respiratory failure, septic shock, and death. Many COVID-19 complications may be caused by a condition known as cytokine release syndrome or a cytokine storm.

This is when an infection triggers your immune system to flood your bloodstream with inflammatory proteins called cytokines. They can kill tissue and damage your organs.

If you notice the following severe symptoms in yourself or a loved one, get medical help right away:

- Trouble breathing or shortness of breath
- Ongoing chest pain or pressure
- New confusion
- Can't wake up fully
- Bluish lips or face

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Coronavirus Prevention

Take these steps:

Wash your hands often with soap and water or clean them with an alcohol-based sanitizer. This kills viruses on your hands.

Practice social distancing. Because you can have and spread the virus without knowing it, you should stay home as much as possible. If you do have to go out, stay at least 6 feet away from others.

Cover your nose and mouth in public. If you have COVID-19, you can spread it even if you don't feel sick. Wear a cloth face covering to protect others. This isn't a replacement for social distancing. You still need to keep a 6-foot distance between yourself and those around you. Don't use a face mask meant for health care workers. And don't put a face covering on anyone who is:

Under 2 years old

Having trouble breathing

Unconscious or can't remove the mask on their own for other reasons

Don't touch your face. Coronaviruses can live on surfaces you touch for several hours. If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.

Clean and disinfect. You can clean first with soap and water, but disinfect surfaces you touch often, like tables, doorknobs, light switches, toilets, faucets, and sinks. Use a mix of household bleach and water (1/3 cup bleach per gallon of water, or 4 teaspoons bleach per quart of water) or a household cleaner that's approved to treat SARS-CoV-2. You can check the Environmental Protection Agency (EPA) website to see if yours made the list. Wear gloves when you clean and throw them away when you're done.

There's no proof that herbal therapies and teas can prevent infection.

COVID-19 prevention tips

In addition to practicing the prevention tips listed above, you can:

Meet as a household or larger family to talk about who needs what.

If you have people at a higher risk, ask their doctor what to do.

Talk to your neighbors about emergency planning. Join your neighborhood chat group or website to stay in touch.

Find community aid organizations that can help with health care, food delivery, and other supplies.

Make an emergency contact list. Include family, friends, neighbors, carpool drivers, doctors, teachers, employers, and the local health department.

Choose a room (or rooms) where you can keep someone who's sick or who's been exposed separate from the rest of you.

Talk to your child's school about keeping up with assignments.

Set yourself up to work from home if your office is closed.

Reach out friends or family if you live alone. Make plans for them to check on you by phone, email, or video chat.

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What you learnt from covid19.

(We really don't need much to live) :- We have lived through a lockdown. The availability of food, water, shelter, communication, medicines and education and entertainment on television & the internet has kept us going. The lockdown has forced us to ask what we really need to live reasonably well. And the answer in most cases is – not too much. While physiological and security needs have been paramount, many have found ways to learn new skills or do things they have always wanted to do but couldn't make time for. Families and friends have engaged over video calls and many have “met” members of their family more often during the lockdown than they otherwise do! Despite the lockdown we have discovered that we can satisfy all needs in Maslow's hierarchy. Many have learnt what really matters to them. Yet the chances of this learning being jettisoned as we return to the daily grind of yore is very high indeed.

(We are living beyond the planet's boundaries):- If there is one lesson that is staring us in the face it is the fact that human beings live well beyond natural boundaries. Climate protagonists have been

screaming about this for some time but we have largely ignored them. The rapid return of clear blue skies, breathtakingly fresh air, and clean water in moribund rivers; the chirping of birds, sighting wild animals in urban areas, arrival of dolphins in coastal regions, and even rapid healing of the ozone layer re-establish that we are messing nature up very badly the way we live. It is crazy to expect that a shutdown way of life will be the new normal and nature will get a chance to rejuvenate herself, but it is not crazy to expect that we will seek solutions that ensure simultaneous well-being of the economy and ecology. If we continue our high polluting way post the COVID-19 crisis, we may have dodged a bullet but will continue to imbibe slow poison.

(Lessons, lessons, lessons) :- They say, never waste a crisis. We wouldn't have wasted this one if we start building and adopting solutions to stay within planetary boundaries in right earnest, both in our personal lives and in public spaces; if as individuals we practise personal hygiene, focus on our needs and not get driven by greed; if organisations adopt new tricks they have learnt like telecommunicating and intensify supply chain resilience; if governments focus on removing social ills one at a time; if as a society we continue to be compassionate in life and remain connected with our loved ones; if we build a war chest to put people first and tide over the next crisis when it comes and if we shut down without dithering when, God forbid, we encounter another contagion.