

## Health Talk

# Covid-19- What Have We Learnt So Far?

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As we all know there has been a pandemic episode of COVID-19 -19 virus since late dec 2019. This deadly virus has originally originated in Wuhan, a city within the Hubel province of china. The Chinese authority reported to the world health organization identifying the new virus as corona virus belonging to the same group as the Sars epidemic of SARS and middle East respiratory syndrome. My previous article with a detailed write up about this deadly virus pathology along with involvement of lungs leading to mortality has been mentioned on 4th March as a tv interview at Bloomfield twp. tv now on YouTube and vimeo .com.

There has been disaster throughout the world at present due to mortality and morbidity and since this virus spreads by close contacts through our respiratory tract strict precautions have been advised regarding our own protection. The graphs and total number of people dying from this is changing very fast daily and the best way to keep informed is through!cnn.com daily briefing, the CDC, WHO, the Academy of Pediatrics. Internal medicine and more.

### What are the facts and Myths?

1 the disintegration time of a virus depends upon temperature, humidity and surface contact. The virus is a thin strand of RNA surrounded by fat soluble lipid, hence a good thorough hand wash with soap, for 20 seconds is advised.

2 Further alcohol, bleach. Play important role in killing the germ

3 This virus molecule remains stable outside in winter months in a humid environment and

during summer the heat can destroy the virus particles.

4 It does not penetrate through healthy skin.

5 people to person contact is through the respiratory tract, nasal mucosa contact leads to sneezing, cold running nose, spread through lower respiratory tract leads to symptoms of bronchitis pneumonia and serious breathing problems necessitating the use of respirators.

6 the gastrointestinal symptoms of diarrhea, loss of taste in mouth are due to swallowing productive sputum. Sputum.

7 Persistent high fever in symptomatic patients along with muscle aches. Myalgia is crucial towards the diagnosis.

8 As of now there is no vaccines available however all around the world Several Labs are in stage of preparing vaccines

9 diagnosis is usually made through nasal swabs culture

10 gargles with warm water and salt, lemon honey, will soothe the throat and reduce the growth of swallowed bacteria.

11 All viruses can change /mutate over time. An outbreak result when infected animals carrying the virus comes in contact with human beings by consumption of meat or handling them.

12 The virus can survive on fabrics for 6 to 8 hours, on counter surfaces for 4 to 6 hours and metallic surfaces for a little longer duration.