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A Study of Covid -19 –Issues and Problems

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Abstract: ***This is a crucial time for all of us due to rapidly spreading coronavirus throughout the world from one person to another one through cough, sneezing and physical touch within one meter distance. In this circumstances all of us have the most common emotions is fear. It will makes anxious, emotional issues and mental health problems among the people. Outbreaks of novel virus infections among people are always of public health concern. The risk from these outbreaks depends on characteristics of the virus, including how well it spreads between people the severity of resulting illness and the medical or other measures available to control the impact of the virus. This disease has become "pandemic" because it has caused illness also resulting in death in some cases. As the novel coronavirus continues to spread some countries are patting their citizens on various forms lockdown, social distancing and also implementing the world's largest and most restrictive mass quarantines. Lock down period that has made people live in fear of losing their business, jobs, earnings and savings or even basic resources. Lockdown, social distancing , quarantines, isolation have had a massive impact on the life style of people. They are staying indoors with limited resources so that they are now suffering from anxiety, panic attacks, and even alcohol withdrawal syndrome.***

Keywords: Covid -19, Mental Health, Emotional issues, Pandemic, lockdown, Social Distance, quarantine.

I. INTRODUCTION

World health organization (WHO) declared the outbreak of a novel coronavirus (COVID -19), a "pandemic" that affected 114 countries, and infected close to 1,20,0000 and caused 4000 deaths worldwide as on 11th march 2020.

A. Coronavirus

Coronavirus is an integrated viruses that causes respiratory infections with cough, cold and sneezing. Most of the viruses are coming from animals and then transmit to the humans.

B. Contagian Disease

According to the world health organization (WHO) during previous experiences due to other coronavirus human to human transmission occurred through droplets or objects make contact, the transmission mode of the coronavirus can be identical, so that this is a dangerous contagious virus. Some diseases that transmitted from animals to human are called "ZOONOTIC" diseases which are very rare, when the human body does not have any humanity the virus easily transmitting in to the body. The WHO estimates that globally, about a billion cases of illness and millions of deaths occur every year from zoonoses ie., diseases and infections naturally transmitted between people and vertebrate animals so coronaviruses is one of them.

C. Origin Of Virus

It was originated in a seafood market in wuhan at china, the people of china who was involved in the unauthorized sale of wild life. WHO said, there is close mixing of humans and animals, chiefly unsafable handling of blood and other body products in wuhan city as example in animal market in china, there is greater sources of transmission of a virus from animals to humans, and its mutation to adopt to the human body. A new virus belongs to the contagion virus family named as novel coronavirus 2019. Novel coronavirus has claimed over 19,82,460 lives globally and at least 15,16,460 have been reported, in this 13,91,082 currently infected patients (96%) and 50,954 patients in critical condition(4%) remaining 4,66,000 recovered, 1,26,758 deaths all over the globe as on 14-4-2020.

D. Incubation Period Of Virus

Understanding the incubation period is very important for health authorities as it allows them to introduce more effective quarantine systems for people suspected of carrying the virus, as a way of controlling and hopefully preventing the spread of the virus. In incubation period (time from exposure to the development of symptoms) of the virus is estimated to be between 2 and 14 days based on the following sources.

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1) The world health organization(WHO) reported an incubation period for COVID-19 between 2 and 10 days
2) China's national health commission (NHC) had initially estimated on incubation period from 10 to 14 days
3) The united states centre for disease control (CDC) estimates the incubation period for COVID-19 to be between 2 and 14 days
4) DXY.cn, a leading Chinese online community for physicians and health care professionals is reporting an incubation period of 3 to 7 days, up to 14 days.
5) Incubation period of up to 24 days: The incubation period has been found to be as long as 24 days (range: 0.24 days – median: 3.0 days)

Comparison with other viruses

VIRUS	INCUBATION PERIOD
Novel coronavirus (COVID-19)	2 -24 or 0.24 days
SARS	2 – 7 days as long as 10 days
MERS	5 days (range: 2-14 days)
SWINE FLU	1 – 4 days as long as 7 days
Seasonal Flu	2 days (1 – 4 days range)

For comparison, the incubation period for the common flu (seasonal influenza) is typically around 2 days. Incubation period for other corona viruses: SARS 2-7 days, MERS 5 days typically (range 2-14 days)

E. Symptoms Of Virus

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease COVID -19 cases. These symptoms may appear 2-14 days after exposure (based on the incubation period of viruses.

1) Fever
2) Cough
3) Shortness of breath

If you develop emergency warning signs for COVID -19 get medical attention immediately. Emergency warning signs include,

a) Trouble breathing
b) Persistent pain or pressure in the chest
c) New confusion or inability to arouse
d) Bluish lips or face

This list is not all inclusive. please consult your medical provider for any other symptoms that are severe or concerning.

F. How To Spread

World health organization (WHO) has officially announced the corona virus outbreak as a pandemic and has predicted that the virus will most likely reach almost all the globe through virus affected persons, if he/she traveled history: by train, flight, buss, car, auto along with normal people and also give shake hand, cough, sneezing, hug and spitting in public places of infected person.

G. Facts And Rumours

As a responsible citizen, should have to know the facts on coronavirus and what is the rumors on coronavirus.

1) The more of you know about a certain issue the less fearful you may feel.
2) Make sure to access and believe only the most reliable sources of information for self protection.
3) Don't keep discussing all the time about who got sick and how. Instead learn about who got well and recovered.
4) Stick to the known advice – hand hygiene and keeping a physical distance from others is being careful about yourself and also care of others.
5) A common cold is not corona infection.
6) The symptoms of corona have been well described follow etiquette of sneezing, coughing, avoiding spitting in public places etc.,
7) Don't follow sensational news or social media posts which may impact your mental health.
8) Don't spread or share any unverified news or information further.

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9) In the people of globe, the corona infections causes mild symptoms and the person only needs to follow social distancing like he/she stops being infective usually two weeks.
10) Mild infection does not require a person to be admitted in hospital.
11) Only people who have breathing difficulties need to be in hospital most of the people recover.

H. India's Response To The Outbreak

In India, novel coronavirus has claimed over 10,260 lives in India at least 9756 have been reported, 1305 discharged and 341 death cases recorded as on 14-4-2020. So many states are affected seriously by coronavirus.

State/UTs wise details of COVID -19 cases in India as on 14-4-2020.

S.NO	STATE	CONFIRMED	ACTIVE	RECOVERED	DEATH
1	Andhra Pradesh	483	475	16	9
2	Andaman and Nicobar Islands	11	01	10	0
3	Arunachal Pradesh	1	0	1	0
4	Assam	32	31	o	1
5	Bihar	66	40	0	1
6	Chandigarh	21	12	07	0
7	Chhattisgarh	33	20	13	0
8	Delhi	1561	1500	30	30
9	Goa	07	02	05	0
10	Gujarat	650	606	59	28
11	Haryana	199	145	34	3
12	Himachal Pradesh	33	18	13	1
13	Jammu and Kashmir	278	244	30	4
14	Jharkhand	27	25	0	2
15	Karnataka	260	188	71	10
16	Kerala	387	173	211	3
17	Ladakh	17	05	10	0
18	Madhya Pradesh	730	624	51	50
19	Maharashtra	2687	2364	259	178
20	Manipur	2	01	1	0
21	Meghalaya	1	-	---	-
22	Mizoram	1	01	0	0
23	Nagaland	1	01	0	0
24	Odisha	60	41	18	1
25	Puducherry	07	06	1	0
26	Punjab	176	144	14	12
27	Rajasthan	969	888	147	3
28	Tamil Nadu	1204	1111	41	12
29	Telengana	624	516	100	17
30	Tripura	02	01	0	0
31	Uttarakhand	37	28	9	0
32	Uttar Pradesh	660	664	50	5
33	West Bengal	213	169	37	7

Source: Ministry of Health and Family Welfare Govt. of India
(The data will change day to day)

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In India, 9756 confirmed cases of the viruses have been detected which includes 42 foreign nationals across the country with 341 deaths and 1305 cases recovered so far. In response to this, the country has been taking the following steps to combat COVID- 19. The govt. of India has been taking preventive measures for control the COVID-19. The intention of govt. of India is prevention is better than cure because there is no any medicine for corona virus.

II. PREVENTION IS BETTER THAN CURE

The WHO and UNICEF have given guidelines to prevent the infection of coronavirus. People should wash their hands regularly. Cover mouth and nose while coughing or sneezing and avoid close contact with anyone suspected of being infected or showing respiratory illness symptoms. The Govt. of India has been announced lockdown for control the coronavirus, the people should follow the guidelines issued by the Govt. of India.

A. Lockdown

Lockdown is meant to prevent the spread of infection from one person to another, to protect ourselves and others. This means not stepping out of the house except for buying necessities reducing the number of trips outside, and ideally only a single, healthy family member making the trips when absolutely necessary. If there is any one in the house who is very sick and many need to get medical help. You must be aware of the health facility nearest to you.

III. SOCIAL DISTANCING/SOCIAL ISOLATION

Staying at home can be kept distance for some time and also be boring and restricting, but there is no best method to prevent the coronavirus like above cited.

A. Observing Social Distancing All At Time

There is enough of everything, every day for every one.

1) Don't panic
2) Don't rush
3) Don't overstock

During the social distancing, people should maintain some gap between them.

a) Maintain at least 1 meter distance in market places, medical shops, hospitals etc.,
b) Have patience and keep calm while shopping for essential goals medical supplies.
c) Avoid frequent trips to the market to buy groceries/medical supplies.
d) Avoid shaking hands and hugging as a matter of greeting.
e) Avoid non – essential social gathering at home.
f) Don't allow visitors at home or visit someone else's home.

IV. ISSUES AND PROBLEMS REGARDING COVID -19

Since it has entered in our country all the people are being suffered from so many problems such as mental, physical, emotional and economical problems. According to the survey, 48% adults say the pandemic has affected their mental health, and 22% says it has had a major impact, the rates are slightly higher among women. Now what we are seeing really is a global experience of anxiety, and how that is impacting our day to day lives. The outbreak of coronavirus disease 2019 may be stress full for people fear and anxiety about a disease can be overwhelming and cause strong emotions in adult and children. Coping with stress will make you, the people you care about, and your community stronger. With nearly a third of the world's population on some form of corona virus lockdown, lengthy period of isolation and "social distancing" are leading to increased feelings of anxiety, depression and stress. For some people, the anxiety comes from a fear of gathering sick or having their loved ones become ill. For other it is the economic downturn and fear of "unemployment" or having already lost a "job". For many it is uncertainty of how long this unusual isolated lifestyle will continue. There has been a steep rise in patients with mental illness since the coronavirus out break in the country. According to Indian psychiatry society the students rise in those suffering from mental illness in up to 22%. As per the survey of Indian psychiatry society at least one out of every five Indians is suffering from mental health problems. This comes amid the coronavirus pandemic spreading across the world like a global disease thereby affecting the lifestyle and economy of the world. At a time when the world is fighting the outbreak of coronavirus, which as affected lakhs across the world there is a massive spike in the patients suffering from mental illness.

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A. Losing Their Jobs

In the lockdown period that has made people live in fear of losing their business, jobs, earnings, savings or even basic resources. Dr. Manu tiwari, Head of development of Mental Health and behavioural sciences in fortis hospital, speaking exclusively to India today, He said that the lockdown has had a massive impact on the lifestyle of people. They are staying indoors with limited resources so that they are suffering from anxiety, panic attacks and ever alcohol withdrawal symdrome. During the social distancing and lockdown, the people are trying to use tobacco, alcohol and other drugs.

B. Stress During An Infectious Time

If you use of tobacco or alcohol or other drugs to cope with emotions or boredom can worsen physical, mental health and reduce immunity.

Stress during an infectious disease outbreak can include

1) Fear and worry about your own health and the health of your loved ones.
2) Changes in sleep or eating patterns.
3) Difficulty sleeping or concentrating
4) Worsening of chronic health problems
5) Worsening of mental health
6) Increased use of alcohol, tobacco or other drugs.

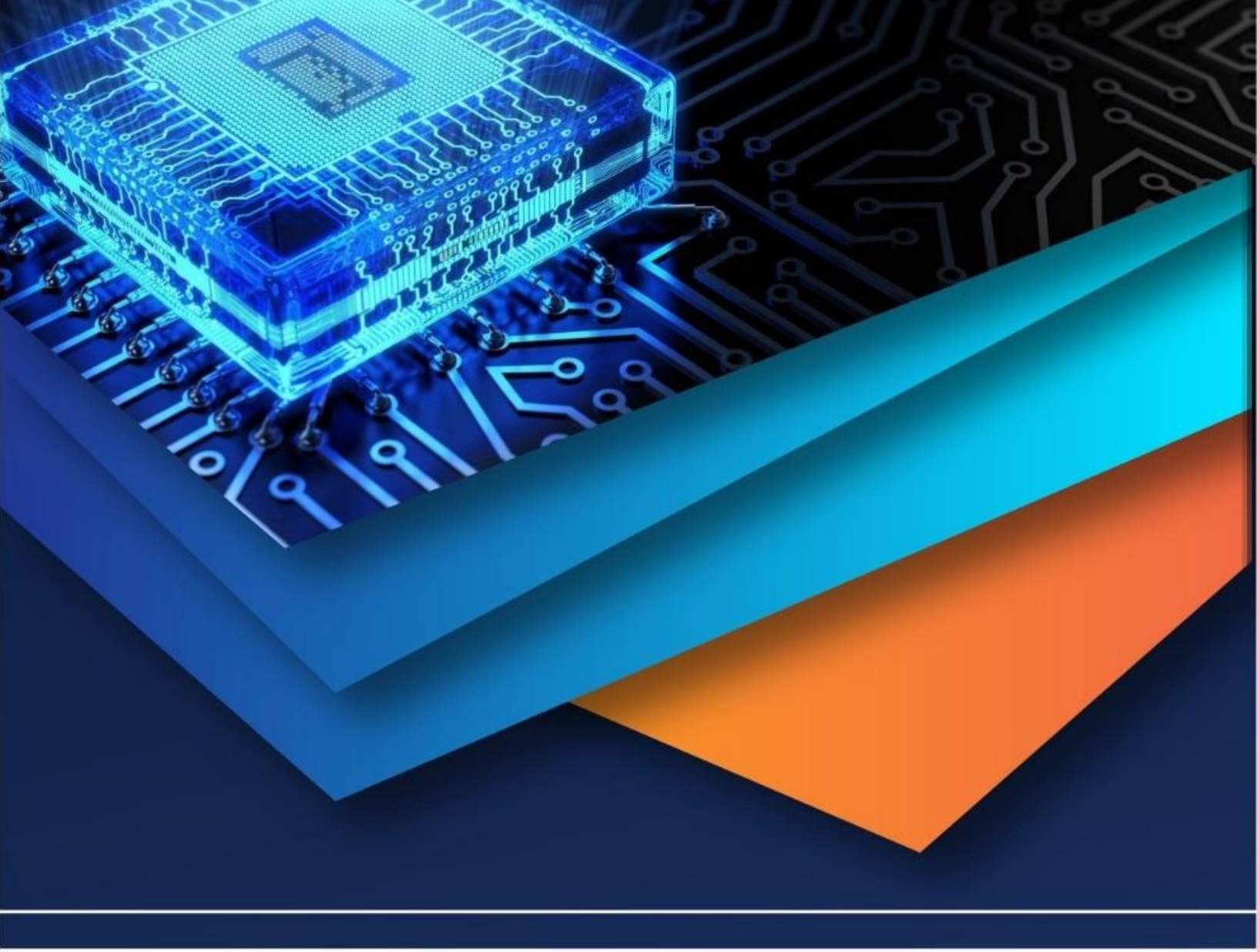
V. CONCLUSION

Conclusions on the basis of this information, there is evidence that human to human transmission has occurred among close contacts since the middle of December – 2019, Considerable efforts to reduce transmission will be required to control outbreaks. If similar dynamics apply elsewhere measures to prevent or reduce transmission should be implemented in population at risk. Every individual should follow the preventive guidelines given by WHO AND UNICEF. To protect yourself, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times. Handle raw meat, milk or animal organs with care to avoid contamination of uncooked foods and avoid consuming raw or under cooked animal products. People should have to take preventive measures to reduce control the covid-19, and also do physical exercises every day and evening hours do practicing meditation for reduce stress and anxiety regarding coronavirus. kindly request to all better to stay home until the control of the coronavirus, and be safe.

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