BioSpectrum
the business of Bi
24 years of leveraging the business of Bio
www.biospectrumindia.co

Preparing for Coronavirus

04 March 2020 | Views

Dr Sushant Chhabra, HOD-Emergency Medicine, Manipal Hospitals, Dwarka shares advisory on Coronavirus



Coronavirus belongs to a family of viruses whose infection can cause illness, cold and more severe disease. In the past, we had severe outbreaks of coronavirus infections. We have seen Severe Acute Respiratory Syndrome (SARS) caused by Coronavirus and another was Middle East Respiratory Syndrome (MERS).

What is this new virus?

A new virus has come up from Wuhan city of Hubei Province in China and it has been labelled as COVID 2019.

Where do these coronaviruses come from?

These coronaviruses are found in a white variety of animal species. So the SARS came from coronavirus transmitted from civet cats and the MERS came from camels. So we still not sure where this new coronavirus came from.

Cause

This is suspected to come from the seafood market at Wuhan and several known coronaviruses circulated in animals have not yet affected humans.

Coronaviruses are an extremely common cause of cold and upper respiratory infections. These viruses are zoonosis which means it can affect certain animals, straight from one animal to another animal. Coronaviruses are potentially stricted to human particularly if the certain mutation occurs in the virus.

Symptoms

The symptoms of coronavirus infection include cough possibly with the fever and shortness of breath. There is some early report of non-respiratory symptoms nausea, vomiting and diarrhoea. Some people recover within a few days. However some people such as extreme age groups such as children, elderly and people with compromised immunity. People who might be on chemotherapy or those who have long term steroids therapy are also vulnerable groups and they might develop a more serious infection such as bronchitis or pneumonia.

Prevention:

The World Health Organisation has issued detailed Guidelines for reducing the risk of Coronavirus. As caregivers, we also strongly recommend following preventive measures:

- Clean hands with soap and water or alcohol-based hand rub
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Do not use or eat uncooked meat and eggs
- Avoid close contact with people coronavirus infection
- No unprotected contact with live wild or farm animals