

CAUSE, CONSEQUENCES AND PRECAUTIONS WITH REFERENCE TO COVID-19 IN INDIA

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Abstract

The world is facing biggest crisis after Warfare II. Almost every country has been suffering from the disastrous coronavirus disease (COVID-19). The breakout of COVID-19 the Corona virus has been declared a Public Emergency of International Concern (PHEIC) and also the virus at the moment spread to several countries of the global and territories. Over 4.97 million people had been suffering from COVID-19 and about 327K people had died worldwide till 21st May. In India till 21st May there are 112k confirm cases recorded, 45,300 people are recovered and 3,435 deaths were recorded. Indirectly, billions of individuals are tormented by the impact of the world pandemic of COVID-19. Many things are still unknown about COVID-19 and causes of COVID-19. It's transmitted through direct contact with respiratory droplets (generated through coughing and sneezing) of an infected person. Individual may infect from touching surfaces contaminated with the virus and touching their face. This virus can present couple of hours in air also. COVID-19 is transmitted through direct contact with respiratory droplets of an infected person. Individual may infect from touching surfaces contaminated with the virus and touching their face. To forestall further transmission it's important that communities take action to further transmission, reduce impact of the Corona virus and support control measures. Government of India taking all necessary steps to face challenge of COVID-19. With the active support of citizens and warriors of India, India are ready to contain the spread of the virus in country. It's important to empower the citizens with the correct information and taking precautions as per advisory being issued by the Ministry of Health and Family Welfare to forestall the spread of community transfer of virus.

Keywords:- corona virus, pandemic, precautions, transmission, measures, COVID-19.

INTRODUCTION

COVID-19 is new disease caused by a new exertion of corona virus. In word COVID-19 "CO" stands for corona, "VI" stands for virus and "D" stands for disease. This disease referred as 2019 novel corona virus or 2019-nCov. The COVID-19 is a new virus to the same family of viruses as severe acute respiratory syndrome (SARS) and some kind of common cold or Flu. According to UNICFF report corona virus has 2 type of strain- "L" type and "S" type. S type of strain of Corona virus can carry longer time in human body before going to hospital, which increases the risk of passing it. L type of strain has been dominant where more mortality rate is reported among the COVID-19 patients. High rate of mortality rate of COVID-19 cases in Gujarat can be "L" type of strain.

SYMPTOMS OF COVID-19

Symptoms of COVID-19 are kind of like to the flu or cold. Different people infected in different ways. It will take 5-15 days to develop symptoms of COVID-19 in human body. Some common symptoms of COVID-19 are as follows:-

- Fever
- Tiredness
- Dry cough
- Shortness of breath
- Sore throat
- Nasal congestion

Some new symptoms are recognized:-

- Loss of smell and taste
- Muscles pain
- Intense chill

Moreover, in India cases recorded that have no symptoms of COVID-19. This will lead to the community spread of COVID-19. This is often testing is required to substantiate if someone has COVID-19. Older people with chronic medical condition such as heart disease, blood pressure and diabetes appear to be most as risk of community transfer of virus. It is possible that any age is often infected with the COVID-19. In India around 75% deaths recorded due to corona virus is between the cohort of 45-75 year.

TRANSMISSION OF COVID-19

The COVID-19 can be transmitted through respiratory channel from a sick person in three ways:-

- Direct transmission:- The COVID-19 transmitted through respiratory droplets if symptomatic person sneezing or coughing the small liquid droplets from their nose or mouth which may contain virus and if someone is too close, they can breathe in the droplets including the Corona virus.
- Aerosol transmission:-The COVID-19 virus can spread without direct interaction with infected person it is possible that this virus can be remain feasible in up to 3 hours . This is how other people can infect through air.
- Indirect transmission:- This virus is transmitted by respiratory droplets of infected person if symptomatic person touches any object and the virus transfers to that object(ex. Book, mobile, carry bags, clothes etc.) and if individual touches that object COVID-19 transfer to that individual and touches their mouth, eyes and nose . In this way a single symptomatic person can spread COVID-19 more than 400 people.

PRECAUTIONARY MEASURES OF COVID-19

To prevent or to Stop spread of COVID-19 the following are some simple precautions should follow.

- Regularly and rigorously clean hands with an alcohol-based hand sanitizer or wash them with soap and water because washing hands with soap and water or using alcohol-based hand sanitizer may disinfect viruses that may be on hands.
- Maintain 1-meter (3 feet) distance between yourself and others. If someone coughs, sneezes, or speaks they drizzle small liquid droplets from their nose or mouth which may carry virus and if someone is too close, they can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Where people come together in crowds, it is more difficult to maintain physical distance of 1 meter (3 feet).
- Avoid touching eyes, nose and mouth. Hands touch many objects and can pick up viruses. Once contaminated, hands can transfer the virus to eyes, nose or mouth. From there, the virus can enter in body and infect the person.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering mouth and nose with bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Droplets spread virus. By following good respiratory hygiene, you protect from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring supplies. If need to leave house, wear a mask to avoid infecting others. Because Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If someone have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of local health authority. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or local and national health authorities like Ministry of Health and Family Welfare, Government of India launched Arogya Setu app to give true information or educate the citizens etc. Local and national authorities are best placed to advise on what people in area should be doing to protect themselves.

OBJECTIVE

- The country is suffering from pandemic situation and in this time to create awareness about the various aspects of COVID-19 and to know the major consequences to find out the way to face the pandemic and look at future picture after the pandemic.

CONSEQUENCES OF COVID-19

Every situation has two aspects. COVID-19 also have positive and negative consequences. India became global leader of the to face this pandemic situation because of its better management. The positive consequences to face COVID-19 situation the following are the initiatives taken:-

Government initiatives:- Government of India takes various initiatives to prevent or educate or spread awareness among the citizens of country. Government of India announced a 1st nationwide lockdown on 24th March at micro level and limits the activities which plays a biggest role to control the spreading corona virus all over country today. The other macro level initiatives take by government of India are as follows:-

- Government of India launches Arogya Setu mobile application to educate and help to make informed with correct information to the citizens of country.
- YUKTI web portal introduced to monitor and record the initiative by the ministry to warfare COVID-19 with knowledge technology and innovation.
- Under ujjwala schemes government of India providing 8.3 crore poor females free refills LPG for three months.
- Finance minister announced 1.70 lakh crore relief Fund to cop up with the pandemic situation.
- Government of India release the 12 million MT of food grains under the garib kalayan yojana. They also deposit 500 rupees in women's jan dhan account for 3 months.
- Government of India also providing medical insurance coverage of 50 lakh per person to health workers and policies who are fighting the Corona virus pandemic.
- Government of India announced 20 lakh crore relief packages. Which is divided in 5 parts. In the first tranche that provided credit line to small businesses and support to shadow banks and electricity distribution companies. The second tranche included free food grain to stranded migrant workers for two months and credit to farmers, totaling rupees 3.10 lakh crore. In third tranche rupees 1.5 lakh crore spending on agriculture infrastructure and other measures of agriculture allied sector. The fourth and fifth tranche include 48,100 crore rupees which dealt with structural reforms.
- Government of India conducting a certified quiz on COVID-19 in spreading awareness about corona virus.
- Government of India starts helpline number and different states also started their helpline numbers.
- The hospitals which takes almost one year of time to build they are ready within 10 days.

Initiatives taken by individuals/citizens of country:-

NO.	STATES	INITIATIVES
1.	Uttarakhand	<ul style="list-style-type: none"> • Saluting the COVID-19 Hero's.
2.	Madhya Pradesh	<ul style="list-style-type: none"> • Creative Quarantine. • Inviting suggestions for fighting COVID-19.
3.	Manipur	<ul style="list-style-type: none"> • Poll on the best protective measure in fighting against COVID-19. • Discussion on ways to contain COVID-19.
4.	Assam	<ul style="list-style-type: none"> • 5 books/movies to indulge in during lockdown. • How to beat home for 21 days.
5.	Arunachal Pradesh	<ul style="list-style-type: none"> • Share views and opinions on how we can fight COVID-19.
6.	Haryana	<ul style="list-style-type: none"> • Share your stories, ideas and suggestions for the fight against COVID-19.
7.	Himachal Pradesh	<ul style="list-style-type: none"> • Send us your ideas and suggestions to prevent corona virus in Himachal Pradesh.

To fight against the COVID-19 the citizens of the country also take participate to face the challenge of pandemic as follows:-

- The Prime Minister's Citizen Assistance and Relief in Emergency Situations Fund was created on 28 March 2020, to face the challenge of COVID-19 pandemic in India. More than 6500 crore rupees donated by the citizens of the country in Prime minister's Citizen Assistance and Relief in Emergency Situation Fund.
- Everyday more than 4.5 lakh food packets distributed by the NGO'S, community kitchens, Organization's to the poor people of the country to meet their hunger. Dry ration also distributed to the poor people of the country to meet the hunger .
- Free distribution of face mask and alcohol-based hand sanitizer taken by the different NGO'S, Organization's, individuals, companies , even though people made homemade masks and distribute to prevent the spread of COVID-19 in country.
- India continues fighting against COVID-19 with the help of nationwide corona virus health care workers and police staff of country.
- Different types of short films are made to increase awareness about the COVID-19 in India.
- Different actors and other social networking popular images educate and spreading the awareness and motivate the country to fight against the pandemic.

Initiatives taken by educational institutions:- Different educational institutions takes various initiatives as follows:-

- Various educational institutions organized various quiz competition related to COVID-19 and also providing certificate this will increase the awareness among the students about corona virus.
- Different universities organized webinar on sharing ideas, suggestions to contain the situation of pandemic.
- Schools and colleges had started online classes to meet the social distancing and no loss of the student's education.
- Researchers conducting various research to find out the various aspects related to the COVID-19.

CONSEQUENCES ON ECONOMY

The consequences of COVID-19 on economy can lead any of the situation like stagnation, progression, regression, recession. On overall economy possibility of 3 type of curve can arise, the L shape curve, U shape curve and V shape curve. The L shaped curve is most dangerous outcome, in this situation the deep declined in economy and after that doesn't recover for a significant time. The next possibility curve is U shaped curve in this situation declining in growth of economy and stagnant for some time than recover the economic situation. The V shape curve declining sharply and quickly and sharply recovers and frames V shaped curve. Among these scenarios there are business can also fall in 3 categories. The first one is winner businesses, the business which takes advantage of this pandemic situation or business which early adopt changes and try to grow up with the situation like Amazon, Netflix, e-commerce websites, pharmaceutical companies etc. The next looser businesses, this industry affected majorly by the pandemic situation and faces non recoverable losses like travel industry, investment industry, construction industry etc. Third business are intermediate businesses, they can be on winning side or looser side depends on the economic situation after the pandemic like banking sector, health care sector, manufacturing companies etc. According to CIME (centre for monitoring Indian economy) report till 20th April 14 crore people lost their jobs in India and according to CII (confederation of Indian economy) till the may end 30 crore population can lost their jobs which is almost 30% of the employed population of country this may lead loss of income, career and benefits and purported increases in crime. People may face physical and emotional health loss too.

SUMMARY

For growth or L shaped economic curve country needs faster adoption of newer technology and ready to take long term geopolitical advantages. Another thing is country should try to increase consumption and foreign investments. Granting loan and helping small business help to country to grow after pandemic situation. Waving off electricity bills for commercial businesses, multiplying the involvement of private sector for speed and scale also helps in saving the economy of the country. COVID-19 infection rate in India remains low if we see the population size of the country. In India the infection rate is low as compared to the other countries whose population size are smaller than the India. There is no vaccine for the prevention or treatment of the virus is available. Awareness, social distancing, education and proper guidelines followed by the citizens. It is advised to people to stay at home, less traveling maintaining social distancing and WHO issued safety recommendations to taking simple precautions against the COVID-19. People are advised to eat healthy, fresh, cooked food, try to boost up immune system, do simple exercises regularly to prevention from the virus. Stay at home is fundamental safety that limits the transmission on virus. Maintain regular health life style, physical activities and exercise is the strategy to remain healthy during this pandemic.

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