

Novel Corona Virus: An Alarming Problem

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Abstract

Novel corona virus is a very serious public health threat. Corona virus infection is a zoonotic viral disease. Centers for Disease Control and Prevention (CDC) reported that illnesses have ranged from people with little to no symptoms. The signs of infection include fever, cough, shortness of breath and difficulty in breathing. There is currently no vaccine to prevent coronavirus infection. The best way to prevent infection is to avoid being exposed to this virus.

Keywords: Novel corona virus; Middle east respiratory syndrome coronavirus; Severe acute respiratory syndrome corona virus.

Introduction

Novel corona virus is a very serious public health threat. Corona virus infection is a zoonotic viral disease. Corona viruses were first identified in the 1960s. They got this name because of their crown like shape. Coronavirus belongs to a large family of viruses and commonly found in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS (Middle East Respiratory Syndrome Coronavirus), SARS (Severe Acute Respiratory Syndrome corona virus), and now with 2019 Novel corona virus.

Corona virus spread among human through infected people coughing & sneezing, by touching an infected person's hand or face, or by touching things such as doorknobs that infected people have touched. Corona virus causes an infection in your nose, sinus or upper throat.

Signs & Symptoms

Novel coronavirus (named "2019-nCoV") that was first detected in Wuhan City, Hubei Province, China. The complete clinical picture of novel coronavirus is still not fully clear. Centers for Disease Control and Prevention (CDC) reported that illnesses have ranged from people with little to no symptoms¹.

According to the World Health Organisation, the signs of infection include fever, cough, shortness of breath and difficulty in breathing. In severe cases people will develop pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period of the coronavirus remains unknown. It could be between 10 and 14 days. The symptoms may appear in as few as 2 days or as long as 14 days after exposure².

Diagnosis

CDC has developed a real time Reverse Transcription-Polymerase Chain Reaction (rRT-PCR) test that can diagnose 2019-nCoV in respiratory

and serum samples from clinical specimens.

Prevention

There is currently no vaccine to prevent coronavirus infection. The best way to prevent infection is to avoid being exposed to this virus. CDC recommends the following preventive actions which helps to prevent the spread of respiratory viruses:

- Wash hands often with soap and water frequently.
- Avoid touching your eyes, nose, and mouth with dirty hands.

- Avoid close contact with sick people.
- Stay home when you are sick.
- Cover your nose and mouth while coughing or sneezing¹.

References

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2. World Health Organization, 2020 <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.