

Corona virus (Covid 19) in India

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What is corona virus

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus causes coronavirus disease COVID-19.

What is COVID-19

The global COVID -19 pandemic resulted from Beijing's mishandling outbreak of corona virus in the city of Wuhan, China 2019.

COVID-19 is the infectious disease caused by the most recently discovered corona virus.

This new virus and disease were unknown before the outbreak began in Wuhan.

What are the symptoms of COVID-19

- ❖ The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.
- ❖ These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment.
- ❖ Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.
- ❖ Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread

- ❖ People can catch COVID-19 from others who have the virus.
- ❖ The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
- ❖ These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.
- ❖ People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets
- ❖ This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

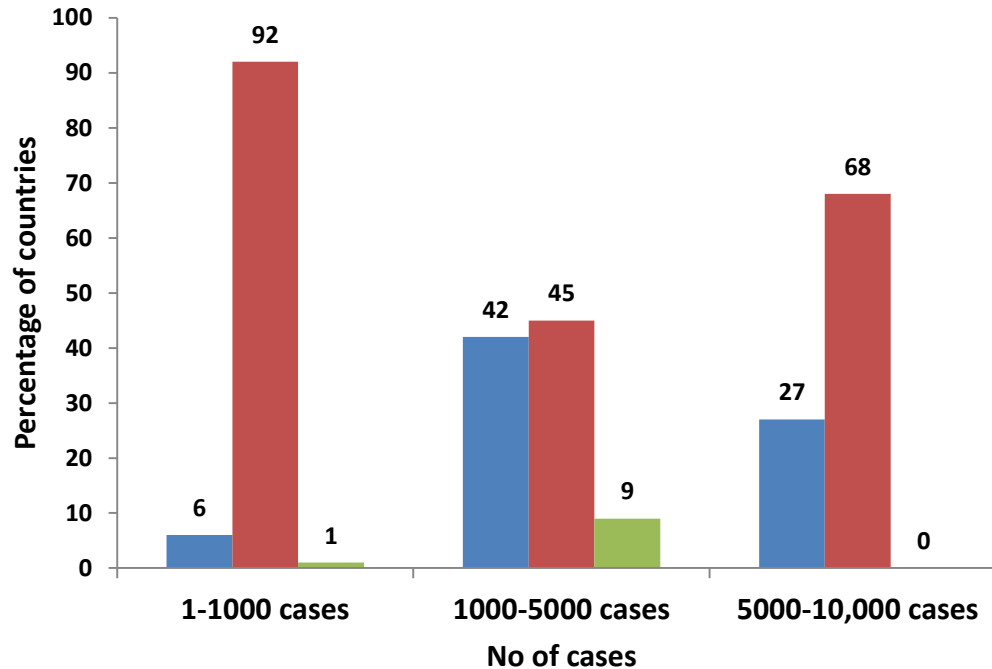
Cases in India

- ❖ Total number of confirmed Covid-19 cases in India has reached 11,439, and 377 people have died from the highly contagious virus so far. Globally, 126,811 people have died from Covid-19 and confirmed infections have reached 2,004,383. The Ministry of Home Affairs today issued coronavirus guidelines for lockdown 2.0, permitting all agricultural, e-commerce and construction activities from April 20 in regions that have been successful in containing the spread of the virus. The government has also allowed manufacturing in special economic zones (SEZs). Services like plumbing and electricals have also been permitted.
- ❖ Even so, the problems faced by migrant workers, especially in metro cities, continue. Thousands of migrant labourers had tossed away social distancing norms and swarmed at Mumbai's Bandra railway station. “We just want to go home,” one worker had told a TV channel.

PROGRESSION OF CASES

Twenty two countries have more than 10,000 COVID- 19 cases each and India is one among them. But India's cases progression has been slower compared to some of these countries. India's testing rates are still among the lowest in the world. The chart shows the % of countries that took more days or fewer days than India to cross a certain jump from 5000 to 10,000 cases, while 68% countries took fewer days. The more days a country takes to reach a mark, the better.

Progression of cases



However it is important to note that fewer nations now are crossing these marks. Of the nations which crossed the 1,000 cases mark, only 22 crossed the 10,000 mark.

No of nations 72

33

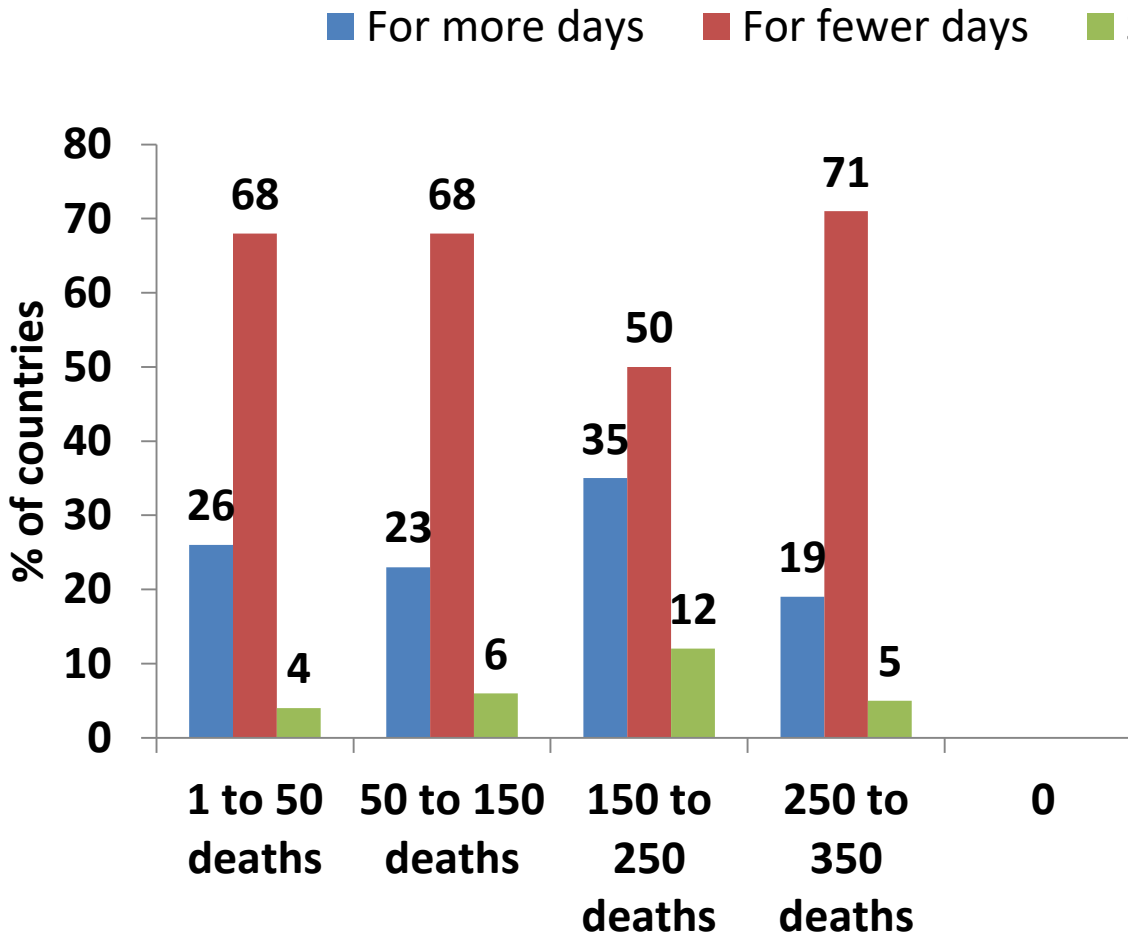
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■ More days ■ Fewer days ■ Same no of days as India

Progression Of Deaths

The chart shows the % of countries which took more days or fewer days than India to cross a certain number of death. For Instance 19% countries took more days than India to jump from 250 to 350 deaths, while 71% countries took fewer days. The more days a country takes to reach a mark, the better.

PROGRESSION OF DEATHS



However it is important to note that fewer nations now are crossing these marks . Of the 53 nations which crossed the 50 deaths mark, only 21 reached the 350 mark

No of Nations 21

53

31

26

LAGGING BEHIND

- India's testing rates continue to be poor compared to other countries. The table compares tests per million population in select countries as of March 24, April 3 and April 13. India's testing rate as of April 13 was still behind the listed countries' March 24 rate, except Pakistan's

Country	March 24	April3	April13
Isreal	3,900	11,700	18,600
Italy	4,915	10,,259	17,327
Australlia	5,600	10,900	14,,300
S,Korea	6,751	8,585	10,046
U.S.	2,974	6,315	10,042

Country	March24	April3	April13
Malaysia	700	1,300	2,5002006
Ecuador	200	600	1,400
S.Africa	300	900	1,400
U.K.	1,361	2,615	4,374
Japan	193	312	622
Pakistan	28	200	300
India Source: Johns Hopkins University,	17 Nations' health	5 1 ministries	161

Myth busters for Corona Virus

- ❖ **5G mobile networks DO NOT spread COVID-19**
- ❖ Viruses cannot travel on radio waves/mobile networks.COVID-19 is spreading in many countries that do not have 5G mobile networks.
- ❖ **COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose**
- ❖ Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19)
- ❖ **You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19.** To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.
- ❖ **(COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.**
- ❖ Most of the people who catch COVID-19 can You can recover from the coronavirus disease recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care. Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the corona virus.

- ❖ **Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.**
- ❖ The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous. Drinking alcohol does not protect you against COVID-19 and can be dangerous
- ❖ **Frequent or excessive alcohol consumption can increase your risk of health problems.**
- ❖ *COVID-19 virus can be transmitted in areas with hot and humid climates*
- ❖ From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.
- ❖ **Cold weather and snow CANNOT kill the new coronavirus.**
- ❖ There is no reason to believe that cold weather can kill the new corona virus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new corona virus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

- ❖ Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose
- ❖ **The new corona virus CANNOT be transmitted through mosquito bites.**
- ❖ To date there has been no information nor evidence to suggest that the new corona virus could be transmitted by mosquitoes. The new corona virus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.
- ❖ To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

We can save ourselves by adopting these measures

- ❖ Adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.
- ❖ Also, avoid close contact with anyone who is coughing and sneezing.
- ❖ 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 undercooked animal products.
- ❖ The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue, and
- ❖ Maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing

7 WAYS TO NATURALLY DE-STRESS AT HOME



sit in the sun



meditate



take a bath



write in a journal



listen to a podcast



create something



savor a cup of tea

Precautions in wearing masks

- ❖ Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough
- ❖ . Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
- ❖ Take the mask and inspect it for tears or holes.
- ❖ Orient which side is the top side (where the metal strip is).
- ❖ Ensure the proper side of the mask faces outwards (the coloured side)
- ❖ Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
- ❖ Pull down the mask's bottom so it covers your mouth and your chin
- ❖ After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
- ❖ Discard the mask in a closed bin immediately after use
- ❖ Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

How long does the virus survive on surfaces?

- ❖ It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other corona viruses.
- ❖ Studies suggest that corona viruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days.
- ❖ This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others.
- ❖ Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.
- ❖ Stay home, stay safe.

Conclusion

- ❖ Illness due to COVID-19 infection is generally mild, especially for children and young adults.
- ❖ However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care
- ❖ .It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.
- ❖ We can channel our concerns into actions to protect ourselves, our loved ones and our communities.
- ❖ First and foremost among these actions is regular and thorough hand-washing and good respiratory hygiene.
- ❖ Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.