

## An overview on corona virus a global pandemic outbreak

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### ABSTRACT

The current COVID-19 pandemic is not well known as it is unmatched with other outbreaks over the past several decades. Coronavirus disease (COVID-19) is a highly contagious disease caused by a newly identify coronavirus. COVID-19 disease most of the patients experience mild to moderate symptoms and recover without special treatment. As it is highly contagious disease prevention and slowdown of transmission of COVID-19 virus, is paramount. Practice respiratory etiquette can prevent COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, washing hands or using an alcohol-based rub and avoid frequent touching of face. Presently there are no specific vaccines or treatments available for COVID-19. Many ongoing clinical trials evaluating potential treatments.

**Keywords:** COVID-19, Pandemic, Virus, SARS-CoV-2

In 17 November 2019 first case of coronavirus was traced and in December it was reported as coronavirus in Wuhan the capital of central China Hubei province and then rapidly spread to all china and the world. This new type of coronavirus was named as novel coronavirus (COVID-19). Coronaviruses are positive single-stranded RNA viruses surrounded by an envelope and belongs to the family Corona viridae. They are classified into four genera: Alpha-, Beta-, Gamma-, and Deltacoronavirus. Till now around seven human coronaviruses (HCoV) have been identified in which alpha - coronaviruses HCoV-NL63 and HCoV-229E and the beta coronaviruses HCoV-OC43 and HCoV-HKU1 normally cause common colds, but also severe lower respiratory tract infections, especially in the older and children<sup>1</sup>. The Beta coronavirus SARS-CoV (severe acute respiratory syndrome coronavirus), MERSCoV (Middle East respiratory syndrome-related coronavirus), and the novel SARS-CoV-2 (severe acute respiratory syndrome coronavirus<sup>2</sup> cause severe respiratory syndrome and are often fatal<sup>3</sup>. SARS-CoV-2 attacks organs such as heart, intestine, blood vessels and lungs. In the lungs, the virus causes respiratory distress by targets cells present in the lining of the lungs (called pneumocytes). This, in turn, leads to reduce oxygen levels in the blood and finally to death. This current outbreak of coronavirus disease (COVID-19), caused by the severe acute respiratory syndrome, continues to spread, and as of april 11, 2020, it has reached 213

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countries, with 1614951 cases and 99887 deaths. The COVID-19 infect humans and can be transmitted from person to person<sup>4</sup>.

### ***Causes***

It can be spread through respiratory droplets, mucosa (mouth and nose), conjunctiva (eyes) and in close contact (within 1 m) with infected person and also through indirect contact with surfaces in the immediate environment or with objects used by the infected person<sup>5</sup>. The incubation period can be 2 weeks<sup>6</sup> and even longer. Besides, the virus can spread during the incubation period or recessive infection, which makes it difficult to identify those suspected cases without clinical symptoms for rapid control.

### ***Symptoms***

Symptoms which commonly seen in Covid19 infected person are respiratory symptoms like coughing or sneezing, breathlessness or difficulty in breathing, invasive lesions on both lungs of the patients, fever, potential loss of taste or smell. It can spread to the lower respiratory tract and cause viral pneumonia. In severe cases, patients suffer from dyspnea and respiratory distress syndrome.

## **PRECAUTION AND MANAGEMENT**

As it is known that till date no vaccine for covid 19 was developed “Lockdown” is the most common and successful strategy aimed to prevent a chain reaction. It has been found that it is spread through droplet and close contact with infected patient, so it was advised to wash hand in regular basis specially before touching the face and conjunctiva<sup>7</sup>. Some other preventive measures like wearing masks and goggles are very effective to prevent potential infections. Self isolation and not allowed occupants to go out of their communities. When Covid19 symptoms arise contact medical supervisors immediately. As it is known that all the studies related to Covid-19 vaccine are under different phases of clinical trials. These vaccines may become accessible in the near future, but it will take time to reach the market as it depends on the efficacy and success in all three phases of clinical trials. Temporarily medicines like anti-HIV drugs Lopinavir/Ritonavir are currently used in combination. Nucleoside analogues (e.g. ribavirin), Neuraminidase inhibitors (e.g. oseltamivir), Remdesivir, abidol hydrochloride, RNA synthesis inhibitors (such as Tenofovir disoproxil fumarate, TDF), anti-inflammatory drugs (such as hormones and other molecules), are being used as treatment options for COVID-19, but their efficacy and safety of these drugs are yet to be clinically observed in treatments<sup>8</sup>. Additionally, an antimalarial drug used in a combination including chloroquine, and has also been proposed for clinical usage and recommended by the clinical diagnostics solution released by the National Health Commission of China.

## **CONCLUSION**

This overview based on many studies has been published within different scientific disciplines with the aim to control and prevent this pandemic. This pandemic will surely be ended with the continuous efforts of both research and medical teams with the corporation of country people and international multi-sectoral bodies.

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#### ***Conflict of Interest***

The author declared no conflict of interest.

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