

## Mitigating COVID19: Preventive Measures **Sreevani Reddy\***

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### Abstract

COVID-19 is an infectious disease caused by extreme acute coronavirus 2 respiratory syndrome (SARS-CoV-2). In December 2019, in Wuhan, China, the first case was found. Since then, the disease has spread internationally, resulting in an ongoing pandemic. A group of associated RNA viruses that cause diseases in mammals and birds are coronaviruses. They trigger respiratory tract infections in humans and birds that can range from mild to lethal. Some cases of common cold (which is often caused by other viruses, mainly rhinoviruses) include mild illnesses in humans, whereas more lethal variants can cause SARS, MERS, and COVID-19 among cows and pigs.

**Keywords:** Respiratory Tract Infections, SARS, MERS, COVID-19, Rhinorrhea, Aerosols

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## Introduction

### Symptoms

COVID-19 symptoms are complex, ranging from mild symptoms to serious illness. Headaches, loss of smell and taste, nasal congestion and rhinorrhea, cough; muscle pain, sore throat, fever, diarrhea, and trouble breathing are common symptoms. People with the same infection may have multiple symptoms and, over time, their symptoms may change in individuals with no previous face, nose and throat infections.

After an infected person coughs, sneezes, sings, talks or breathes, COVID-19 spreads from person to person, primarily via the respiratory pathway. A new infection develops when other individuals who are in close contact with the infected person get into the mouth, nose, or eyes with virus-containing particles exhaled by an infected person, like respiratory droplets or aerosols via human-to-human transmission.

### Prevention Tips

To help protect you from contacting and transmitting SARS-CoV-2, follow the instructions.

**Clean your hands carefully and regularly:** Using soap and warm water and rub your hands for a minimum of 20 seconds. Work your wrists, between your fingertips, and under your fingernails with the lather. You can also use soap with antibacterial and antiviral agents.

**Refrain from rubbing your face:** SARS-CoV-2 can live for up to 72 hours on some surfaces. You can get your hands on the virus if

you hit a surface like: Handle of gas pump, your mobile phone, Stop touching, including your mouth, nose, and eyes, every part of your face or head. Stop chewing your fingernails as well. This can provide an opportunity for SARS-CoV-2 to travel from your hands into your body. Often, several times a day, disinfect your phone, laptop, and everything else you use daily. After you carry food or packages into your house, disinfect the areas.

**Take physical distance seriously (socially):** Physical (social) distance also means, where feasible, staying at home and working remotely. Maintain a distance of 6 feet (2 m) from other citizens if you have to go out for necessities.

**Do not collect in groups:** Being in a party or meeting makes it more probable that someone would be in direct touch with you.

**Wear a mask (homemade):** The Centers for Disease Control and Prevention (CDC) recommends Trusted Source that in public settings where physical distance can be difficult, such as grocery stores, almost everyone wears a cloth face mask. These masks can help prevent individuals who are asymptomatic or undiagnosed from transmitting SARS-CoV-2 when they breathe, speak, sneeze, or cough when used correctly.

**Self-quarantine while ill:** Should you have any symptoms, call your doctor. Before you heal, stay home. Even if you live in the same house, stop sitting, sleeping, or having food with your loved ones. Carry a mask and wash your hands to the fullest degree possible. Carry a mask if you require immediate medical attention and let them know that you might have COVID-19.