



Covid 19: At A Glance With A Minor Survey Report

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COVID-19 is an irresistible illness brought about by a newfound coronavirus. In December 2019, a bunch of extreme pneumonia instances of obscure reason was accounted for in Wuhan, Hubei territory, China. [1] This is recognized as a novel strain of SARSCOV-2 generally known as COVID – 19. This virus has a place with a similar group of viruses that cause severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) [2] On 30 January 2020, the WHO announced that the SARS-CoV-2 episode established a Public Health Emergency of International Concern. [3] Finally, on March 11, 2020 COVID-19 flare-up has pronounced a worldwide pandemic. [4] The COVID-19 infection spreads fundamentally through beads of salivation or release from the nose when an infected individual hacks or wheezes, [5] so it's significant that everybody should rehearse respiratory manners (for instance, by hacking into a flexed elbow). Coronavirus influences various individuals in an unexpected way. Most tainted individuals will create mellow to moderate sickness and recuperate without hospitalization.

Novel COVID-19 "can regularly present as a typical cold-like sickness," Most individuals contaminated with the COVID-19 infection may recuperate without requiring special therapy. Geriatric people and those with hidden clinical issues like cardiovascular sickness, diabetes, persistent respiratory infection, and disease are bound to develop serious illness. [6]

Most common symptoms	Less common symptoms	Serious symptoms
Fever.	Aches and pains.	Difficult breathing or shortness of breath.
Dry cough.	Sore throat.	Chest pain or pressure.
Tiredness.	Diarrhea.	Loss of speech or movement.
	Conjunctivitis.	
	Headache.	
	Loss of taste or smell.	
	A rash on skin, or discolouration of fingers or toes.	

Table1:- List of symptoms according to intensity of disease [7]

Look for immediate clinical consideration in the event if you have serious side effects. Always call prior to visiting your physician or health care professional. On average it takes 5–6 days from when somebody is tainted with the virus for symptoms to show, anyway it can take as long as 14 days. [8]

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands with soap or using an alcohol based sanitizer rub frequently and not touching your face. [9]

The most ideal approach to forestall and hinder transmission is to be very much educated about the COVID-19 infection, the sickness it causes and how it spreads. Shield yourself as well as other people from contamination by washing your hands with soap or utilizing liquor based sanitizer frequently and not contacting your face. [9]

To prevent infection and to slow transmission of COVID-19, do the following: [10-11]

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 meter distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

There is no particular antiviral treatment suggested for COVID-19, and no vaccine is presently accessible. The treatment is suggestive, and oxygen treatment speaks to the initial step for tending to respiratory impedance. Non-intrusive (NIV) and invasive mechanical ventilation (IMV) might be vital in instances of respiratory failure refractory to oxygen treatment. [12]

Although, several medicines have been repurposed based on clinical effects such as lopinavir/ritonavir (400/100 mg orally every 12 hours); Chloroquine (500 mg every 12 hours), and hydroxychloroquine (200 mg every 12 hours) etc. are proposed as immunomodulatory therapy. [13-14]

Elevated level of consideration should be paid to comorbidities in the treatment of COVID-19. Complete attention should be paid to the treatment of the pre-existing comorbidities of the individual while treating pneumonia, particularly in aged patients with serious comorbid conditions and poly pharmacy. [15]

Coronavirus may likewise make harm different organs, for example, the heart, the liver, and the kidneys, as well as to organ systems, for example, the blood and the immune system. Patients die of numerous organ failure, shock, intense respiratory distress disorder, cardiovascular breakdown, arrhythmias, and renal failure. [16]

An enormous number of COVID-19 vaccines dependent on different platforms have just been recognized. As indicated by WHO "vaccine must provide a profoundly ideal advantage-hazard contour; with high adequacy, just gentle or transient antagonistic impacts and no serious complications." The vaccine must be appropriate for all ages, pregnant, and lactating ladies and ought to furnish a fast onset of protection with a solitary dose and confer safety as long as one year of after administration. [17]

The Coalition for Epidemic Preparedness Innovation (CEPI), a worldwide non-governmental association, which is financed by the Wellcome Trust, the European Commission, the Bill and Melinda Gates Foundation, and eight nations, is sponsoring the advancement of an enormous number of pandemic vaccine candidates around the World. Moderna and the Vaccine Research Center are developing an mRNA based vaccine while Codagenix in a joint effort with the Serum Institute of India is right now centered on building up the live attenuated viral vaccine. The pharmaceutical giants like Novavax, Sichuan Clover Biopharmaceuticals, iBio, and the University of Queensland are in the preclinical phase of the recombinant S glycoprotein vaccines. [18-19]

In India alone, six biotech ventures for example Serum Institute of India, Zydus Cadila, Biological E, Indian Immunologicals, Bharat Biotech, and Mynvax are working as a team with different worldwide vaccine engineers. They are dealing with DNA vaccines, live attenuated recombinant vaccines, and the vaccines created by codon-optimization. [20] Furthermore, the scholarly organizations like National Institute of Immunology (NII), Indian Institute of Science (IISc) are endeavoring to build up the corona vaccines, treatments, and the SARS-CoV-2 animal models to control the pandemic shortly. [21]

COVID- 19 situation report of India with special reference to Baloda Bazar district hospital of Chhattisgarh

As of 2 November 2020, situation update report number 40 of ministry of health & family welfare (MoHFW) has confirmed 8,229,313 cases with 561,908 active COVID-19 cases, 7,544,798 discharged and 122,607 deaths.

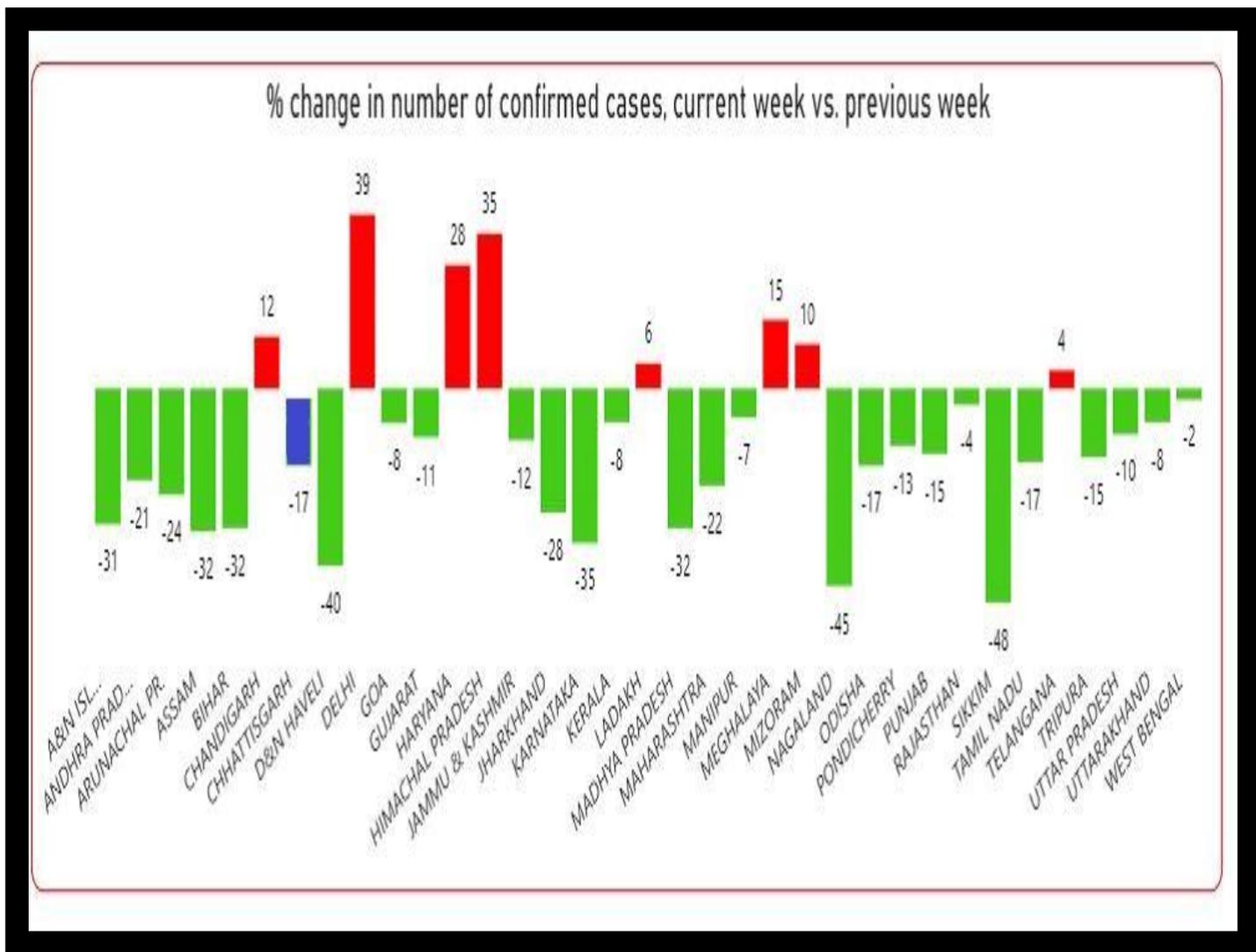


Figure 1:- Graphical report of corona cases in India (Blue colored column represents status of chhattisgarh) [22]

WHO Country Office for India (WCO) continues to work closely with MoHFW, on preparedness and response measures including epidemiological assessment, surveillance, testing, case management, containment and research activities for COVID-19 at the national, state and district level. [20]

The first confirmed case of coronavirus in Chhattisgarh was reported on 19 March 2020 in Raipur, where a woman returning from London via Mumbai Airport was tested positive.

As on 16 December, total number of cases in Chhattisgarh was 2,61,901 , including 17,468 active cases, 3,145 fatalities and 2,41,288 recoveries. In first week of December month; it has been observed that the number of new corona cases has grown by an average of 0.6% [23]

In this context, we have analyzed patient data of Baloda Bazar district hospital for the month of September and October 2020. Total number of patients was found to be 199.

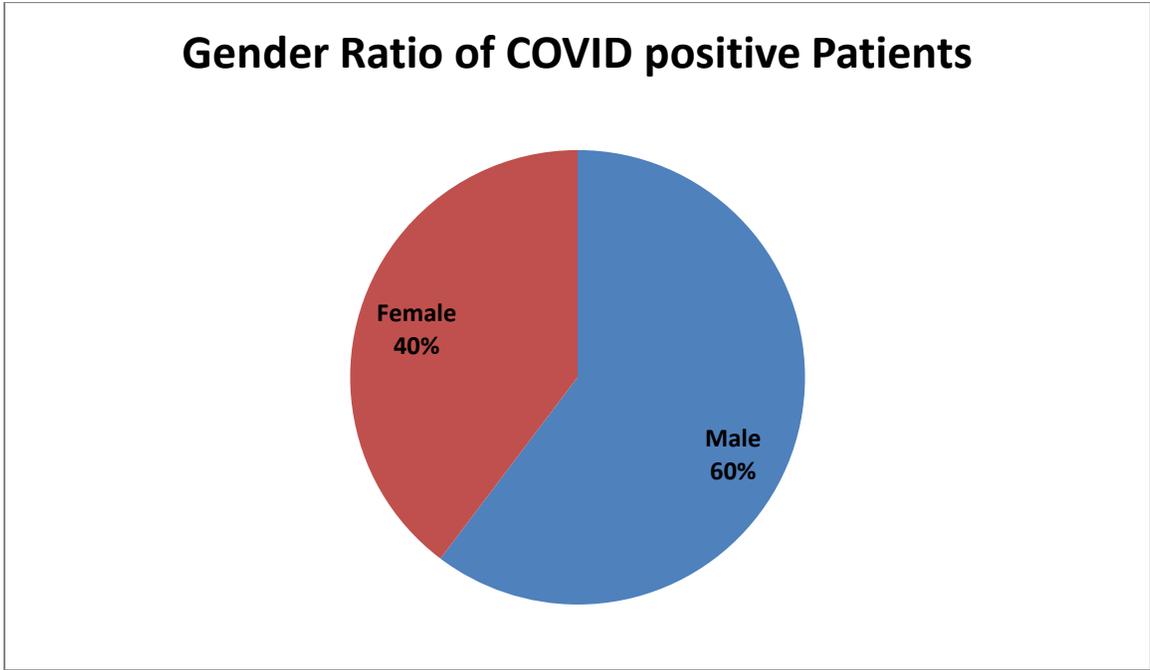


Figure 2:- Pie chart of corona positive cases

Gender	Number of cases
Male	120
Female	79

Table 2:- Sex ratio of corona patients

Age wise data of COVID positive patients

Age Group	Positive Patients	Percentage
0-15	16	8
16-40	90	45
41-60	62	31
61-85	31	16

Table 3:- Percentage of corona patients in respect to age

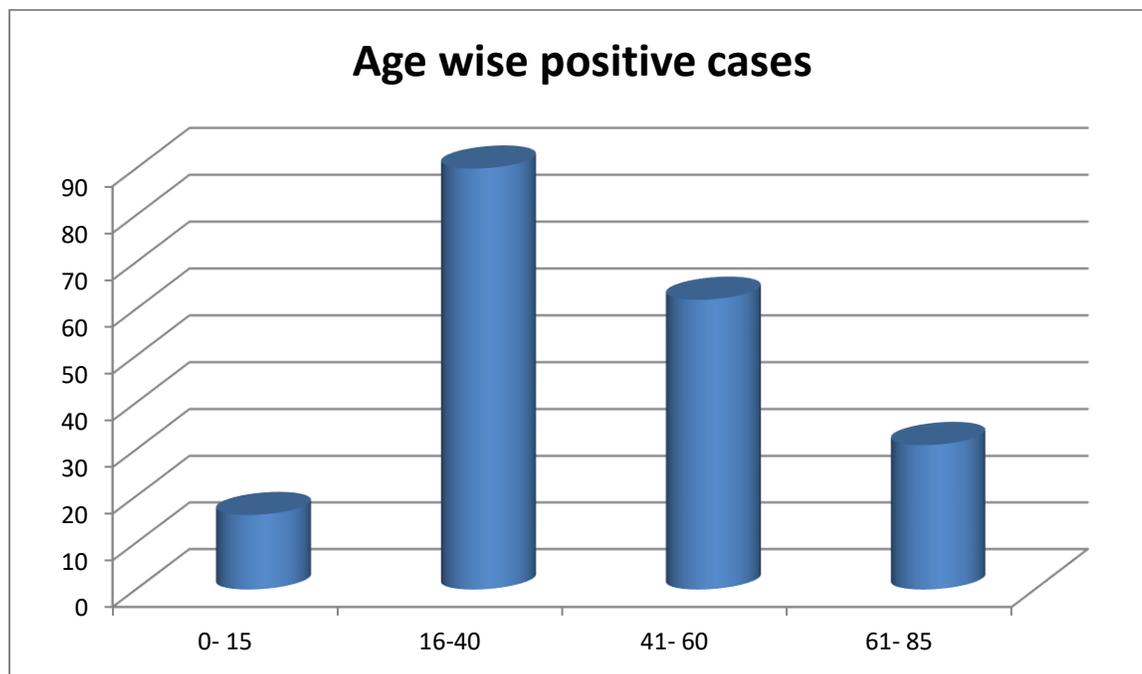


Figure 3:- Column chart representation between number and age of patients

Drug Regimen:-

All patients were given a combination of suitable medicines according to the condition of patients individually.

List of drugs are as followed:-

Molecule	Frequency
Hydroxy chloroquine (400 mg first day then followed by 200 mg)	Twice in a day
Doxycycline	Twice in a day
Paracetamol	As per requirement
Omeprazole	Twice in a day
Multivitamin	Once in a day
Zinc sulphate	Once in a day
Vitamin C	Once in a day

Conclusion

Handling the advancing COVID-19 pandemic requires a multidimensional methodology. The governments, health sector, community as well as every individual have a vital task to tackle the transmission of disease. Medical services experts should be prepared in the clinical administration of this quickly spreading viral disease; in order to empower them to swiftly recognize and treat every single contaminated person. It is of principal significance that medical services experts are effectively associated with contamination control and given satisfactory individual defensive gear to shield themselves as well as those encompassing them too. As far as treatment is concerned, several vaccines are undergone clinical investigation phase; out of which some have shown promising results during trial and are about to available for everyone within short period of time.

Data support: Patient data was provided by Mr. Bhupendra Kumar Sahu, male nursing staff from District Hospital MCH COVID-19 Hospital, Baloda Bazar, Chhattisgarh, India.

Conflicts of Interest: None.

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