PANDEMIC: CORONA VIRUS DISEASE-2019

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Pandemics; as Miriam-Webster dictionary defines, it is an outbreak of disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population. Various types of pandemics had ravaged humanity from various ages in various places. From the Athens pandemic which dates back to 430 B.C to Europe's stomach churning Bubonic plague of 1347 and up to the current one we are facing now; the SARS-CoV-2 or as we commonly refer as Covid-19.

A lot of queries are being raised with regards to the said disease. What exactly is Covid-19? Why is it classified as a pandemic? Is it curable? What are the modes of transmission? And the most important question by far is; how are we gonna stop it?

There are seven known coronaviruses present at this day and age but the one causing havoc right now is the Covid-19. Covid-19 is a type of a coronavirus that originated in Wuhan, China, specifically on an exotic food market. Bats were deemed to be the main culprit for the beginning of the disease but it is still unclear how it was transmitted to them. Covid-19 affects the upper and lower respiratory tract(nose, sinuses, thoat, airway and lungs) of the infected person. As with the other types of coronaviruses, the person may experience mild symptoms such as common cough and colds as well as fever. There have been some reports of in the infected that they suffered stomach pains and diarrhea. Around 80% of the patients suffered from mild to moderate symptoms but 20% others suffered severe symptoms. These symptoms may include pneumonia, severe acute respiratory syndrome, kidney failure and the worst case scenario: death.
As of now, the virus has spread to various countries in each of the seven continents. Travel restrictions have been imposed by countries to prevent the further spread of the virus but still, the cases rampantly escalated. Due to the widespread of the virus, the World Health Organization established Covid-19 as a worldwide pandemic since last March 2020. Fatalities are continually rising, reaching the death toll of 585,000 out of 13.6 million positive cases worldwide. Our country, the Philippines, is badly hit as well garnering 61,000 cases with 1,600 fatalities. What about the cure, you ask? No known cure has been confirmed for the virus. The vaccines and medicaments were still a long way from being commercialized in the market. Scientists from the FDA, as well as the workforce of the WHO are doing their best for the cure but it goes without saying that since it is a virus, a strong immune system would be the paramount cure we have today.

Although having an excellent immune system is a key factor in fighting the virus, nothing beats being free of the disease in the first place. As the Dutch philosopher Desidarius Erasmus said, "Prevention is better than cure." Covid-19 is transmitted from person to person through droplets, contact, and fomites. If an infected person coughs, sneeze, and even talk, he/she may produce droplets of saliva containing the virus. If a healthy person goes in contact with the droplets, it gets in his/her system if he/she touches her eyes, nose, and mouth. Some studies even say that Covid-19 could even be airborne. With that said, the mode of transmission is more alarming but the good news is; depending on our response, we could stop this pandemic. Social control measures is by far the most effective means of not having contact with an infected person. This will buy us time in order for the vaccine to be fully developed. Maintaining a clean environment and good hygiene(washing the hands frequently or sanitizing using an alcohol) are good measures as well. The use of face masks and gloves is another way to put a stop to the viral pandemic. If really not necessary to go out, stay on your homes. Although these are small contributions individually, if the entire population started putting these into practice, the end of Covid-19 wouldn't be too far for a sight.
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