UNDERSTANDING COVID - 19

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As of the moment, World Health Organization or WHO is concerned about the numbers COVID-19 is inflicting. News around the globe also never fails to mention this certain disease on a daily basis. Countries especially China and now Korea are badly hit by this malady. So what is really COVID - 19 and why should we fear this illness?

COVID – 19 is abbreviated and “CO” stands for ‘corona, “VI” for ‘virus’, and “D” for ‘disease’. The virus that caused it is Severe Acute Respiratory Syndrome Coronavirus 2 or SARS-CoV 2. Symptoms include, mild to severe respiratory illness with fever, cough and shortness of breath. These may appear 2 – 14 days after exposure. This period is also the length of time a person who has been exposed should be quarantined.

The transmission of this illness may be from person to person wherein there is a close contact from an infected person usually within six feet. Another way is when an infected person coughs or sneezes and other persons inhale the respiratory droplets produced. Also, one way of transmitting this disease is from contact to infected surfaces and objects. On this manner, a person touches the infected object then touching their own mouth, nose or eyes.

As of March 2, 2020, China is still leading in numbers who caught the disease; with 80,174 confirmed cases and 2,915 has been reported dead up until this date. Next in line is the Republic of Korea which has now 4,212 confirmed cases and total deaths of 22 persons. As for the Philippines, we now have three confirmed cases and one of which has been reported dead already.
How do we really prevent this outbreak? Centers for Disease Control and Prevention or CDC said that there is no vaccine to prevent COVID-19. The only best way to avert the disease is to avoid exposure to the virus. CDC also recommends using a facemask to ward off spread of the virus. Another way they suggest is to always wash your hands with soap and water for at least 20 seconds especially after using the restroom.

Indeed, there is no other way to prevent nor avoid this disease but to be disciplined as an individual so as not to add up to the numbers which is still counting way too fast and if ever we think we are infected, we have to inform local professionals immediately so the virus won’t spread instantaneously.

References: