

## **EXPERIMENT NO: 14**

### **AIM OF THE EXPERIMENT:**

To prepare chart/video or slides on corona virus about virus, way of spreading, precautions treatment etc.

### **THEORY:**

Corona virus area large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East respiratory syndrome (MERS) & severe acute respiratory syndrome (SARS). The most recently discovered corona virus causes COVID-19.

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus & disease were unknown before the outbreak began in Wuhan, China in December 2019

### **SYMPTOMS OF COVID-19:**

The most common symptoms of COVID-19 are fever, tiredness & dry cough. Some patients may have aches & pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild & begins gradually. Some people become infected but don't develop any symptoms & don't feel unwell. Most people about 80% recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill & develops difficulty breathing. Older people & those with underlying medical problems like high blood pressure, heart problems or diabetes are more likely to develop serious illness. People with fever, cough & difficulty breathing should seek medical attention.

### **CORONA VIRUS SPREAD:**

#### **PERSON TO PERSON TRANSMISSION**

Experts believe the virus that causes COVID-19 spreads mainly from person to person. There are several ways this can happen.

- **Droplets or Aerosols:** This is the most common transmission. When an infected person coughs, sneezes or talks droplets or tiny particles called aerosols carry the virus into the air from their nose or mouth. Anyone who is within 6 feet of that person can breathe it into their lungs.
- **Airborne transmission:** Research shows that the virus can live in the air for up to 3 hours. It can get into your lungs if someone who has it breathes out & you breathe that air in. experts are divided on how often the virus spreads through the airborne route & how much it contributes to the pandemics.
- **Surface transmission:** A less common method is when you touch surfaces that someone who has the virus has coughed or sneezed on. You may touch a countertop or door knob that's contaminated & then touch your nose, mouth, or eyes. The virus can live on surfaces like plastics & stainless steel for 2 to 3 days. To stop it clean & disinfect all counters, knobs & other surfaces you & your family touch several times a day.
- **Fecal-oral:** Studies also suggest that virus particles can be found in infected people's poop. But experts aren't sure whether the infection can spread through contact with an infected person's stool. If that person uses the bathroom & doesn't wash their hands, they could infect things & people that they touch.

#### **Protection from Covid:**

There are COVID-19 vaccines available & you are encouraged to be vaccinated when it becomes available to you. You should still try to limit your contact with other people. CDC guidelines suggest:

- Work from home
- Avoid travel especially if you live with older & poor health condition person that raises the chance of serious COVID-19 illness.
- Visit with family & friends by phone & computers.
- Maintain 6 feet distance from people.
- Wear a face mask when you go out.
- Wash your hands often.

**Quarantine or isolate:**

To stop the spread of corona virus people who are sick needs to self-quarantine or stay away from those who are well. Because you may not show symptoms right away, you should also self-quarantine if you know that you have come into contact with someone who has COVID-19.

- Stay at home
- Don't have visitors.
- Wash your hands often with soap.
- Don't share personal items like dishes, utensils & towels etc.

If you have tested positive for COVID-19 isolate yourself. If your symptoms get worse call your doctor or hospital before you go in follow their instruction to get medical help.

**Medical treatment:**

- Treatment for patients with mild / asymptomatic disease in home isolation.
- Patients must be in communication with a treating physician & promptly report in case of any worsening.
- Continue the medication.

**Immediate medical attention.**

- Difficulty in breathing
- Dip in oxygen saturation (sp O<sub>2</sub><94% on room air)
- Persistent pain /pressure in the chest.
- Mental confusion.

**RESULT:** Chart on corona virus is prepared & submitted.