Coronavirus Causes, Prevention and Treatment

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Introduction

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

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 or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

Symptoms

The most common symptoms of COVID-19 are

- Fever
- Dry cough
- Fatigue
- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.

Symptoms of severe COVID-19 disease include:

- Persistent pain or pressure in the chest,
- High temperature (above 38 °C).
- Other less common sympto
- Depression
- Sleep disorders

Diagnosis

In most situations, a molecular test is used to detect SARS-CoV-2 and confirm infection. Polymerase chain reaction (PCR) is the most commonly used molecular test. Samples are collected from the nose and/or throat with a swab.

Molecular tests detect virus in the sample by amplifying viral genetic material to detectable levels. For this reason, a molecular test is used to confirm an active infection, usually within a few days of exposure and around the time that symptoms may begin.

Prevention

Antibiotics do not work against viruses; they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19.

In hospitals, physicians will sometimes use antibiotics to prevent or treat secondary bacterial infections which can be a complication of COVID-19 in severely ill patients. They should only be used as directed by a physician to treat a bacterial infection.

Treatment

At-Home Coronavirus Treatment

If your symptoms are mild enough that you can recover at home, you should:

- Rest. It can make you feel better and may speed your recovery.

- Stay home. Don't go to work, school, or public places.

- Drink fluids. You lose more water when you're sick. Dehydration can make symptoms worse and cause other health problems.

- Monitor. If your symptoms get worse, call your doctor right away. Don't go to their office without calling first. They might tell you to stay home

- Ask your doctor about over-the-counter medicines that may help, like acetaminophen to lower your fever.

Covaxin

Two vaccines have been given emergency approval for India's immunisation programme; the Oxford/AstraZeneca vaccine, known in India as Covishield, and a domestic product, Covaxin, developed by the pharmaceutical company Bharat Biotech