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Bhagalpur (Bihar), English / Half Yearly

Special Issue on COVID-19



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Covid 19- Problems and Solution

Dr. Nilatpal Singha Barma

Department of English.

Gour Mahavidyalaya,

Malda, West Bengal.

Email: - nilusbarma@gmail.com

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Abstract

In this Universe our Earth is the one and only planet in which life exists. Human beings are the most important in this. Unfortunately, the human race is trembling in fear of extinction by a dreadful pandemic caused a tiny virus called Covid 19. The most affected countries by Covid 19 at present are - America, France, Spain, Holland, Brazil, Iran, U.K, India, Pakistan, Bangladesh and many other countries of the world. As of today (28th August 2020), the global death toll surpassed 832,000 amid more than 24.4 million cases. More than 16 million people have recovered from this Pandemic worldwide. This paper mainly deals with problems of covid19 and its solvation.¹

Keywords: covid 19, global pandemic, Hubei Provence, symptoms

Facts and Findings:

First, we must know what a Corona virus is. The name "Corona virus" comes from the Latin word "Corona", which means 'halo' or 'crown'. It is because the virus has spikes or crown-like projections on their surfaces. This virus contains a strand of RNA within their envelope. It cannot reproduce without getting inside living cells and hijacking the machinery found within. The spikes of their viral envelope help them to stick to the cells. Once a Corona virus enters into a cell, it multiplies its number and turns the cell into an epidemic factory. Corona Virus is common in certain species of animals starting from livestock to household pets such as cattle and camels and wildlife like bats. Although the transmission of Corona Viruses from

animals to humans is rare, this new strain likely comes from bats or pangolins. When they make jump to humans they cause fever, cough and cold, difficulty in breathing, sore throat, nausea or vomiting, diarrhea etc. Basically older adults are most at risk of severe illness. It is believed that this deadly Corona Virus originated in Wuhan, a city in the Hubei Provence of China. Reports of the first Covid 19 cases started in December 2019.² The Wuhan city is about 650 miles south of Beijing. There is a Seafood wholesale market in Wuhan City. Fish and other animal meats are sold here. This Wuhan fish and meat market is considered as the epicenter of this Corona Virus or Covid 19. In the month of December 2019, some people who contracted Wuhan Virus reported symptoms a fever, chills, headaches and also difficulty

in breathing. Doctors and Scientists believe that Covid 19 Virus spreader in the world from Wuhan of China. It spreader like a cyclone. Millions of people start to be infected. Doctors say that this virus spreads from person to person through close communities. When Covid patient's breaths out or cough, they expel very small droplets containing the virus. These droplets can enter into another man's body through mouth or nose, causing an infection to occur. Droplets containing the Virus can land on other objects. When others touch the surface, can pick up the virus. When the man touches his nose, eyes or mouth can become infected.³

Symptoms & solution

Now let us see what the symptoms of this infection are. According to the doctors some symptoms are seen among the Covid 19 patients, such as 1) fever, 2) chills, 3) a cough, 4) difficulty in breathing, 5) sore throat, 6) runny nose, 7) headache, 8) body ache, 9) muscle pain, 10) fatigue, 11) loss of taste or smell, 12) nausea, 13) vomiting, 14) diarrhea etc. But it is to be noted that most people who develop Covid 19 experience mild symptoms or no symptoms. These symptoms may build up slowly and go away after a few days. But according to WHO, around 15% of Covid 19 cases are severe and 5% are critical. Doctors and researchers say that people aged 65 years or older or other patients living in hospitals or nursing homes or people of any age, who have chronic lung disease, serious heart problems, obesity or diabetes or cancer are more at risk of severe disease⁴⁻⁶. So, it is seen that most people who get Covid 19 will have a mild form of the disease. According to the WHO, around 80% of people who get Covid 19 will recover without needing treatment in hospitals or nursing homes. Now the question is about the treatment of the severe and critical patients. These Viruses are notoriously Hardy organisms. They are effective at hiding

from the human immune system and we don't have any reliable treatment of vaccine to eradicate them. In most cases, doctors plan to affect the symptoms. Thousands of researchers and doctors all over the world are working day in and day out to invent vaccines to combat the novel disease. The virus spreads easily and the majority of the world's population is still vulnerable to it. A vaccine will be able to provide some protection by people's immune systems to fight the virus so they cannot become sick. Researchers are happening at a very fast speed. About 140 are in early development, and around two dozen are now being tested on people in clinical trials. But it should be kept in mind that a vaccine cannot be produced over night or in a month.⁷⁻⁹ It would normally take years, if not decades, to develop. But most experts think that a vaccine against Corona Virus is likely to become widely available by mid 2021, about 12-18 months after the arrival of the new Virus. It would be a huge scientific feat and there are no guarantees it will work. But we must be optimistic and should wait with patience for good days to come. So, we have to wait to find a vaccine. By this time we must take some preventive measures to combat this virus. To prevent transmissions, people with symptoms should stay at home, rest and avoid coming into close contact with other people. Doctors will treat them with supporting care which is aimed at relieving symptoms, such as 1) Pain relievers, 2) cough syrup or medication, 3) rest, and 4) fluid intake. Doctors also prescribe Paracetamol to bring down fever. Doctors may recommend patients with mild symptoms to stay at home isolation. If the patients are very ill, they may be treated in the hospitals or nursing homes.

Conclusion:

As Corona Virus has spread to nearly every country, WHO declared it a Pandemic. This

virus is responsible for millions of infections in the world and causing hundreds of thousands of deaths. The USA has seen the highest number of deaths in this disease. As there is currently no approved treatment or vaccine for Covid, we must take some preventive measures. For mild cases, the patients should remain home and maintain social distancing. For more severe cases, patients may require oxygen support or mechanical ventilation. For general people, who are not attacked by this Virus should also practice social distancing and avoid traveling. It is also essential to maintain proper personal and domestic hygiene by washing hands with soap and water for at least 20 seconds per time and keeping surfaces and utensils clean. Moreover, all should maintain 6-foot (2-meter) distance from others and wear cloth face masks. When soap is not available, one should use a hand sanitizer with 70% alcohol.¹⁰⁻¹¹ Governments, public bodies and many other organizations are also taking measures to prevent the spread of Corona Virus and we should hope for the best and be optimistic to see the world again in its previous beautiful and soothing form. We know that this is a very black time in the world, but we must see the bright days in near future, because we know.....

"If winter comes, can spring be far behind?" (P. B. Shelley).

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