Essay on COVID-19 Corona Virus 2020

Corona Virus (Covid-19) is a newly discovered species of viruses that have become a hot issue globally that started in China. There are many different kinds, and some causes diseases. Basically, corona virus is a group of large viruses that are responsible for normally causing disease in mammals and birds. Due to the recent corona Virus attacks, thousands of people have died as a result of this disease left untreated and unchecked.

Covid-19 appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracking the exact source of this new corona virus, early hypothesis thought it may be linked to a seafood market in Wuhan, China.

The virus circulates in animals and it enters into humans through animal contact. After entering into humans through air, food, and water. It passes from the respiratory canal and enters into the lungs where it starts an infection. The early symptoms include coughing, sneezing, cold, flu and fever, that it causes breathing difficulties damaging the lungs.

It is proven that the virus is transmitted by airborne droplet infection and through contact with infected surfaces. Furthermore, although it has been demonstrated that the live virus has excreted from the human body through feces within 12 days of the onset of the disease, it has not been proven to be transmitted that way. The live virus has not been demonstrated in blood and urine and does not exhibit infectious properties. The disease is not transmitted by blood and blood products, or by mosquitoes or other bloodsucking parasites. Yet it is transmitted from person to person, and infectiousness begins even when the person who is sick has not yet developed symptoms. There is no consensus on the effects of climate and weather conditions on the contagiousness of the disease. There are scientific studies indicating that increased air temperature and humidity reduce the speed of propagation of the disease.

In severe cases, it can cause pneumonia, multiple organ failures and death. The incubation period of the virus is thought to be between 1 and 14 days it is contagious before symptoms appear. There are no prompt symptoms soon after the virus enters the human systems. Pakistan reported its first coronavirus case on February 26. With the passage of time death toll increased majority of Pakistan

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cases were the result of a recent visit to neighbor Iran, which is the worst-hit Asian country after China. The number of patients in Pakistan, by comparison is nowhere near the tally in Iran and most of European countries. By and large we have been successful in preventing the unconfined spread that, if happens may prove disastrous for the world fifth most-populous country which is already struggling with a teetering economy.

42% of the patients that received a final diagnosis are between the ages of 18 and 40. A closer look at the general breakdown of diagnosed cases by age shows that there is a noticeable accumulation among older people. In general, the disease tends to be more severe in people with chronic diseases such as diabetes, heart and kidney failure, or undergoing cancer treatment or in cases where the immune system is suppressed or in older people. However, 40% of patients still consists of people under the age of 55. Therefore, it would be wrong to think that it mostly affects persons of rather advanced age. On the other hand, it progresses more severely in older people with more severe results.

World Health Organization (WHO) recommends basic hygiene such as washing hands with soap and water and covering your mouth with your elbow when sneezing or coughing. Maintain 'Social distancing' keeping at least one meter (three feet) between yourself and others – particularly if they are coughing or sneezing, and avoid touching your face, eyes and mouth with unwashed hands. We should urge the masses to follow local safety measures besides these measures.

Reservations have been expressed by both local and international media about the measures being taken by the government, particularly his constant refusal to impose a National Lockdown. The Prime Minster has time and again justified his decision by saying that he fears the potential economic fallout of a lockdown. He said: "Pakistan's (economic) situation is not the same as that is the U.S or Europe. There is poverty in our country, with 25 percent of the population of living in extreme poverty." He said in his first national address after virus outbreak, observing that a national Quarantine could result in the poor 'dying from hunger'. The government has announced a multiple trillion rupees relief package, allocating 200 billion rupees for the labor class, in addition to calling on the private sector not to lay off laborers. Under the package, some 10 million people, categorized under low-income groups, will get a lump sum amount initially for a period of four

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months. The relief package comes in addition to safety measures being taken both at the federal and provincial level, including setting up of temporary hospitals and isolation centers to accommodate thousands of patients in case of a spike in cases. The Pakistan government has also suspended flight operations, both domestic and international level, to restrict the possible introduction of new cases via travelers.

Vitamins can be beneficial within the diet. It is reported that the IV administration of vitamin C as an antioxidant, especially in high doses, will be beneficial in severe cases. Researchers suggest that dietary supplements such as vitamin C20 and D21 can be effective in preventing disease. By the grace of Allah, we have overcome this disease. Our educational institute, bazars, marriage hall, shopping centers are all open today. By following precautionary measures, we will defeat this disease properly. Still we need much care to save ourselves and our families.

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