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Review Article

A BRIEF REVIEW ON SELF PREVENTION FROM OUTBREAKS OF CORONA VIRUS FACTS VERSUS FAKE NEWS

Mekkanti Manasa Rekha

Assistance Professor, Department of Pharmacy Practice, Gautham College of Pharmacy, Bangalore, Karnataka , India & PH-D Research Scholar at Ramaiah University of Applied Sciences, Bangalore, Karnataka ,India.

Abstract

Now a day the word Corona Virus has become the major threat to human survival in this world since it has been the first outbreak in Wuhan, China. However, it has been spread across 201 countries till March 2020 ranging with 512,000 positive confirmed cases as per the recent statistics submitted by (CDC) Centre for disease control and prevention and officially WHO World Health Organization named Corona Virus as COVID-2019. The present review suggests the methods involved in self prevention of oneself from the outbreaks of Corona Virus and along with information regarding the fake news that has been recently circulating fast in social media is written after thorough review and cross-reference of various official websites.

Keywords: Centre for disease control and prevention, Corona Virus, COVID-2019, Wuhan, China.



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*Corresponding Author

Mekkanti Manasa Rekha

Email: manasarekharoyal@gmail.com



BRIEF INTRODUCTION

Now a day the word Corona virus which is pandemic has becoming the major threat for human survival in this world. Since it has been first outbreak in Wuhan,China. However it has been spread across 201 countries till march 2020 ranging with 512,000 positive confirmed cases as per the recent statistics submitted by (CDC) Centre for disease control and prevention and officially WHO World Health Organization named corona virus as COVID-2019 .where as the signs and symptoms are similar to that of respiratory viruses like influenza which includes fever, shortness of breath, cough, fatigue. It may leads to Middle East Respiratory Syndrome (MERS) when it has been transferred to person to person via respiratory droplets that are produced through coughing sneezing of infected ones.

MEASURES TO BE TAKEN FOR SELF PREVENTION FORM CORONA VIRUS OUTBREAKS**PRACTICE OF GOOD HYGEINIC ENVIRONMENT**

The very first line of measure that to be followed to prevent oneself from corona virus is practice of good hygiene [1]

- Washing of hands with soap, sanitizer or at least for 20 seconds before going to eating , after blowing of nose, sneezing or coughing and after going to bathroom.
- If there is no availability of soap or water one can use alcohol based sanitizer which is with at least 60% of alcoholic composition.
- Always should avoid rubbing, touching of your nose, mouth and eyes with unwashed hands.
- Always should avoid close contacts with people who are sick and are suspected with COVID-19 one should inform their details to help lines stated by their respective governments in order to prevent the future spreading of COVID-19.
- As a part of social responsibility Better to stay at home and should inform to nearest health care facility through help lines when one feel sick and suspected with symptoms of COVID-19.
- Always cover your sneeze or cough with tissue or hand kerchief and should trash it after its use wash your hands thoroughly

with soap/sanitizer in the case of unavailability of hand kerchief or tissue rather than hands sneeze into elbow.

USE OF FACE MASKS

Usage of face masks has been noticed in many people in day to day of our life to prevent form the spreading of COVID-19 but the fact is (CDC) Centre for disease control and prevention never recommended the use of face masks as it noted the usage of face mask only to the person infected COVID-19 along with all health care workers and people who are taking care of infected ones in order to prevent the further spread of disease [1].

SOCIAL DISTANCING PRACTICES

(CDC) Centre for disease control and prevention recommended an approximate 6 feet distance for person to person as the respiratory droplets produced during sneezing, coughing do not travel more than 6 feet which can be successful measure to control the further spreading of COVID-19 and Always should avoid large mass gatherings during events [1].

RESTRICTION OF TRAVEL

(CDC) Centre for disease control and prevention strictly recommended and asked all the countries to pass a rule and restrict unnecessary and non essential travelling. So it is responsibility of every one to restrict themselves from their own travel until the complete control over COVID-19 outbreaks [1].

SELF EDUCATION OF COVID-19

As a part of their social responsibility it is a duty of every individual should know and should update the complete knowledge and information regarding the out breaks of COVID-19 as it serves as powerful protecting tool that create a complete awareness among public and make them ready to fight against COVID-19 outbreaks successfully.

FALSE AND FAKE NEWSABOUT SELF PREVENTION OF COVID-19

One of the most prominent news has been circulated stating that drinking of water can directs the virus to stomach and protects the virus entering from throat to lungs .and inside the stomach it will be killed by strong

hydrochloric acid which is absolutely false recently BBC news has showed that so many people who are infected by COVID-19 have produced with symptoms of diarrhea and vomiting along with presence of COVID-19 in fecal matter. Whereas experts from china warning that there are signs and reports recently stating that it will affects the digestive tract also [3].

TAKING MORE GARLIC, GINGER AND VITAMIN-C RICH FOODS

As Garlic, Ginger and foods that are rich in Vitamin-C are good to health and possess the few antimicrobial properties however there are no such evidences as it protects you 100% away from the attack of Corona Virus.As this is the one of the top fake news that is spending through the social media in internet which has been followed by most of the people [4].

TRANSMISSION THROUGH MOSQUITO BITES

It is clearly stated by W.H.O [World health organization] that corona virus will not transmit through mosquito bites [6].

TRANSMISSION THROUGH ONLY COLD CLIMATES BUT NOT WITH HOT ONE

Corona Virus can be transmitted through both cold as well as hot climates you can't protect its transmission by sitting under sun light or under 25 degree Celsius temperature [6].

HOLDING BREATH FOR 10/MORE SECONDS

Now a days it's rapid viral news stating if u hold your breath for 10 or more seconds successfully then it will be stating your are free from viral infection which will be absolutely wrong because so many corona virus infected positive persons are reporting as Asymptomatic [6].

DRINKING ALCOHOL

As different forms of alcohol are the main ingredients in preparation of sanitizers most fake news circulating is drinking alcohol will prevents you from coronal viral infection which is absolutely fake [6].

TAKING OF HOT BATH, HAND DRYERS AND ULTRA VIOLET DISINFECTION LAMP USAGE

And taking hot bath using hand dryers and using ultraviolet disinfection lamp cannot protect oneself from corona virus infections [6].

THE FOLLOWING ARE THE POINTS THAT ARE CONCLUDED AS FAKE REMEDIES TO FIGHT AGAINST THE CORONA VIRUS

- Taking home remedies like use of turmeric will protect you from the Corona Virus [5].
- Avoiding the eating foods such as ice creams, well cooked Chicken, Eggs will not protect you from the Corona Virus. As some evidences proved that only uncooked/improperly cooked and infected eggs, chicken, meat etc., with Corona Virus in live animal markets have 100% chances of getting Corona Virus [5].

CONCLUSION

So as an Author of the present review I have gathered all the information regarding how to prevent oneself from the Corona Virus infections after thorough review of various official websites and have included information regarding fake news in internet and social media that misleading people which is written and produced in an easy language which a lay man can understand in the present review and I strongly hope the present review not only will help all the health care professionals but also the public with effective information's to protect oneself from the outbreaks of COVID-19.

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