

CORONAVIRUS – COVID 19

DON'T PANICK, TAKE PRECAUTION & WIN

Coronavirus – COVID 19 has been declared pandemic by World Health Organization (WHO) as it rapidly spread across the world and affects people from Asia to the Middle East, Europe and the United States. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. There is currently no evidence that food is a likely source or route of transmission of the virus. Meat should be thoroughly cooked and potential cross-contamination between cooked and uncooked foods should be avoided..

There is no need for people to panic. Government of India needs to be appreciated for the early action initiated to contain the spread of COVID 19 in a country which currently has a population of 1.3 billion. Good news is that infection is in stage 2, i.e., it is localized. ICMR has undertaken several random samples for tests and they have been found to be negative indicating that infection is contained and there is no community spread so far. Advisories issued by different Ministries in Government of India and premier Research Institutes like Indian Council of Medical Research should be followed. A little care is the most effective way to prevent the disease.

Patients with diabetes and co-existing heart disease or kidney disease need special care and attempts should be made to stabilize their cardiac/renal status.

It is important to build strong immunity to fight the diseases. Attention to nutrition and adequate protein intake is important. Nutritionally adequate and diversified diet is a vital component of an effective strategy to build immunity and health. Immune system can be built through provision of different vitamins, minerals in the diet. Exercise has also been shown to improve immunity though it might be prudent to be careful and avoid crowded places like gymnasias or swimming pools.

The action initiated to check Coronavirus spread in the country include the following: putting restriction on travel, particularly international travels and social isolation (shutting down schools and colleges, work from home, quarantining those coming in touch with people suffering from Coronavirus. promoting Indian traditional form of greeting which avoids physical touch i.e. 'NAMASTE'). Isolation of coronavirus and successfully treating coronavirus patients with certain drugs are important steps forward.

Links on Important Advisories issued by Ministries and Research Institutes in India

Restrictions on Travel: Advisory issued by Ministry of Tourism, Government of India: All existing visas, except diplomatic, official, UN/International Organizations, employment, project visas, stand suspended till 15th April 2020.
<http://tourism.gov.in/covid-19-travel-advisory>.

Advisory issued by Bureau of Immigration, Ministry of Home Affairs, Government of India:
<https://boi.gov.in/content/advisory-travel-and-visa-restrictions-related-covid-19-0>

Advisory on Social Distancing Measure in view of spread of COVID-19 disease: Social distancing is a non-pharmaceutical infection prevention and control intervention implemented to avoid/decrease contact between those who are infected with a disease causing pathogen and those who are not, so as to stop or slow down the rate and extent of disease transmission in a community. This eventually leads to decrease in spread, morbidity and mortality due to the disease.

<https://www.mohfw.gov.in/SocialDistancingAdvisorybyMOHFW.pdf>

Latest Advisory on Novel Coronavirus, Ministry of Health and Family Welfare, Government of India:

<https://www.mohfw.gov.in/>

For any queries related to health, people may contact Ministry of Health & Family Welfare 24*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com).

Guidance on COVID 19, Indian Council of Medical Research, Department of Health Research – Ministry of Health & Family Welfare, Government of India

: <https://icmr.nic.in/node/39071>

Media report on “Briefing on COVID19” by Indian Council of Medical Research, Department of Health Research – Ministry of Health & Family Welfare, Government of India :

https://www.icmr.nic.in/sites/default/files/MediaReport_COVID19.pdf

WHO

Joint ICAO-WHO Statement on COVID-19: <https://www.who.int/news-room/articles-detail/joint-icao-who-statement-on-covid-19>

WHO calls for urgent, aggressive actions to combat COVID-19, as cases soar in South-East Asia Region:

<https://www.who.int/southeastasia/news/detail/17-03-2020-who-calls-for-urgent-aggressive-actions-to-combat-covid-19-as-cases-soar-in-south-east-asia-region>

Country & Technical Guidance - Coronavirus disease (COVID-19) by World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance>

If You Have Covid 19, Be Careful Don't Mingle

References:

- Dr. Anoop Misra, National Diabetes, Obesity and Cholesterol Foundation, Fortis CDOC Hospital, Diabetes & Metabolic Syndrome: Clinical Research & Reviews, Volume 14, Issue 3, May–June 2020, Pages 199-204
- Ministry of Health and Family Welfare, Government of India
- Indian Council of Medical Research, Department of Health Research – Ministry of Health & Family Welfare, Government of India
- Ministry of Tourism, Government of India
- Bureau of Immigration, Ministry of Home Affairs, Government of India
- World Health Organization
- Center for Disease Control and Prevention
- European Food Safety Authority
- Monograph on Eating Right for Healthy You
- ILSI India Scientific Reports

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