

World is on alarm for “Coronavirus”

Opinion

In Wuhan, China, a new type of virus has appeared. Those who get the virus have an acute respiratory infection. Within a few weeks, the rapidly spreading virus began to be found in countries outside of China. The number of deaths is rising rapidly. The virus, which was first seen in December and called ‘2019-nCoV’, is known as the coronavirus or corona virus. The World Health Organization announced that they named the coronavirus-induced disease as Covid-19.^{1,2}

Coronaviruses are transmitted from animal to human first. However, what makes viruses a massive epidemic threat is that they mutate and begin to spread from person to person. It focuses on the 2019-nCoV virus that may have first appeared in the Huanan fish market in Wuhan.^{3,4} Coronaviruses (CoV) are a large family of viruses that cause more serious illnesses from getting cold, such as the Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The new coronavirus is a new strain that has not been previously identified in humans. Coronaviruses are zoonotic, meaning there is transmission between animals and humans.

The World Health Organization, from the day it was informed, To learn more about the virus, to learn how people with the disease are affected, how they can be treated and what countries can do to respond, It works with Chinese authorities and experts around the world. Another issue that the World Health Organization and other healthcare professionals will closely monitor will be whether the virus has mutated in the coming days and weeks. In the last 10 days, it was stated that the speed of transmission of the virus from person to person increased. Whether this is the result of a mutation is unknown.^{2,4}

The virus has so far been seen in at least 23 countries, including China. The virus is known to spread to the eastern regions of China, as well as to Japan, Thailand, South Korea, the USA, Singapore, Vietnam, Germany, France, Italy and Taiwan. Once it is determined that the virus is caused, it will be much easier to deal with the problem.^{2,3}

What symptoms are encountered in those infected with the Virus?

The new virus affects the airways. It is therefore seen as a high probability that it is transmitted through cough and contact. In those who catch the virus, high fever begins first. Then, dry cough complaints are observed. At the end of a week, shortness of breath problems appear.^{2,5}

In addition, loss of appetite and weight, weakness and stagnation, swelling of the abdomen, vision problems, eye irritation and color change in the eyes, balance problems, change in general psychological state, unhappy expression are among the accompanying symptoms. Coronaviruses can cause symptoms that can lead to death from moderate colds. However, with the transmission of the virus, warnings are given that the disease process that has begun is long and the number of deaths may increase in the following days. As the dimensions of the outbreak are not yet known, it is difficult to make an estimate of the deaths this new virus can cause.^{3,5}

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How can the epidemic be stopped ?

Currently, there is no vaccine against the 2019-nCoV virus. Development of the vaccine may take at least a year. The only option available is to detect people who have the virus and quarantine it. Monitoring the people who are in contact with the patients and keeping their health status under control are among the methods applied. To prevent the epidemic, the option of travel restrictions has also been implemented.

Many countries, especially Asian countries, have increased their health checks for passengers from Wuhan. The World Health Organization has also issued a global warning to hospitals and announced that a wider epidemic may occur. However, the effectiveness of the precaution taken is being questioned.^{4,5}

How should we protect ourselves ?

In the individual plane, the recommendations of the world health organization are as follows:

To prevent the spread of infection, among the standard recommendations; regular and frequent hand washing, closing the mouth and nose during coughing and sneezing, close contact with people who show symptoms of respiratory distress, such as coughing and sneezing, should be avoided, flu, pneumonia, etc. close contact with people with the disease should be avoided, avoid contact with wild animals and dead animal corpses in rural areas, in hospitals, infection prevention methods should be applied carefully, meat products and eggs should be cooked and eaten well, attention should be paid to hand hygiene and respiratory hygiene in livestock markets or pets, contact with the hands, eyes, mouth and nose should be minimized, contact with sick animals should be avoided, people in the far East should not consume unpasteurized milk, meat and meat products.^{5,6}

Healthcare professionals should use medical supplies that comply with the quality standards offered by the World Health Organization. In hospitals, the pneumatic tube systems of the hospital should

never be used in the transportation of samples taken from suspicious people, and samples must be delivered by hand. Since the new virus is a coronavirus that usually causes respiratory disease, it is important that people follow the advice on how to protect themselves and those around them from the disease.

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Conflicts of interest

Author declares that there is no conflicts of interest.

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