PREVENTION OF REDUCING DEATHS FROM COVID-19

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Abstract. At this point in time, coronavirus is an urgent problem for people around the world, so this topic will be extremely useful in terms of the fact that you learn a lot new about how to protect yourself from the virus and reduce deaths. Coronavirus has embarrassed the world's economy, many countries are in a difficult economic situation, but one way or another, the number of deaths from COVID-19 is 52 times higher than from influenza, data are given from the Center for Disease Control and Prevention in the United States, on the basis of which it is necessary to talk about the most studied ways that will contribute to the easier course of this disease. The data given are as new as possible, the samples for people - the more - the better.

Keywords: COVID-19, immunity, smoking, vitamins.

1. Reducing the risk of complications Want to reduce the risk of complications several times? It is necessary to have a normal BMI! I quote the President of the Russian Heart Society, academician of the Russian Academy of Sciences, "obesity is associated with a severe course of the disease 7 times more often, and death 9 times more often than in people without excess weight," in the UK they mention complications 7 times more often.

Most international studies and meta-analyses with large samples of tens of thousands of people call obesity one of the most important factors in deaths and complications from COVID-19. 42% of people who died from this virus were obese.

You can give an example of people who were not obese and had serious problems, but we are talking about probability. This is like with famous examples, such as: "smoked and drank all his life, but died at the age of 100," we do not know how much he would have lived if he had not led such a lifestyle. A similar situation, sports and a normal percentage of fat will help you rather than harm you. And judging by the research, they will help very, very significantly in comparison with those who have excess body weight. So, objectively determine the BMI, if after the measurement it turns out that you have a couple of extra kilograms that would be worth throwing away, then perhaps this will save and lengthen your life.

2. Smoking. We recommend that you quit smoking if you are currently smoking, as this can save your life! Since coronavirus almost always seeks to ruin your lungs, it would be nice to have this organ initially strong and healthy. A sample of 11 thousand people is given, we can note that if you smoke, then severe side effects from the virus will be with a chance of 21%, if you do not smoke, then 10%. The difference is certainly not large, but 2 times this is also not small. I assume that the counting statistics differed and there are some errors that somewhere could be called the smoker of a person who smokes 2-3 cigarettes a day, and some people smoke about a pack a day. Of course, it is better not to smoke at all than to smoke 1-2 cigarettes a day and saying that I just smoked one.

3. One of the important items is vitamins. Why do we need them? How can they help us and what changes can they make to our body?
**Vitamin D.** Took in an example metaanalyses with sample of 11 thousand people: Investigated who in addition I accepted vitamin D in the diet, decrease in incidence of upper respiratory tract infections was observed. There are such publications where it is claimed that vitamin D contributes to the strengthening of immunity, as well as increases protection against COVID-19. At the moment in the European countries, about 39% of the population is deficient in this vitamin (< 20 ng/ml). In addition to the deficit, there is also a lack of level and only then - the norm. The situation wants to leave better. In Russia, the data are scattered.

Based on research, we can say that: there is a great chance that specifically you have either a deficiency or a deficiency of vitamin D. At the same time, it is proved that with a low level of this vitamin, vitamin D supplements will reduce the risk of ARI. Let's draw conclusions on vitamin.

In November, a meta-analysis was carried out. This meta-analysis again says that the risk of dying or severe complications is higher in people with a deficiency of this vitamin.

**Vitamin C.** At the moment, active research is being conducted on the positive effect of vitamin C in the fight against COVID-19.

Attention should be paid to the fact that high doses of vitamin C reduce the severity of the disease and the disease period by 8% or more. In the intensive care unit, time is also reduced by 8%. This information is especially relevant for faster discharge from the hospital and when there is no place. Vitamin C is able to have an antiviral effect against several respiratory viruses. Vitamin C has a powerful antioxidant and anti-inflammatory effect that reduces the possibility of tissue damage associated with oxidative stress. Vitamin C improves the body's antiviral immune response, increasing interferon production and stimulating lymphocyte proliferation. There is evidence that the daily norm of 90 mg can easily increase specifically at the time of illness and illness. Only if you had vitamin C within normal limits, but in a few days the course of the disease, vitamin C will be deficient.

A little bit about deficits, we can notice from research that in low-income countries, the deficiency and deficiency of this vitamin occurs in about 69% of cases. At the moment, in Russia, about 21 million people receive less than the subsistence minimum.

Before you go to the next item, you need to understand this thing: you cannot endow vitamins with miraculous properties and effects, and make a pill against all diseases from this. You need to understand something for yourself: taking a couple of extra vitamins will be better rather than worse for the body to work. With COVID-19 or flu, it will definitely be better for the average person.

4. **Stress.**

As we know, stress damages not only nerve cells, but also immune cells. We are talking about chronic stress! If you are a lover of sometimes steaming in a bath, taking a contrasting shower or having an intense 30 minute workout, then this will certainly have a positive effect on your body - short-term stress helps immunity. These actions will be harmful only against the background of just chronic stress. When you have tense situations at work, in the family and it is not clear at all what will happen in a week, then jumping into the hole will not be the best idea. If everything was less calm, why not.

COVID-19 and in itself causes stress: all these restrictions, remote jobs, layoffs, fear of infection. In the United States, there was a publication that they expect a significant increase in suicides. About one in four adults in the world have experienced past or now symptoms of post-traumatic stress due to coronavirus, in
other studies - 29%, and in another - 33%. For Russia, which is already in the world leaders in suicide per capita, the factor of reducing stress is doubly more relevant.

By biological definition, stress is the effect of glucocorticoids and the activity of the sympathetic nervous system. One way to support immunity is to increase the activity of the parasympathetic nervous system.

You can start with the easiest: sleep for 7-8 hours! If you are very busy and you have little time - study time management, than to take away time from sleep by lowering immunity. There are studies that sleep at 6 hours will be sufficient only if the depth of this sleep is equal to when sleeping at 8 hours.

5. **Sufficient quantity water.**

The last point is sufficient water consumption. Compared people who survived COVID-19, in people who died from COVID-19, too much fluid accumulates in the lungs, partly due to chronic insufficient hydration before infection.

The thing is that when you drink little, our body tries to keep the water inside the body, antidiuretic hormones begin to release. Body edema can be observed in the body, but there is also a shortage of fluid intake. Because of which, during the infection, a large amount of fluid also accumulates in the lungs, after which the process of normal breathing becomes difficult. At a given time, scientists test the theory that increasing fluid consumption can help no worse than masks and social distancing. Perhaps soon WHO will add some notes, in addition to "wash your hands, wear masks and observe social. Distance," it will be written "drink the optimal amount of water."

You may find yourself drinking enough water, but do not rush to conclusions compare how many liters of water you drink, how much you actually need to drink, a large number of people who consume insufficient water for body.

**Conclusions:** The likelihood of death and complications from COVID-19 is much higher than from influenza. These are good recommendations on how to reduce the risk of bad effects from COVID-19:

1. If you lead a inactive lifestyle and are overweight, the likelihood of complications is immediately 7 times higher. But we will be more modest, albeit 3 times.

2. If you smoke then the lungs are initially sick. Based on this, the chance of death and side effects increases by 2 times

3. Vitamins help immunity - fact. Take multivitamins, consume enough fruits and vegetables with your diet, this will help you better endure the disease.

4. Fight chronic stress: sleep 7-8 hours, breathe calmly and deep.

5. Drink enough quantity water for your body.

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