Preventive Measures Against COVID in Public Places

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ABSTRACT

Aim: The aim of the study is to analyze various preventive measures implemented to the public in the prevention and control of the spread of COVID-19.

Methods: A systematic search strategy was employed using keywords to search the literature in various medical databases like PubMed and Google scholar using keywords COVID-19, Prevention, Transmission, Symptoms, and Treatment. Over 80 articles were collected and reviewed thoroughly.

Discussion: Coronavirus disease 2019 (COVID-19) is an illness caused by a novel coronavirus, now called Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-Cov-2). Prevention and control strategies and methods are in three levels: national level, case-related population level, and general population level. Patients with COVID-19 have symptoms of fever, dry cough, and tiredness and series symptoms are shortness of breath. Infection prevention and control measures that can reduce the risk of exposure of the COVID-19 include the use of face mask, covering coughs and sneezes with tissue paper, regular hand wash, avoiding contact with infected people, and not touching your eyes, nose, and mouth frequently. Restrict your travel to many states and stay home, except to make essential trips to the grocery store, and pharmacies. Masks are recommended as a potential tool when it comes to tackling the COVID-19 pandemic since the initial outbreak in China. Masks are also being used by blocking droplets ejected by the wearer thereby acting as source control. In the absence of a vaccine or effective antiviral drugs, hand hygiene may be a mainstay of efforts to stop the spread of severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2), the virus that causes COVID-19.

Conclusion: The only way to control is to prevent and control the spread, by physical distancing, facial mask, and use sanitizer.

Key Words: COVID-19, Prevention, Transmission, Public places, Symptoms, Treatment

INTRODUCTION

Coronavirus disease 2019 (COVID-19) is an illness caused by a novel coronavirus, now called Severe Acute Respiratory Syndrome Coronavirus-2 (SARS –Cov-2). The coronavirus belongs to a large single-stranded RNA family virus that may cause various symptoms such as fever, breathing difficulty, and respiratory infection. It is still too soon to anticipate powerless populace, early examples have indicated a comparable pattern to Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) coronavirus. Vulnerability is by all accounts related to age, natural sex, and other wellbeing conditions. COVID-19 has now been proclaimed as a Public Health Emergency of International Concern by the WHO.

Prevention and control strategies and methods are in three levels: national level, case-related population level, and general population level. Several public health measures that may prevent the transmission of the COVID-19 are case isolation, identification and follow up of environment disinfection, and use of personal protective equipment. A series of measures have been taken to reduce nosocomial infection, this includes knowledge and preparation for anticipation and control segregation, purification, grouped assurances at various degrees in disease territories, and insurance of affirmed cases. A bacterial infection caused by Mycobacterium spe-
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CDC recommends... efficacy is the capacity of the veil to... N95/... efficacies... spread of COVID-19... Efficient is the capacity of the veil to... CDC recommends... Efficacy is the capacity of the veil to... and outside activities... and stay home, except to make essential trips to grocery stores, pharmacies or other outdoor activities... People with compromised immune systems... Face mask... The science around the utilization of veils...
impact the transmission of droplet-borne viruses in practice, such as a meta-analysis of N95 respirators compared to surgical masks\(^{65}\). Masks can also be used for source control, which refers to blocking droplets ejected by the wearer. If everyone wears masks it decreases the chance of spreading infection and being more protected \(^{46}\). Wearing a mask as source control is to stop the process from spreading through aerosol infection. Since big droplets dehydrate to smaller aerosol particles that can float for a longer distance in air \(^{47}\). A comparison of homemade and surgical masks for bacterial and viral aerosols observed that “the median fit factor of the homemade masks was protective to one-half that of the surgical masks” \(^{48}\). Public mask-wearing is most effective in reducing the spread of the virus when compliance is high\(^{49}\).

**Hand sanitizer**

According to the Center for Disease Control (CDC) hand hygiene encompasses the cleansing of your hands by using handwashing with soap and water, antiseptic handwashes, antiseptic hand rubs such as Alcohol-Based Hand Sanitizers (ABHS), foams or gels, or surgical hand antisepsis. For many reasons, alcohol hand sanitizers as disinfectants are demanded moreover handwashing with soap and water\(^{50}\). Their ease of availability, no need for water or plumbing, and their proven effectiveness in reducing microbial load are the reason behind the preference \(^{51}\). According to the World Health Organization (WHO), an alcohol-containing preparation (liquid, gel, or foam) is designed for application to the hands to inactivate microorganisms and temporarily suppress their growth\(^{52}\). Viability is additionally exceptionally subject to the procedure of utilization of the liquor hand sanitizer. One must apply the item to the palm and rub the item everywhere on over the surfaces of two hands until they are dry\(^{53}\). High-quality hygienic hand disinfection cannot be achieved within 15 seconds, it requires 30-second application time as ABHS has recommended. Thirty seconds is a long time to wait before proceeding with the activity. It is the same time as washing with soap and water\(^{54}\). The use of alcohol-based hand sanitizers has greatly increased compliance to hand hygiene in healthcare settings. They are efficient, accessible, and take relatively little time to use. Even though they have demerits like dryness of skin, they are a better antimicrobial agent than standard soap and water cleansing \(^{55}\). In the absence of a vaccine or effective antiviral drugs, hand hygiene may be a mainstay of efforts to stop the spread of severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2), the virus that causes COVID-19. Alcohol sanitizers are used outside healthcare facilities and also in industries because they are effective at killing microorganisms better than just soap and water. There are several formulas of alcohol sanitizers that are available as gel, foam, or liquid. All healthcare workers can use alcohol sanitizers regularly and should educate the public about their benefits\(^{56}\). Alcohol-based hand sanitizer can kill most non-spore-forming bacteria within seconds. Alcohol sanitizers are effective against viruses and may reduce transmission of Coronavirus\(^{57}\).

**Social distancing**

Many countries have taken unprecedented measures to prevent social contact and to slow down the spread of the virus, such as closing schools, shops, and restaurants, prohibiting public events, and stimulating or imposing working from home. These measures include “social distancing”, and are especially efficient for diseases (such as COVID-19) which are transmitted by respiratory droplets and require certain proximity of people\(^{58}\). Social distancing measures have important effects on activity participation\(^{59}\). A lot of people are temporarily unemployed or work from home, and most out-of-home activities are cancelled. As a result, travel demand decreases\(^{60}\). COVID-19 outbreak has major implications on international travel, this viewpoint focuses on daily travel patterns\(^{61}\). People might avoid public transport as these can be considered a breeding ground for viruses and places where it might be difficult to avoid contact with other passengers\(^{62}\). As a result of social distancing, travel demand might drop due to an increased amount of working from home, e-learning, and a reduced number of public activities and events\(^{63}\). Since people often plan and perform out-of-home activities in order to maintain or enhance well-being, reduced activity participation as a result of social distancing can negatively affect subjective well-being \(^{64}\). Social distancing measures have clear direct positive effects on health, as they are implemented to avoid people getting infected by the COVID-19 virus\(^{65}\). The viability and cultural effect of isolation and social separation will rely upon the validity of general wellbeing specialists, political pioneers, and establishments. It is significant that approach producers keep up the open’s trust through the utilization of proof-based mediations and completely straightforward, actuality based correspondence\(^{66}\).

**nCOV Transmission**

Coronavirus is a large circle of relatives of viruses that are seen in many specific species of animals including camels, cattle, cats, and bats\(^{67}\). Rarely animal coronavirus can infect human beings and then unfold between people like MERS and SARS\(^{68,69}\). CDC considers this as a very extreme public fitness threat, primarily based on present-day information, that instant fitness change from 2019-nCov to the overall American public is taken into consideration right now\(^{70}\).

**Symptoms**

Patients with COVID-19 have the most common symptoms of fever, dry cough, and tiredness. Serious symptoms of difficulty in breathing or shortness of breath and loss of speech or movement are also recorded\(^{11,72}\). On average it takes 5-6 days from when somebody is contaminated with the infection for manifestations to show \(^{71}\). The incubation period is estimated to be between 5-14 days.
Treatment
According to the World Health Organization, there are no specific vaccines or medicines for COVID-19\(^7\). Treatments are under investigation and will be tested through clinical trials\(^7\). Antibiotics aren’t effective against viral infections such as COVID-19\(^7\). Treatment is directed at relieving symptoms and may include pain relievers (acetaminophen) cough syrup, rest, and fluid intake\(^7\). There is no evidence that ibuprofen or Non-steroidal anti-inflammatory drugs (NSAIDS) need to be avoided\(^8\).

Future scope
To maintain healthy life and surroundings, measures such as social distancing, hand sanitizing, covering your mouth while coughing should be strictly followed and awareness should be brought to the general public regarding the consequences of improper maintaining poor health in order to safeguard themselves from future endemic diseases.

CONCLUSION
This review is necessary as of now since the prevalence of COVID-19 in public places is important. The mortality rate seems to be high in the case of COVID-19 when compared to other pandemic issues. The only way to control is to prevent and control the spread, by following the precautions. Studies exploring prevention and control measures have begun to gradually increase and these are needed to minimize the impact of the outbreak. In the future, following these precautionary measures will help not only in saving lives from present disease-causing viruses but can also help in eradicating further viruses.

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