



COVID-19: Risk Factors and Prevention Strategies

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DESCRIPTION

Novel coronavirus, also known as SARS-CoV-2, is a virus that causes the illness COVID-19. It was first identified in Wuhan, China in 2019 and has since become a global pandemic. Most people who infected with this virus experience mild to moderate respiratory illness and recover without specific treatment. However, some people become seriously sick and require medical attention. It belongs to the coronavirus family. In humans the virus can cause mild respiratory infections such as the common cold, but it can also lead to serious illnesses such as pneumonia.

Coronaviruses are positive-single strand RNA (+ssRNA) viruses that have a crown-like appearance under the electron microscope due to the presence of a spike glycoprotein in their envelope. The severity of COVID-19 symptoms can range from very mild to severe. Some people may have few symptoms. Some people have no symptoms at all, but can spread symptoms (asymptomatic infection). In some people, symptoms such as COVID-19 (coronavirus disease) may appear 2 to 14 days after exposure. This period is called as incubation period. Symptoms include appear is called the incubation period. Symptoms include chills, sore throat, runny nose, headache, chest pain, Pink eye (conjunctivitis), nausea, Vomiting, Diarrhea and Rashes.

In addition to a physical examination and evaluation of symptoms, laboratory tests can also be used to diagnose COVID-19. These tests include RT-PCR (Reverse Transcription Polymerase Chain Reaction) test, which detects the presence of the virus's genetic material (RNA) in a sample from the respiratory tract. Antigen test detects specific proteins on the surface of the virus. Antibody test: This test looks for antibodies that the body has produced in response to the virus.

Once an individual is diagnosed with COVID-19, it is important for them to take the necessary precautions to prevent the spread of the virus to others. The first step is to self-isolate and avoid contact with others, especially those who are at high risk of developing severe symptoms. The infected person should also

wear a mask to prevent the spread of the virus and frequently wash their hands with soap and water for at least 20 seconds.

No specific treatment for COVID-19. Some of the treatments that may be include supporting care, rest, fluids, and over-the-counter pain relievers to reduce fever and relieve symptoms. Oxygen therapy for people with severe cases of COVID-19, oxygen therapy may be necessary to help them breathe. Antiviral medications such as remdesivir, may be used to treat COVID-19, although their effectiveness is still being evaluated. Steroids may be used to reduce inflammation and prevent lung damage in people with severe cases of COVID-19. It is important to note that treatments for COVID-19 are evolving rapidly, and new treatments may become available in the future. In the meantime, the best way to prevent COVID-19 is to follow public health guidelines, such as wearing a mask, practicing good hand hygiene, and avoiding close contact with others. Diagnosis of COVID-19 is usually done based on clinical symptoms and laboratory testing. The most common symptoms of COVID-19 include fever, dry cough, fatigue, and body aches. If a person exhibits these symptoms, they should seek medical attention and get tested for the virus. In addition to these measures, there are several preventive measures that can be taken to reduce the risk of contracting COVID-19. Firstly, individuals should practice good hygiene by frequently washing their hands, covering their nose and mouth when sneezing or coughing, and avoiding touching their face. Secondly, people should maintain social distancing by staying at least 6 feet away from others, especially in crowded public places. Thirdly, wearing a mask in public places and in situations where social distancing is not possible is recommended. Fourthly, people should avoid large gatherings and crowded spaces, and stay home if they are feeling unwell. COVID-19 pandemic has caused widespread concern and has affected millions of people worldwide. It is important to understand the process of diagnosis and the preventive measures. By taking these measures and following public health guidelines, individuals can help slow the spread of the virus and prevent further outbreaks.

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