



## Editorial

### Preventive measures for SARs-Cov-2

David Jones\*

Department of Public Health, University of Otago, Wellington

\*Corresponding author: David J, Department of Public Health, University of Otago, Wellington; E-mail: [david\\_j@otago.ac.nz](mailto:david_j@otago.ac.nz)

Received: October 01, 2020; Accepted: October 14, 2020; Published: October 19, 2020

#### Editorial

The population of 168 countries everywhere the planet is battling the outbreak of COVID-19. The outbreak is said as pandemic and public health emergency of international concern declared by WHOM. SARS-CoV-2 liable for this health emergency exhibited close resemblance with SARS-CoV. Both the viruses are zoonotic and belong to an outsized family of viruses Coronaviridae. The entire virus particle is formed from four major structural proteins, namely spikes (S), nucleocapsid (N), membrane (M), and envelope (E) encoded by virus genome. The S protein of virus shows similarity to S protein of SARS-CoV. COVID-19 spreads from person to person, and this makes it more vulnerable for causing infection. Several efforts are taken to seek out prevention strategies for COVID-19. Researchers across the world are working to seek out effective vaccination for SARS-CoV-2. There's no vaccine or medication available till date for COVID-19. Preventive measures like social distancing, awareness, maintenance of hygiene, isolation, and movement restrictions can help on top of things of COVID-19 spread. Proper sanitization and cleaned and sanitized conveyance are often effective in inhibiting the spread of the virus. Within the present situation of medical emergency, cooperation and support by following advices from the WHO and government only facilitate everyone to return over.

The SARS-COV 2 or COVID-19 is emerged as global pandemic declared by the WHO with 184,976 reported cases across 159 countries until March 18, 2020 and accounts for 7529 deaths globally (WHO). The severity of COVID-19 is often easily understood by the exponentially increasing cases worldwide. The virus affects systema respiratorium like other influenza viruses and appears as a serious threat throughout the planet after 1918 Spanish flu (H1N1) outbreak. COVID-19 is one among the highly infectious diseases with the power to affect an outsized population globally and may cause severe impact on socioeconomic stability of the planet. The emergence of SARS-CoV traces back to year 2003 from China, and again another mutant emerged in 2012 referred to as MERS from Saudi Arabia. All the three highly infectious strains of CoV are found to be zoonotic and transmitted from animals to people. The number of *In-vitro* diagnostic tests has been increasing along with the increase in the number of guidelines with sufficient publications on the implementation and their performance of the diagnostic tests. Limited tests and lack of independent data of a tests

#### Know how it spreads

- There is currently no vaccine to stop coronavirus disease 2019 (COVID-19).
- The best thanks to prevent illness are to avoid being exposed to the present virus.
- The virus is assumed to spread mainly from person-to-person.
- Between people that are in close contact with each other (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land within the mouths or noses of individuals who are nearby or possibly be inhaled into the lungs.

#### Wash your hands often

- Wash your hands often with soap and water for a minimum of 20 seconds especially after you've got been during a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for somebody sick
- After touching animals or pets

#### Avoid close contact

- Inside your home: Avoid close contact with people that are sick.
- If possible, maintain 6 feet between the one that is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and other people who don't sleep in your household.
- Remember that some people without symptoms could also be ready to spread virus.
- occupy least 6 feet (about 2 arms' length) from people.
- Keeping distance from others is particularly important for people that are at higher risk of getting very sick.

#### Cover coughs and sneezes

- Always cover your mouth and nose with a tissue once you cough or sneeze or use the within of your elbow and don't spit.
- Throw used tissues within the trash.
- Immediately wash your hands with soap and water for a minimum of 20 seconds. If soap and water aren't readily available, clean your hands with a hand sanitizer that contains a minimum of 60% alcohol.

Citation: Jones D (2020) Preventive measures for SARs-Cov-2. *Diagn Tech Biomed Ana* 9:3.