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## **COVID-19: A Pandemic Situation: A Review Article**

**Lavanya Dhankhar**

First Year MBBS Student, Datta Meghe Medical College, Nagpur

**Rakesh Kumar Jha**

Tutor Dept. of Biochemistry Datta Meghe Medical College, Shalinitai Meghe Hospital and Research Centre Nagpur

**Dhruba Hari Chandi**

Assistant Professor Dept. of Microbiology Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences Sawangi (Meghe), Wardha

**Abstract**--To include a summary of what has been written so far about COVID-19, enabling access to information and a greater understanding of the pandemic, and to assist the medical community in making decisions about the virus. Armed conflicts and communicable disease natural events are both preventable occurrences that can devastate human societies. Pandemic illnesses, like the COVID-19, are usually highly promulgated within the exposure to the media may be linked to increased anxiety and compensatory behaviour (e.g., using hand sanitizer). Health anxiety, contamination fears, and disgust sensitivity are all significant predictors of corona link anxiety, according to multivariate analysis. Implications for a new approach to pandemic issues diseases of COVID affected the lives of many folks at personal and social levels. Many of us lost our dear ones, their job security, susceptible to several new pneumonic diseases because the COVID-19 is well-known to damage the lungs permanently. We tend to estimate that early infection of COVID-19 shows exponential growth rates of 38per cent per day.

**Keywords**---coronavirus, pandemic, psychological, stock-marketing, unemployment.

## **Introduction**

Under the global Coronavirus pandemic, there are several different epidemics, each with its own characteristics and affected by a variety of factors such as the virus's arrival period, population density, and cultural and social issues. Data from all of these variables is important for effective management strategies. Countries should not only foster individual behaviour improvements to control this virus, but also resolve social issues such as unemployment, rapid urbanisation, migration, and women's status. Since the pneumonic plague, emerging respiratory infections have piqued the public's interest and piqued the scientific/medical community's concern. They've recently surfaced in famous films portraying airborne virus outbreaks and controversy about the ability for certain viruses to spread through the respiratory system.

In emerging diseases, zoonotic hosts and changes in human behaviour, such as increased foreign travel and changes to our physical climate, are common themes. While some emerging agents may have respiratory involvement, we will concentrate on emerging pathogens that primarily affect the respiratory system and on representative agents that demonstrate a variety of emerging disease characteristics. The Coronavirus is changing the existences of people and the conjunction of many. Social distance is viewed as the most noteworthy municipal obligation. Fortitude is requested of the fit and youthful to ensure the week and older. While we see uncommon chief force at a public level, the EU's feebleness inside Europe is getting horrendously clear.

## **COVID-19 clinical features**

COVID-19 has a variety of effects on various individuals. The majority of people who are infected will experience mild to moderate illness and recover without the need for hospitalisation.

The following are the most common symptoms:

- a fever
- a dry cough
- exhaustion

Symptoms that are less common:

- Muscle and joint aches and pains
- a rash on the skin, or discoloration of fingers or toes
- a sore throat
- diarrhoea
- conjunctivitis
- headache
- loss of taste or scent

### Serious symptoms

- trouble breathing or shortness of breath are serious signs.
- pressure or pain in the chest
- a lack of ability to speak or shift

Look for guaranteed clinical consideration on the off chance that you have severe symptoms. Call prior to visiting your doctor or health facility. Many that have mild symptoms and are otherwise stable can treat their symptoms at home. The average time for signs to appear is 5–6 days; however, it can take up to 14 days (about two weeks). [4][7] How psychological health is being affected by covid and lockdown. There has been a lot of discussion about stress (both physiological and psychological), adaptation, and other issues in recent weeks. The amount of research, foresight, and prediction is another source of stress. The term "stress" was first used to describe how violent external stimuli trigger a physiological response and behaviour in an individual in order to prepare them to deal with these stimuli. [1]

Half of the population's psychological state is being affected because of the shortage of testing kits, no rules being followed, a false variety of cases being shown daily and most significantly, no permanent solution or vaccine has been found thus so far. [5] The cases are increasing day by day because of those faculties, colleges and workplace are closed thus for long that even simply sitting within the four walls people are so exhausted that they are breaking the foundations themselves. On top of it is the irregular sleep cycle, added workload and more significantly increased unemployment rate.

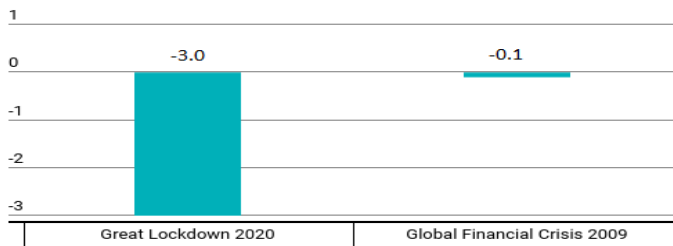
### **Unemployment and stock-marketing**

Many individuals working in the big MNCs have lost their jobs as companies cannot make much profit. This directly affects the country's economy in such a way that The Great Lockdown is the worst crisis since the Great Depression, but it's much worse than the "Global Financial Crisis" so far.

### The Great Lockdown

The world economy will experience the worst recession since the Great Depression.

(real GDP growth, year-on-year percent change)



Source: IMF, *World Economic Outlook*.



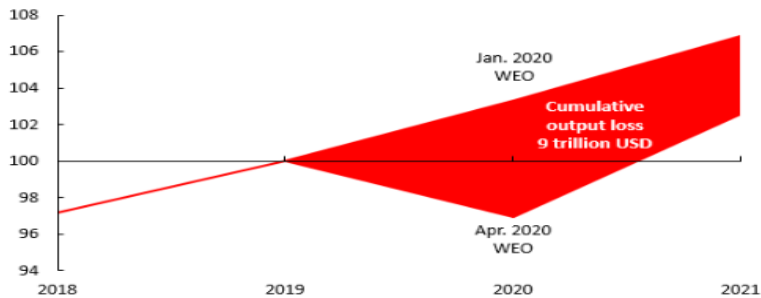
Figure 1. Graph the great lockdown

During the lockdown, an estimated 14 crores (140 million) people lost their jobs, and many others saw their salaries cut. Over 32,000 crores (US\$4.5 billion, or around \$14 per person in the US) are estimated to be lost by the Indian economy. It happened within the first 21 days of total lockout imposed after the coronavirus outbreak. [6].

### Output losses

The cumulative output loss over 2020 and 2021 from the pandemic crisis could be around 9 trillion dollars.

(global real GDP level, index)



Sources: IMF, *World Economic Outlook*; and IMF staff calculations.



Figure 2. Graph output losses

### **Public safety is your safety**

You should be willing to trade several of your freedom for the more extensive smart of the public. It's no secret that staying at home has been difficult. Many of us are concerned about becoming bored and aimless. Some people may believe that being asked to stay at home is a violation of their rights. When it comes to the bigger picture, though, one must always give up a little bit of that independence. Achieving a balance between individual rights and public safety is a constantly shifting problem. Exchange a smidgeon of your liberty for the greater good of humanity. [2]

Working from home should be a choice for many.

Many of us discovered that we could try to do our jobs from home. If the virus outbreak has passed, it will be beneficial to speak with your employer about the possibility of working from home if possible. Most jobs require a certain amount of labour to be completed remotely. Even if the virus isn't present, some mechanism to foster work-life balance should be in place. [2]

Doctors and researchers, and sanitary workers need to be paid better.

If this dreadful period has taught us something, it is those physicians, researchers, and health-conscious employees who can lead us out of this quagmire. They are the ones who are working around the clock to help the planet recover. Many scientists are now scrambling to find a coronavirus vaccine. We want to reconsider how much money Hollywood actors, professional athletes, and politicians generate, and instead pay someone and doctors the compensation they deserve. [2]

Learn how to be content alone.

It's difficult for a few people to sit still and do nothing. Being alone can be exhausting and lonely, particularly for extroverts. Distancing yourself from others can be difficult, but it can also teach you a lot about yourself. You figure out how to keep yourself occupied. Binge-watching three seasons of a TV show would eventually become insufficient, and you will be forced to seek out other activities. Your body and mind are your residence, and you must learn to appreciate and coexist with them. [2]

### **The homeless-stateless**

Unsettled people are vulnerable, whether they are settled or part of exile or migrant societies. People's traffickers threaten Rohingya seeking to flee Myanmar with a variety of threats, ranging from forced servitude and extortion to subjugation. In Europe, the Roma people are subjected to xenophobia and slavery. Unsettled communities' invisibility may result in children being excluded from immunisation campaigns, and the lack of documentation makes it difficult to find work. Unsettled people's access to health care is often limited to emergency services. If their residency status is uncertain, they risk being detained for long periods of time, which can be dangerous in times of crisis, their susceptibility will only rise.



Figure 3. Rohingya refugees off the coast of Indonesia [3]

Some good, some bad

25 of the 45 European countries have reported plans to vaccinate COVID-19-infected populations[7]. They can resolve vaccine apprehension in some populations, as well as mistrust of the authorities among Roma. Countries with a small number of unemployed people will simply vaccinate them alongside the rest of the population. Nonetheless, non-residents are effectively victimised in a few countries. The Dominican Republic's president has stated that those without archives would be excluded from the COVID-19 vaccination campaign, causing concern among the 210,000 citizens of Haitian origin who had their ethnicity removed in 2013. Since the Dominican Republic has registered the highest number of cases of COVID-19 of any country in the Caribbean, an incomplete campaign may be costly.

### **Discussion**

Here we discussed how people are being affected during this whole corona time and how different their lives have become. Whatever the government does, they do it for the betterment of the people, and it is the nation's prime duty to obey the law if they want an everyday life back again.

### **Precautions to be taken**

Do not step out of your house if possible: Afternoons are for catching up on reading. In the evening exercise again and play some music. It is essential to move about and keep the joints activated. Then there are Zoom calls with friends. Upload pictures on Instagram or engage yourself in social media but not for long as it may affect you differently. Throw some dinner parties online, chitchat to the distant people.

If necessary to go out, take strict precautions: Handwash and water for at least 20 seconds should be used on a daily basis. If handwashing and water are not available, use an alcohol-based hand sanitizer with a 70 percent alcohol content.

- Unwashed hands should not be used to touch your eyes, nose, or mouth.
- Avoid coming into direct contact with sick people.
- Cover your mouth with a tissue while coughing or sneezing, then immediately throw the tissue in the trash.
- Clean and sanitise objects and surfaces that are often touched.
- Maintain a distance of at least one metre (3 feet) between yourself and others, particularly those who are coughing, sneezing, or have a fever.
- Wear cloth face coverings in public settings where other social distancing measures are challenging to keep.
- Do not let any other person enter your home since this is one of how germs spread: Washing hands can keep you sound and forestall the spread of respiratory and diarrheal diseases starting with one individual then onto the next. Germs can spread from others or surfaces when you:
  - Touch your eyes, nose, and mouth with unwashed hands.
  - Prepare or eat food and beverages with unwashed hands.
  - Touch a sullied surface or items.
  - Blow your nose, cough, or wheeze into your hands and afterward contact others' hands or regular items.
- Mask is compulsory.
- Wear your mask over your nose and mouth and secure it under your jawline.
- Fit your mask nicely against the sides of your face.
- Make sure you can breathe without any problem.
- When you remove your mask, handle it exclusively by the ear circles or ties.
- Store your used mask securely to keep it clean between employments.
- Wash your fabric veil consistently, ideally in a clothes washer.
- Wash your hands: Key Times to Wash Hands

Washing your hands on a regular basis will help you and your friends and family stay healthy, particularly during these critical times when you're more likely to pick up and spread germs:

- Prior to, during, and after the preparation of food.
- Prior to and after consuming food
- Before and after concentrating on someone at home who is afflicted by retching or loose bowels
- Before and after treating a wound or a cut • After using the restroom • After changing diapers or cleaning around a child who has used the restroom
- After touching a creature, creature feed, or creature squander • After wiping out your nose, coughing, or sniffing
- After contacting a creature, creature feed, or creature squander
- After taking care of pet food or pet treats
- After contacting trash How to wash your hands

Washing your hands is a simple procedure that is one of the most effective ways to avoid the spread of germs. Clean hands will prevent germs from spreading from one person to the next, and all the way through a community—from your home and workplace to childcare centres and emergency rooms.

### **Follow these five stages without fail**

- Wash your hands with sterile running water (warm or cold), then apply cleanser.
- Scrub your hands with the soap to lather them up. Back of palms, between fingers, and under nails should all be foamed.
- Rub your hands in a circular motion for at least 20 seconds. Do you need a stopwatch? Repeat the "happy birthday" song from beginning to end two times.
- Thoroughly rinse your hands with sterile, running water.
- Dry your hands with a clean towel or allow them to air dry.
- Drink warm water: Cold and flu are the most common monsoon problems, and warm water soothes the throat and acts as a Covid-19 protective shield. Drink warm water every day to soothe the nasal and throat congestion during the rainy season. Drink water to remove the phlegm from the respiratory tract.
- Steam: It kills the virus in the nasopharynx itself and does not let the virus enter your lungs. A beneficial way to take steam is, add some carom(ajwain) seeds, eucalyptus oil and turmeric in water and let it boil or use the steamer.
- Breathing exercises for lungs:
- Diaphragmatic breathing exercises
- Pursed lips breathing.
- Coordinated breathing.
- Huff cough
- Deep breathing
- Eat healthy, especially for the lungs: Beets and beet greens, Peppers, Apples, Pumpkin, Turmeric, Tomato and tomato products, Blueberries, Green tea, red cabbage, Edamame, Olive oil are some of the most essential items for the lungs.
- At last, most importantly, FEEL POSITIVE, half of the disease can be cured by a strong will. Do you have a half-empty or half-full glass? How you respond to this well-known question about positive reasoning can reflect your point of view, your attitude toward yourself, and whether you are idealistic or critical — and it may even have an impact on your health. Positive reasoning does not mean burying one's head in the sand and ignoring life's less pleasant circumstances. The positive explanation clearly means that you are more emphatic and profitable in your approach to obnoxiousness. You want the best to happen, rather than the worst.

### **Conclusion**

- COVID-19 has had a major impact on Bharat's education market. It has created a variety of challenges, but it has also created a variety of



opportunities. To deal with the current COVID-19 issue, the Indian government and various education stakeholders have looked into the possibilities of Open and Distance Learning (ODL) by incorporating other emerging technologies.[8]

- COVID-19 wreaks havoc on a variety of economic and non-economic fronts across the globe. Due to trade restrictions and labour quality, there will be demand and supply shocks. In India, it will have ramifications for the 81 percent of people who work in the informal sector. India's growth prospects are determined by a variety of factors, including the pace at which the market is opened, the speed at which the novel virus is contained, and government plans to spruce up the country's economy.[9]
- Even among those who haven't tested positive, lockdown steps trigger exaggerated feelings of loneliness, isolation, restlessness, and anxiety, as people are expected to rapidly adjust to new circumstances and make drastic lifestyle changes.[10]

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