

MINI REVIEW

Introduction and Myth Busters of COVID-19

Prashant Chauhan

ABSTRACT

COVID-19 also known as SARS-CoV-2 is the virus that attacks the respiratory system of a person. The first case in humans of this virus was reported in Wuhan city, China, in December 2019. It was believed that the virus came from the food market of China. Also it was linked with the bats. A variety of studies are currently underway or are being carried out to better understand the cause of the outbreak in China, including human case investigations with an onset of symptoms in and around Wuhan in late 2019, Sampling from markets and farms in areas where the first human cases have been reported and detailed records of the source and type of species of wildlife and agricultural animals sold on these markets. A vaccine has developed by few countries like Russia, United Kingdom, USA, India. But there are no claim of 100% result of it so we have to take all the protective measures to protect us from the COVID-19 and don't trust the myths that are being spread everywhere out there.

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INTRODUCTION

A respiratory disease caused by the newly identified virus, the coronavirus (COVID-19) known as SARS-CoV-2. The majority of the people who will get infected with the coronavirus will experience mild to moderate respiratory problems and recover with proper rest and diet and do not require any special treatment. But on the other hand, people who are suffering from diseases like diabetes, cardiovascular disease, chronic respiratory problems, cancer, and people who are old are at more risk and require special treatment.

SYMPTOMS OF COVID-19

It spreads mainly by saliva droplets when an infected individual coughs or sneezes (2).

Commonly seen symptoms are :

- Dry cough
- Fever
- fatigue

Also some less common symptoms that the patients' experience are:

- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.

Others symptoms

- Shortness of breath,
- Loss of appetite,
- Confusion,
- Persistent pain or pressure in the chest,
- High temperature (above 38°C).
- Confusion
- Reduced consciousness
- Anxiety
- Depression
- More severe and rare neurological complications such as strokes, brain inflammation, delirium and nerve damage.
- Sleeping disorder (3).

People experiencing fever and cough and difficulty in breathing or chest pain or shortness of breath or loss of speech or movement should immediately seek medical care (3).

Around 80% of the infected people get recovered from any hospital treatment with proper rest and a healthy diet, whereas around 15% of the people become serious and require oxygen and around 5% of the people's situation become critical and require intensive care and treatment (3).

Respiratory failure, acute respiratory distress syndrome (ARDS), sepsis and septic shock, thromboembolism, and/or multi-organ failure, including heart, liver or kidney damage, could become complications that result in the death of an individual (3).

If anyone comes in contact with an infected person from covid-19, that person should be get in quarantine for

Department of pharmaceuticals, NIET, plot no. 19, knowledge park-2, Greater Noida, Uttar Pradesh-201306, India.

Corresponding Author: Prashant Chauhan, Department of pharmaceuticals, NIET, plot no. 19, knowledge park-2, Greater Noida, Uttar Pradesh-201306, India., E-mail: Chauhanprash8@gmail.com

14 days. It takes around 5-6 days, which can also range from 1-14 days to develop the symptoms upon exposure to the coronavirus. So it is important to stay in quarantine for 14 days to avoid the spread of the virus. If any symptoms start to show up of covid -19, immediately call your medical provider and get the test done for covid-19.

HOW TO PROTECT OURSELVES AND OTHERS FROM THE CORONAVIRUS

- It is an infectious disease and can spread through the tiny droplets of saliva, and nasal discharge when an infected person cough or sneeze, so to avoid that, the measures we can take are:
- Maintain a distance of at least 1-meter between yourself and others.
- Wear a mask when you are in a crowd, and it should properly cover your nose, mouth and chin.
- Clean your hand before putting and also after taking off the mask.
- Avoid going in crowded places.
- Cleaning your hands frequently and properly with an alcohol-based hand sanitizer or washing them with soap (2) properly as it kill the germs and the virus that may be present on the hand.
- Avoid rubbing your mouth, nose and eyes (2) because form their virus can enter in the body and can cause infection.
- When coughing or sneezing, the mouth and nose should be shielded with bent elbow or tissue and the tissue should be discarded of instantly to prevent infection from spreading.
- Surfaces which are regularly touched should be cleaned and disinfected regularly.

Daily, we are exposed to various information regarding the COVID -19 that might be wrong. Here we will discuss the myths and facts regarding the COVID-19 and some useful tips to prevent the spreading of false information.

FACT #1: Vitamins and Mineral Supplements Cannot Cure COVID-19

False information has been spreading that the vitamins and mineral supplements helps in curing the COVID-19. But the truth is that the micronutrients such as vitamin C, vitamin D and zinc supplements are just to make your immune system healthy and strong. According to WHO, "there are no guidance on the use of such supplements as the treatment of COVID -19" (2).

FACT#2: Hydroxychloroquine Doesn't Have Clinical Benefits In Treating COVID -19 (2)

The use of hydroxychloroquine or chloroquine is generally recognized as safe for malaria and auto

immune diseases patients. According to WHO, that this medication does not decrease deaths or benefit people with moderate disease among hospitalized COVID-19 patients. To determine its utility in patients with mild illness or as pre-or post-exposure prophylaxis in patients exposed to COVID-19, more conclusive research is needed (2). The use of this medication without any medical supervision can lead to some serious side effects so it must be avoided.

FACT#3: People Shouldn't Be Wearing Mask During Exercise

People should avoid wearing mask when they do running or any other kind of exercise because mask makes it difficult to breathing comfortably.

Sweat during the exercise makes the mask wet very easily and quickly makes it more prone for the growth of microorganisms. The only preventive measure we can take during exercise is either we maintain proper distancing of at least 1-metre or instead of going outside we can exercise at our home.

FACT#4: Water Or Swimming Doesn't Transmit The Coronavirus

According to WHO, the virus doesn't transmit through the water while swimming. The only way the virus can spread between the people is to contact an infected person (2).

We have to maintain a proper distance of at least 1 meter to prevent infection and avoid crowds, wear a mask and wash your hand repeatedly with soap or hand wash (2).

FACT#5: Probability Of Shoes Spreading The Coronavirus Is Very Low

The probability that the coronavirus can spread through shoes and infect someone is very low. As a preventive measure leave your shoes at the entrance especially at the home as small children plays on the floor it will help prevent contact with the shoe's dirt and waste that might be present on the sole side of the shoes.

FACT#6: COVID -19 Disease Is An Viral Infection, Not A Bacterial Infection

Coronaviridae is the family of viruses that cause the COVID-19 infection. Antibiotics works on bacterial infections not on viruses.

Some patients suffering from coronavirus may develop bacterial infections that cause antibiotics to patients.

According to WHO, currently, there is no medication to cure coronavirus completely. In case you have any symptoms, contact to your health advisor.

FACT#7: The Extended Use Of Medical Masks* Does Not Cause CO₂ Intoxication Or Oxygen Deficiency When Worn Properly (2).

The rumor is that prolonged use of mask can leads CO₂ intoxication or oxygen deficiency but it is not true. The extended use of surgical masks may makes the person uncomfortable but it doesn't leads to CO₂ intoxication or oxygen deficiency problems. When wearing a medical or surgical mask wear it properly so that you can breathe normally while covering your nose, mouth and chin (2). Don't use a surgical mask, again and again, change it as soon as it gets moisture-laden (2).

FACT#8: Most Of The Patients Of COVID-19 Gets Recover From IT

Most people show mild to moderate symptoms of the COVID-19 and are recovering from it with proper rest, and healthy diet and supportive care of the patient. You just have to keep in mind that if you have fever, cough, or have breathing problems, immediately call out your medical or health advisor.

FACT#9: Drinking Alcohol Could Be Dangerous And Also Doesn't Guard You From The Coronavirus

Many false information is spreading that we can kill the virus if it is present inside our body by drinking alcohol. But it is absolutely not true; instead, drinking alcohol can leads to some serious major health issues so we must avoid it.

FACT#10: Thermal Scanners Cannot Detect Coronavirus (COVID-19) (2)

Thermal scanner detectors are only used to detect the body temperature if it is higher than the normal body temperature or not. Higher body temperature means a fever, and it is one of the signs of the coronavirus, but we cannot be sure because the fever can be different. In case of fever we have to seek for a medical or health advisor as soon as possible.

FACT#11: Adding Peppers To Your Meals Doesn't Cure Or Prevent The Coronavirus

Adding peppers to your is not going to protect us from the coronavirus. The easiest way to protect yourself from the infection is to keep at least 1 meter away from others and always wash your hands with soap and (2) properly, eat a properly balanced diet, exercise daily and stay hydrated and have proper rest.

FACT#12: Coronavirus is not transmitted through houseflies (2)

According to WHO, "To date, there is no evidence

or information to suggest that the COVID-19 virus transmitted through houseflies. The virus that causes COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands" (3).

FACT#13: Introducing Any Disinfectant Into Your Body Will Not Protect You (2) From Coronavirus

Bleach or any other disinfectants must only clean the surfaces and be kept out of the children's reach. Do not, under any conditions, spray them on your body as it can be harmful for your body if ingested by mistake. It can also cause irritation to the skin and eyes and can also cause some serious damages to them.

FACT#14: Drinking Methanol, Ethanol Or Bleach Can Be Dangerous And Also Doesn't Helps In Curing Or Protecting Against The COVID-19

As per the WHO, "Methanol, ethanol, and bleach are poisons. Drinking them can lead to disability and death. Methanol, ethanol, and bleach are sometimes used in cleaning products to kill the virus on surfaces—however, you should never drink them. They will not kill the virus in your body, and they will harm your internal organs" (2; 3).

FACT#15: Exposing Yourself To The Sun Or Temperatures Higher Than 25°C Does Not Protect You From COVID-19 (2):

Countries with hot weather have recorded the COVID-19 cases exposure to sunlight will not protect you from coronavirus (2). To protect yourself just maintain social distancing. Wash your hands thoroughly and wear mask in a crowded area.

FACT#16: Being Able To Hold Your Breath For 10 Seconds Or More Without Coughing Or Feeling Discomfort Does Not Mean You Are Free From COVID-19 (2):

The most common symptoms of coronavirus are dry cough, fatigue, and fever. There are many other severe symptoms that people can develop, like pneumonia. It is not possible to confirm the coronavirus by holding the breath for a long time—the only way to confirm that your positive for coronavirus is by laboratory tests.

FACT#17: The COVID-19 Can Spread In Hot And Humid Climate (2)

Reports have shown that coronavirus can be transmitted in any weather conditions, including hot and humid climatic conditions (3).

FACT#18: Cold Weather And Snow Cannot Kill The COVID-19 Virus (2)

According to WHO data, "there is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather".

FACT#19: Taking The Hot Bath Cannot Prevent Coronavirus (3)

Since, despite the bath temperature, our body temperature stays the same at about 36.5°C to 37°C. So taking a hot bath (2) won't prevent you from being infected with the coronavirus. However, it is dangerous for your skin to take a bath with extremely hot water to burn the skin (2).

FACT#20: The Coronavirus Cannot Spread Through Mosquito Bites (2)

As per the WHO, there is no information or any other data that suggests that the new coronavirus could transmit through mosquito bites. This virus attacks the person's respiratory system, which, during cough or sneeze, spreads from the small droplets of saliva or nasal discharge from an infected person. So we need to keep our distance and avoid direct contact with the person who is coughing and sneezing (2; 3).

FACT#21: Ultra-Violet (UV) Lamps Should Not Be Used To Disinfect Hands Or Other Areas Of Your Skin (2)

We should not use UV radiation for disinfecting our hands or skin as it can cause irritation to the skin and also can damage the eyes too.

The most convenient way to disinfect your hand is to rub your hands with an alcoholic hand sanitizer or properly wash your hands with soap (2).

FACT#22: Vaccines Against Pneumonia Do Not Protect Against The COVID-19 Virus (2)

As per WHO, Pneumonia vaccinations, such as the pneumococcal and type B (Hib) Haemophilus influenza vaccines, do not offer protection against the new coronavirus (2; 3).

As it is a new virus to infect humans so it needs a new vaccine for it.

FACT#23: Eating Garlic Doesn't Prevent Coronavirus

There are no reports or evidence that confirms that eating

garlic can protect us from the coronavirus outbreak. Although garlic is a very healthy food with antibacterial properties.

FACT#24: People Of All Age Groups Can Be Infected By The COVID-19 Virus (2)

According to WHO, "Older people and younger people can be infected by the COVID-19 virus. Older people and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus" (3)

It is advised to all people of different age groups to take safety measures to protect themselves from the coronavirus.

CONCLUSION

These are some of the facts about the COVID-19 or coronavirus. There are false information spreading out there we don't have to believe on them and just have to take safety measures to protect us and our families and others too from the coronavirus. Safety measures that one can adopt are: maintain a distance of at least 1-metre from the person who is coughing or sneezing don't go close to them, wear a mask properly that covers your eyes, nose and chin, clean your hands with alcohol-based sanitizer or wash your hand thoroughly and frequently with soap, drink more water to stay hydrated, do exercise on a daily basis and have a healthy balanced diet.

As many countries are ahead in the race of developing vaccine-like United Kingdom (UK) have given the emergency approval to their vaccine developed by Pfizer-BioNTech vaccine, the USA also has given consent to the emergency use of the vaccine developed by Pfizer and BioNTech. In contrast, Russia has developed the vaccine named "Sputnik V," also India have given approval for the use of their vaccine "Covishield" and "Covaxin." Though vaccine for corona vaccine have arrived but still no country claim that it is 100% effective, we have still taken care of the safety measures to protect us.

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