

## Editorial

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# COVID-19 prevention by adopting a healthy daily lifestyle

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The corona virus disease caused by novel coronavirus SARAS-Cov2 is a public health emergency of international concern. Numerous measures have been implemented in many countries to reduce the person to person virus transmission as well as the outbreak. The specific focus of preventive measures is more on the susceptible population of children, healthcare providers, and older people. Many of the people practice safety measures without proper knowledge as to whether these measures are sufficient or not to prevent the spread of the virus. As of this time there has no effective pharmaceutical treatment, there should be adopt a way of prevention that is much helpful than cure.

The threat of coronavirus disease or COVID-19 has brought the entire world. This virus has a zoonotic origin, spread via respiratory droplets and contact routes. The current review highlights the preventive measures to be practised by the individuals and the risk factors to be avoided, which will be useful in curbing the spread of COVID viral infection. But there is another way to prevent infection by adopting a healthy daily lifestyle.

Case definitions as per WHO a suspect case is a patient with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (cough, shortness of breath), and with no other etiology that fully explains the clinical presentation and a history of travel to or residence in a country/area or territory reporting local transmission of COVID-19 disease during the 14 days prior to symptom onset. Alternatively a suspect case is a patient with any acute respiratory illness and having been in contact with a confirmed or probable COVID-19 case in the last 14 days prior to onset of symptoms. A suspect

May be also a patient with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (cough, shortness breath) and requiring hospitalization and with no other etiology that fully explains the clinical presentation.

As per WHO a probable case may be a suspect case for whom testing for COVID-19 is inconclusive or inconclusive being the result of the test reported by the laboratory.

As per WHO a confirmed case may be a person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

Preventive strategy from COVID-19 infection includes: early to bed and early to rise, a adequate amount (6 to 7 hours) of sleep at night and waking up early morning to take a fresh air. Doing regular exercise like yoga, cycling, running, walking to maintain a balanced body weight.

Healthy dietary chart by starting the day with a cup of hot tea and hot water intake (helps to kill germs), followed by a healthy breakfast including hot milk, oats, eggs, bread, fruit juice. Lunch should include grains like wheat, rice and green leafy vegetables, chicken, mutton, fish etc. Dinner should be taken early with healthy light meal like wheat, eggs, leafy vegetables, hot milk.

Hygiene should be maintained by regular washing of the clothes and drying them under sunlight. Wash hands with soap and water or cleaning the hands using an alcohol based hand sanitizer is recommended as it effectively kills the virus. While coughing or sneezing, mouth and

nose should be covered with tissue and the tissue should be discarded in a closed wastebasket. Immediately, hands should be washed. Definite use of mask and medical care is advised. Touching specific part of the face like eyes, nose, and mouth without washing the hands should be avoided as these are entry points for the virus.

Adequate ventilation at home should be maintained. Every individual require optimum 500ft<sup>3</sup> of air space for his/her physical comfort as well as in relation to the chemical component of air. But air entry/ventilation must be provision of windows and doors must be there and minimum 20% of the floor space of the room is to be constituted by windows and doors each that is gap amounting to minimum 40% of the floor space will be there in the walls of the room to secure optimum air entry. Do not stay more for than one hour at any closed area, avoid using air conditioner, do not stay with more than 2 to 3 person at a place.

Avoid going to market areas where live animals are handled, especially in virus affected regions. Avoid person-to-person contact and crowded areas. Always maintain a minimum distance of 3 feet or one metre between yourself and your contact. This will be effective in avoiding the droplet spray during coughing and sneezing through which the virus can spread.

Use proper mask, people should wear surgical mask, N95 mask as single or double mask when they go outside the home or in home if any unknown person come for any work. Proper hand washing with soap or alcohol-based sanitizer should be practised before wearing a mask. Face mask should cover nose, mouth properly that are the entry point of virus. Avoid touching mask after wearing it properly. Early use of face masks and hand hygiene followed by compliance has a higher chance of preventing infection.

Regular health check up at home should be done. People should be aware of any signs and symptoms of respiratory tract infections, any gastrointestinal problems, monitor body temperature at regular basis, if any abnormality find quickly contact health care personal.

Maintaining social distance to inhibit or delay viral transmission through droplets. Staying at home. Try not to go outside from home without a valid reason. Try to do work from home. In light of the rapidly alarming situation, anyone returning from affected areas should be screen properly and maintain a 2 weeks of home quarantine.

Advantages of mentioned preventive measures includes, prevention of unwanted cross-infection from screening rooms, interruption of human-to-human transmission and easy and adoptable to follow by the community.

The Covid-19 pandemic is considered as the most crucial global health calamity of the century. It requires a more focused approach on preventive measures. Covid-19 has emphasized to improve the mutually-affective connection between humans and natures. At this point of time, it is indispensable to control the source of disease, cut off the transmission path and the adopting a healthy lifestyle means to control the progress of the disease proactively. Precautionary measures such as compulsory practise of social distancing, self-isolation, usage of personal protective equipment, adequate hand hygiene along with respiratory hygiene and effective quarantining are required right now to prevent further community transmission.

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