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### RESEARCH ARTICLE

#### CATASTROPHE HITS THE GLOBE: SARS (NCOV-19), A SILENT EXECUTIONER

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#### Abstract

Novel Coronavirus has engulfed the world in its demonic hands. The death rate has its rapid growth since the outbreak of this infectious disease in late December 2019 in Wuhan, China. The outbreak of this contagious pandemic was declared a Public Health Emergency of International Concern on January 30, 2020 by WHO. The quick multiplication of this deadly virus has left the world into a complete isolation demographically and the people terrorized. The increasing confirmed deaths and infected cases are of utmost concern at present. Despite so many measures being taken by the countries of the world to protect their beings, they are finding it difficult to bring it to a standstill, rather it is intensifying tremendously. No medicine has been recommended yet by WHO to cure COVID-19. WHO considers the test of this pandemic the greatest test since the United Nation has formed. Undoubtedly, the world is in its tight grip and freeing from its clutches seemed perilous and complex. The health of the populace has now become the targeted area of concern worldwide. The concerned paper deals with the atrocious impact of SARS (nCoV-19) on the health globally, incubation period, lack of awareness, and its defensive measures. Besides this, it will also deal with the role of citizens to fight against this perilous disease.

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#### Introduction:-

The world is not unaware of the present situation that coronavirus has led it into. Coronavirus is an ongoing pandemic caused by a severe acute respiratory syndrome. It is known as SARS-CoV-2, closely related to bat coronaviruses, and SARS-CoV. More than 1.2 million cases of COVID-19 have been reported in more than 200 nations and territories [1], out of which 64,700 approx. death and more than 246,000 people have recovered as per the data till April 5, 2020 [2]. SARS- CoV-2, a pneumonia of unknown cause, is highly contagious and gets transmitted when being in close contact or proximity (close contact is defined as 1 meters/3 feet by WHO and 2 meters/ 6 feet by the CDC) and by tiny droplets (primary source of the virus) produced when coughing (an uncovered cough can travel up to 8.2 meters or 27 feet) and sneezing [3]. It can also transmit by unknowingly touching contaminated surfaces where the virus survives for up to 72 hours [4] and come about mainly after days of illness with symptoms like fever, dry cough, throat pain and problem in shortness of breath. It remains most contagious during the first three days after the symptom onset [5].

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A study of 181 patients (44.5 years – 60 males, 38 female, 2 unknown sex who visited Wuhan or been in contact with the infected between January 4 to February 24 ) with nCoV-19 had been carried out to estimate the median incubation period (the time between exposure to the virus and the appearance of the first symptom) of COVID-19. As per the study the median incubation period was found to be 5.1 days fewer than 2.5% of infected patients will exhibit symptoms with 2.2 days of exposure, for 97.5% it shows up within 11.5 days. According to the study every 101 out of 10,000 cases will bounce up the symptom after 14 days of active monitoring or quarantine. Earlier study based on 88 cases in China, the estimated incubation period ranges from 2.1 days to 11.1 days whereas 5 days as per to a different study of 158 cases.

#### **Vulnerability helps escalate the spread of COVID-19:**

Living in the modern age, the world still suffers from poverty, inequality and racism. Unquestionably, these factors are directly or indirectly would lead the world affected. Poor population is always prone to risks during such crises due to the lack of access to health services and awareness. Disparity should not be the reason for the deterioration of health of an individual and act as a hindrance to public health in general. Low-income generated population such as labor class, self employed, low-wage workers, people living in slums with higher levels of extreme poverty, socioeconomic groups struggling to cope financially, mentally or physically, fail to get adequate financial and health protections. Prejudice or intolerance is another major factor that helps multiply the virus. There have been marginally disproportions between rich and poor when it comes to mortality or fatality rate and health status. For developing countries like India, the lockdown has already affected the marginalized communities due to lack of livelihood, food and other basic necessities. This infectious disease would incessantly affect the most fragile settings such as prisons, refugee camps and migrants worldwide. Refugees and migrants are at the high risk of contracting the disease as they habitat in overcrowded conditions without the proper or no access to basic sanitation. The absence of basic needs and services such as clean water, soap, inadequate medical facilities, and lack of health information unfortunately aid the virus to spread. In addition to this homeless refugees and migrants are unable to follow public health advice like self- isolation as many of them are already in close contact with others and basically found in a large group. Moreover, international migrants and refugee tend to be affected by income loss and health care insecurity. The disproportion stigmatizes them and unjust discrimination against them for spreading disease springs up with highly rise of the risk to public health as whole, due to their fear of seeking treatment or disclosing symptoms [7]. The measures like social distancing, living in isolation or quarantine, frequent washing of hands, use of sanitizers and masks is too difficult to be implemented in refugee camps, thus the zone is more prone to the spread of CoV-2. As of March 29, 2020, WHO reported 146 countries and territories with cases of COVID-19 from local transmission of severe acute respiratory syndrome coronavirus-2, many of which have large refugee populations [6].

#### **nCoV-2: A threat to Mental Health, Hypertension and Diabetes:**

COVID-19 has forcefully thrust itself upon the world into uncertainty and the frequent news about this gruesome pandemic has adversely affected the mental health of the populace. Public who is already suffering from anxiety and OCD, this virulent disease is taking its toll on the mental health of such people. Anxiety as explained by UK's Nicky Lidbetter, is the state of fear of being out of control and unable to tolerate uncertainty. People who are being tormented from pre-existing anxiety are the ones facing challenges at this moment. Misinformation and miscommunication whirling around these days through various Social Medias have played its negative role in exaggerating and hence proving it to be the worst carrier affecting the crowd at large psychologically, letting them under the frequent traumatic state. There have been numerous informations regarding this pandemic in social medias and the authenticity of the information remained unanswered. Due to the world being merged in a panicking state, such misinformation gives rise to the level of their anxiety level taking their mind completely in agony. Patients who are suffering with cardiac disease, hypertension or diabetes and are treated with angiotensin converting enzyme (ACE2)-increasing drugs are too at a higher risk for COVID-19 infection.

WHO has brought forward various preventive measures to be followed by the people suffering from anxiety such as limiting the news and being cautious of what we read, sticking to trusted sources of information like government & NHS websites, taking a break from social medias and mute things which are triggering and stay connected with people through e-mails and phone calls. Abiding by these measures will allow the mind to think and work differently, somehow lessening the impact of the virus on their brain.

**Mechanism of spreading of nCoV-19:**

Coronavirus is a biological virus which transfers from one person to another with or without physical contact. Coronavirus is an envelope of protein with spikes of glycoprotein. This virus enters into human body through air and remains in the throat for one to two day. After 2 days nCoV-19 comes into the contact of cells of human body. The spikes of nCoV-19 help to hold the cells and then virus cell diffuse into the host cell. As the nCoV-19 enters into the host cell, this virus multiply as the time spent. This virus decreases the immunity of the human body day by day. The active cell of the human body starts decreasing day by day and finally the patient dies. The person who is in contact with the patient also receives this virus when sneeze etc. In this way this virus spreads in humans. This virus remains in the air for a few minutes, on plastics and stainless steel for 2 days to 3 days and on copper for a few hours. Various attempts have been made to reduce the coronavirus. Like UV-radiation of upto 100 nm are used to kill the virus on the plastics and cardboard etc.

**Conclusion:-**

nCoV-2 has been surging its waves across the world engulfing everything in its high tide victimizing the whole globe. To fight this epidemic the world is working together; many experiments are under process to discover the cure to this plague. Only nations cannot curb the spread unless the citizens cope to battle out with it. Sensing the emergency, scrupulous supervision, accurate monitoring, site specific epidemiological risk assessments, inclusion of refugees and migrants in public health system, adequate availability of basic amenities, proper public awareness especially in the outskirts of each country, following the necessary measures will help the world fight COVID-19. Besides this, the disease should not be associated to any particular civilization or ethnic group suffering any prejudice. Many countries are trying their level best to test various drugs to invent the vaccine to effectively treat nCoV-2. Till the date hydroxychloroquine drug is under clinical experiment for the treatment of this lethal pathogen COVID-19. If the various experiments undertaken fail, the world is going to witness a complete isolation.

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