

## **LIFE STYLE MANAGEMENT FOR PROTECTION FROM CORONAVIRUS**

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### **ABSTRACT**

*The capital of corona viruses of the world is china. The virus spread its arms throughout the world. This killer virus had killed more than 4550 people throughout world. The Threat of corona virus has become a challenge in around 120 countries of the world. This article will help the reader to know facts about the corona virus & how one has to lead a good life style that protects himself/herself from corona virus.*

**KEYWORDS:** Covid-19, Pneumonia, Appetite, Ventilator, Biometric Attendance

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### **INTRODUCTION**

Now a day, corona virus spread its fear throughout the universe. Many countries are facing the threat of corona virus. This virus has been proved its existence almost in 120 countries of the world and more than 4550 people had died of corona virus. Now, it is the time to think about one's life style management to protect him or herself from the infection of corona virus. Before that we have to understand what the virus is? How this virus born? What are the causes of spreading of this virus? What are the health symptoms that a person develops after infection? And, how one has to manage his or her life style to protect him or herself completely from the corona virus?

### **THE COVID-19**

Corona viruses are transmitted between animals and human beings. It was first started in china, and gradually spearheaded throughout the world. The new name of corona virus, given by WHO is COVID-19. Initially, it was reported by a doctor in china. Many people are infected by the corona virus in china. In India, about 51 people have been reported that they are infected by corona virus, whatever may be the situation, and the people should be alert about this virus.

There are many symptoms that are causes by the corona virus. These are

- The virus cause pneumonia
- It can cause fever and breathing difficulties
- It can cause organ failure in severe cases
- It can cause common cold, flu, running nose, pain with weakness of body
- It can gradually reduce the appetite
- It can cause dehydration in the body

## TREATMENT

Though corona virus infection is a viral infection, no antibiotics are used to treat the infection. The lifespan of the virus is 8 to 10 hours. Total recovery depends upon the immune power of the infected person. Many research found that people died of corona virus were due to their poor health. There are no antiviral drugs for this virus. All the health professionals are treating the patient with medication that reduce pain and fever, and they use I.V fluid to treat dehydration, and corona virus infected patient with breathing problem are being treated with oxygen and ventilator facilities.

## THE PREVENTIVE MEASURES

No antibiotics or medicine is available to treat the virus, so it will be better to take prevention steps, because prevention is better than cure. The following points should be remembered and implemented in our day today life style.

- Older person more than 65yrs and children should be take care by the family members as much as possible
- Use mask when you are outside
- Don't use android phone of others people
- Don't gathers in public place
- Avoid organizing functions or party
- Protect yourself in touching your eyes, nose and mouth without using hand sanitizer
- Don't comein direct contact with sick people
- Accumulate cough of sick people in a hot oven
- Disinfect frequently the surface and objects you are using
- Wash your hand with soap and use hand sanitizer in every 10 Or 20 minutes
- Use alcohol based hand wash or sanitizer if possible
- Don't go to public area
- Don't use public transport
- Don't encourage visitors
- Every time wash your hands with soap, before eating anything
- Use disposable tissues to cover nose and mouth when you sneeze and cough
- Avoid shaking hands and kissing on check
- Dry your clothes on sunlight after cleaning
- Don't use biometric attendance in offices
- Take steam bath when you are going to sleep, if possible
- Try to burn the person after death due to corona virus,by taking all precautions

- Use your own water bottle, Tiffin bag, umbrella etc while you are in office or job.

## CONCLUSION

It is true that every problem comes and goes with the passage of time. This threat will also be suppressed by human being very soon. We, the common people have to wait by taking every preventive step. Don't hate any infected person, love them and encourage them that there is a better life after recovery from this virus.

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