



A review of Covid-19: In Jammu and Kashmir (UT)

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Abstract

A global change due to rapid spread of coronavirus-covid19 pandemic is quite eminent. As of May 16, 2020, according to world health organization, there are around 4,634,152 confirmed cases from 212 countries and territories and 2 international conveyances. "COVID 19 is a new disease and we are still learning how it spreads and ascertain its characteristics. Respirational virus infection can occur through contact (direct or indirect), droplet spray (short range transmission), aerosol (long range transmission). In the Union Territory of Jammu and Kashmir the virus is also spreading and administration in its first has released Rs.27 crore under the State Disaster Response Fund (SDRF) for COVID-19 relief operation. Besides, the government has declared to convert 11 major hospitals into COVID-19 sanatorium to treat suspected patients for the contagious infection.

Keywords: Corona virus, Covid-19, Jammu and Kashmir

Introduction

At present we are facing COVID-19 crises, across the world, the new corona virus disease identified on almost daily basis. As of May 16, 2020, according to world health organization, there are around 4,634,152 confirmed cases from 212 countries and territories. Till date nearly 90,927 confirmed cases have been reported in India so far and in the Union Territory of Jammu and Kashmir 1121 confirmed cases besides 12 deaths out of this novel disease. An outbreak of this type of corona virus is novel and is named as COVID-19. The first case of coronavirus that specialists had never seen before in humans had begun to spread among the population of Wuhan city in the province of Hubei in China in December 2019. Since then it is spreading like anything to all over the world. "COVID-19 is a new disease and we are still in a learning phase about its characteristics. In general, respiratory virus infection can occur through contact (direct or indirect), droplet spray from mouth and nose (short range transmission), aerosol (long range transmission). The maximum possible studies regarding it is being undertaken across the globe and the only remedy in vogue to prevent its spread is physical distancing and lock down.

Symptoms of Corona Virus

COVID-19 Symptoms may cause fever, cough and shortness of breath besides some fatigue, dizziness and nausea. It weakens the entire immune systems of the humans and turned in to like pneumonia or bronchitis. The cases are found in all genders and irrespective of age, old adults and children have been infected.

The COVID-19 can spread from person to person through contact from infected to healthy. It is to be confirmed that animals have any role in its spread. It is said to spread through

i. Contact with certain bodily fluids, such as droplets in a cough.

ii. Touching body parts potentially nose ear or eyes after coming in contact with anything touched by an infected person

Jammu and Kashmir (UT)

Keeping in view of the COVID-19 and its contagious nature the Jammu and Kashmir (UT) government in its first decided to spend for COVID-19 relief operation. Besides, the government has declared to convert some major hospitals into COVID-19 sanatorium to treat suspected patients for the contagious infection. Till date the number of active cases in India is >>>>> of which. <<<<< cases >>>> pertain to UT of JK besides <<<<< deaths. The government of Jammu and Kashmir is working day and night for its control and has asked the authorities and general public that they should not create panic among the people on corona virus-covid19. A complete lock down has been implemented and if the authorities and general public manage to confine the perimeter of hot spot it will be really appreciable and substantial.

Screening Test

Jammu and Kashmir administration has scaled up sampling and testing facilities, with over nearly 3,500 tests on a daily basis. The administration has taken a combination of containment and mitigation measures to slow the spread of the COVID-19 pandemic by carrying out contact tracing, limiting travel and quarantining citizens. The administration is ensuring that every person who returns from other states is tested and is quarantined in a designated quarantine center in his home district. In order to facilitate the testing, the government has already established testing labs at various places and among them are at the SKIMS Soura, Srinagar, GMC Srinagar, CD Hospital Dalgate, Command Hospital (NC) Udhampur and GMC Jammu.

The following are the measures taken by J&K (UT) government to tackle the disease and prevent its spread:

- i. Implement lock down in letter and spirit.
- ii. Setting up of isolation wards.
- iii. Deputing rapid response teams in all districts.
- iv. To make adequate availability of mask and personal protection equipments.
- v. Gearing up the health machinery especially doctors, paramedics and associated staff whose contribution is immense.
- vi. And setting up of calls centres (Covid-19, Centres) in all districts.

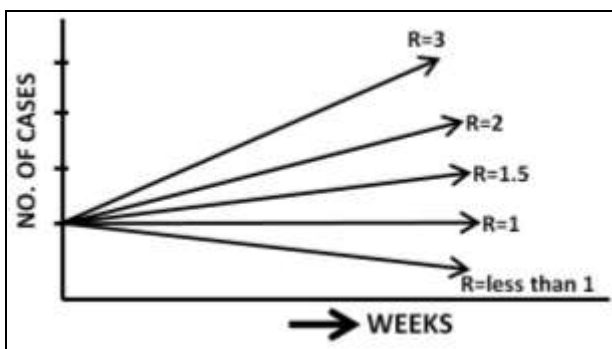
How to Tackle COVID-19

Following are the points which can be taken into consideration.

- i. Maintaining personal hygiene which includes sanitizing hands with soaps and running water, avoid touching things unnecessarily not to spit in public places
- ii. Persons suffering from influenza & Common Cold like illness should consult doctors immediately duly covering their nose, mouth with mask
- iii. Covering of nose and mouth with tissue paper when coughing and sneezing.
- iv. Some body in close contact with person suspected with corona virus or have just returned from foreign countries or place inflicted with virus, needs home isolation
- v. Dispose of used tissue paper in a closed dust bin and avoid crowded atmosphere
- vi. Avoid meeting people having cough fever and avoid touching body parts such as eyes, nose or mouth with untidy hands
- vii. Personal Protection Equipment (PPE) kits are must for person dealing with the patients
- viii. Avoid unnecessarily travel and as far as possible confine to homes.

Throughout world a speedy process is on to find out the vaccine which could be the possible cure for the novel disease- Covid 19. The possible vaccine has its protocol to develop which can be summarised in ten steps.

- i. Research
- ii. Pre- Clinical Pilot Survey
- iii. Phase one trail-Test on a few people.
- iv. Phase two –Test on few hundred
- v. Phase three-Trail on thousands
- vi. Creating Infrastructure
- vii. Manufacturing
- viii. Approval from Food and Drug Administration (FDA)
- ix. Distribution
- x. Final Immunity



Source: new York Times

Fig 1

Till the vaccine is ready we are left with the precautionary measures and as per Prof. Sitabhra Sinha famous Indian mathematician and computational biologist in his NDTV interview stated that R factor has to be managed, where R is average number of people infected by one person. Roy M Anderson and Robert May (1991) [9] say that
 If $R > 1$ more will get infected
 $R = 1$ it is control
 $R < 1$ it is improvement over disease.

R helps us to determine when herd immunity is achieved. $(R-1)/R$ is the fraction of individuals in the population, who need to be infected to acquire herd immunity. For instance if R is 1.50, then 33% of the population is required to be infected to acquire herd immunity. The expert opinion is that without Lockdown the Corona Virus Cases would have been more than forty times higher. The expert view of Dr R J Shah suggests that state government and union territories in particular and Country as whole needs an overall comprehensive and smart plan as we will be stuck with the Corona virus for 12 to-18 months. The government should take some comprehensive steps and announce some major plans to boost the morale of the masses along with the economic stress.

Conclusion

The government has asked the authorities that they should not create panic among the people and further asked them to handle the COVID-19 cases on first priority. Initially the government has setup call centres at the district levels to disseminate information on the corona virus suspected patients. Apart from this the government should announce some major plans through electronic media to boost their morale and relieve them from the stress of any kind.

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