



COVID-19 THE RACE AGAINST TIME

-Dr. V. Shankar

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Email : siesvs@gmail.com

Be kind to one another, because most of us are fighting a hard battle
- Ian Maclaren

Which world are we living in?

- Governments across the globe have ordered closure of all pubs, bars, restaurants, gyms, leisure centres. Governments have banned the export of crucial medicines including adrenaline, insulin, paracetamol, morphine to keep the supplies only for themselves.
- Soldiers deployed in the Northern Lombardy region of Italy amid alarm at the rapidly rising fatalities in Milan.
- In Spain, Salvador Illa, the Spanish Health Minister warns "the worst days are coming". Spain is deploying medical and nursing students to bolster hospital staff.
- Intensive care units in most countries are running out of bed, ventilators grossly inadequate for the needs.
- Doctors in Madrid are preparing a criteria to decide which patient to prioritise and admit in hospital.
- What started as "China virus", death toll in Italy is more than China.
- Death rising fastest in UK and Spain. Europe has become the epicentre of the crisis now.
- Work from Home for non-essential business ordered in most parts of the world.
- World's busiest districts are forelone, empty and deserted.
- In India a Janata Curfew was tried successfully.
- Germans face a national lockdown if they fail to obey instructions to stay indoors.
- Public worship has shut across Middle East and countries like India, Sri Lanka etc.
- Australia's Tasmania has quarantined itself from the mainland.
- Airlines have restricted their travel plans to many countries and most nations have put an embargo on arrivals from other countries.

Are nations closing themselves to the rest of the world and has fear overtaken reasoning? The Mexican president Mr. Andreas Manuel Lopez Obrador dismisses Corona Virus as hysteria and claims that he is being protected by a magic amulet. The indigenous people living in Oaxaca have written to the President pleading with him to cancel his visit to their community to celebrate the birthday of his Hero former President Benito Juarez. The natives appear to protect themselves whereas the learned in some sections of the world society dismiss the hyper actions as unnecessary. Various stories are circulating as to why the pandemic has been thrust on the world. In a matter of few months, we are seeing a world quite different from the one that we have been experiencing over the last few decades. Globalisation had shrunk borders, made travel and trade universal and truly the entire world was emerging as one family. The protectionism arising from fear has altered all these. What is it that has happened that has given overnight this 360 degree change.

Not all nations have comprehended the magnitude of the crisis. In Pakistan, action has been taken only after the

confirmed cases crossed 500. Only limited lockdown has been attempted. The defiant Pakistan Prime Minister refuses to impose full lockdown. Sindh is the worst hit province with 295 cases. Khan said "Lockdown means curfew like situation, which will create unrest in the country and we

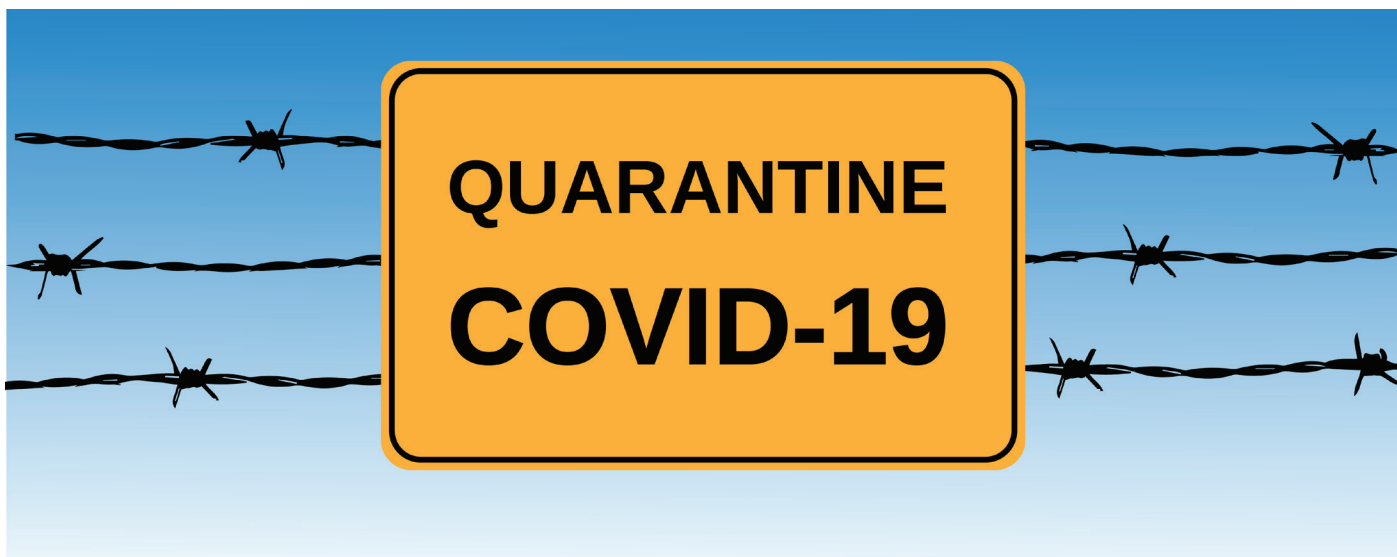
The whole nation is united in the war against Corona. 80 districts have been brought under complete lockdown including 33 major cities.

cannot afford that. It would make poor people more vulnerable". On the contrary, the Indian Prime Minister Shri. Narendra Modi has taken the battle headlong. The whole nation is united in the war against Corona. 80 districts have been brought under complete lockdown including 33 major cities. Life has come to a grinding halt to prevent transmission of the virus. It is early days. The testing facilities in India are grossly inadequate. Once the

positive cases surge, the hospital system may not be able to take up testing of people who complain of symptoms. It could probably be one of the reasons why India has still not reported alarming positive COVID-19 cases and deaths.

Ever since life surfaced on the earth, mankind has witnessed several epidemics and has overcome them overtime. Infections resulting in major deaths that the world has witnessed is as below :

| S. NO. | NATION | PERIOD | EVENT | DEATHS |
|--------|---|----------------|---|---|
| 1. | Europe, Egypt and West Asia | 541 – 542 | Plague of Justinian | 40% of the population 25 – 50 million |
| 2. | Japan | 735 – 737 | Smallpox | 1/3 rd of the entire population |
| 3. | Europe, Asia and North Africa | 1331 – 1353 | Black death | 50 – 200 million |
| 4. | Russia | 1852 – 1860 | 3 rd Cholera pandemic | 1 million |
| 5. | Worldwide | 1855 – 1960 | 3 rd Plaque pandemic (Bubonic plague) | 22 million died in India |
| 6. | Worldwide | 1889 – 1890 | Flu pandemic (Influenza) | 1 million |
| 7. | Worldwide | 1915 – 1926 | Encephalitis latherica pandemic | 1.5 million |
| 8. | Worldwide | 1918-1920 | Spanish Flu | 100 million |
| 9. | Worldwide (commenced in Congo basin) | 1920 – present | HIV/AIDS pandemic | 32 million |



We have seen dengue outbreak, Ebola virus disease which came from Africa, yellow fever from Africa, measles which came from Congo, SARS, Chikungunya, all these were controlled quickly except that HIV continues to challenge human potential. Cancer research to conquer the disease has not reached finality but there is a relentless mission to save mankind of pandemics and all diseases.

Harm to nature often results in harm to humans. How much do we owe to future generations who will inherit the planet we leave them?

driving climate change, deforestation, acidification of the oceans, shortage of fresh water, fuel and natural resources add to the challenges for human health and well-being. Harm to nature often results in harm to humans. How much do we owe to future generations who will inherit the planet we leave them? Man has overcome these challenges through advancement of science and technology.

At the end of December 2019, Chinese public health authorities reported several cases of acute respiratory syndrome in Wuhan city, Hubei province, China. Chinese scientists soon identified a novel Corona virus as the causative agent. The disease is now referred to as Corona virus disease 2019 (COVID-19). It is a new strain of Corona virus that has not been previously identified in humans. The initial outbreak in Wuhan spread rapidly affecting other parts of China. Outbreaks and clusters of the disease crossed the borders of China to Asia, Europe, Australia and the Americas. At the early onset, Japan and Korea who bordered China reported several cases but soon distant lands in Europe claimed several cases rapidly rising every day. The inquisitive scientific mind saw the need to isolate the virus and determine its character in the wake of this trend.

Humans exert great pressure on the natural world. Habitats and species suffer not only from environmental changes caused by industry and technology but also from the strain caused by the world's massive human population which has doubled in the past 50 years and is rising rapidly. Relentless rise of greenhouse gases

Every time he confronts a new situation never seen before and works relentlessly to come out of it only to face the next one at the turn. Life has moved on like this ever since the first life came on planet earth.

What is this Corona virus? We heard atleast in India for several years "Carona shoes" phonetically similar. In its prime, Carona was a heritage brand in India and 2nd largest footwear company after Bata. Canvas shoes that it gave was the rage amongst the youth in the 90s. While Carona demised when it was pushed to BIFR in 1998, Bata survived because of its parent company that rediscovered itself to the challenges of competition. While the word had gone out of our minds for the last three decades, today what rings all day is a phonetically similar Corona. What have the results of the various studies till now on this virus indicate?

1. The Corona virus is so named because it has a spiked shell like exterior which resembles a crown (hence Corona).
2. It is the heaviest of known viruses. It cannot float in the air.
3. On release from the breath of an affected person by

CORONAVIRUS

— 2019-NCOV —

WHAT IS IT?

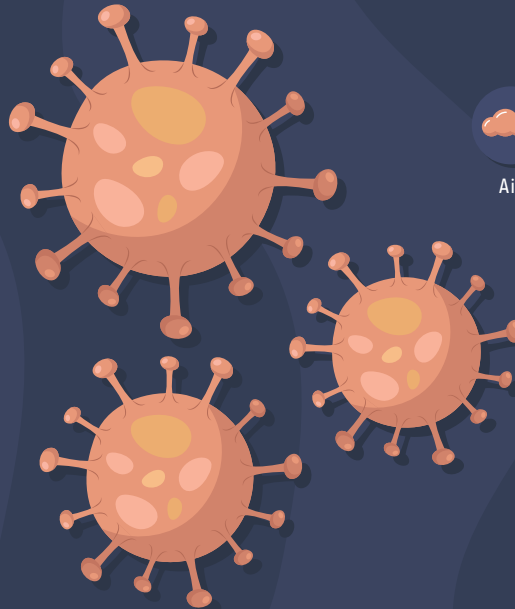
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The life of the virus is shorter in hot climate above 30 degrees and longer in cold climate.



SYMPTOMS



TRANSMISSION

On release from the breath of an affected person by cough or sneeze, it can travel a distance of 6 feet before it sinks to the ground or to any surface it intervenes.

Its spread is facilitated by touch.



Air



Animal Contact



Human Contact



Contaminated Objects

PREVENTION



Use Mask



Wash hands



Avoid contact with animals



Avoid crowded places



Go to the doctor



Use nose-rag

cough or sneeze, it can travel a distance of 6 feet before it sinks to the ground or to any surface it intervenes.

4. It is not a airborne disease.
5. The life of the virus is shorter in hot climate above 30 degrees and longer in cold climate.
6. Its spread is facilitated by touch.
7. The virus settles on a surface like bannister, railing, suitcase, switchboard, door handle, desk etc. and there it survives for 6 – 8 hours.
8. The virus is inactivated with biocidal agents. The report by the German scientists reviewed in the Journal of hospital infection is proof enough (read the article attached).
9. From these surfaces, the virus transmits to our hand on touching it and therefrom to face, nose, lips, eyes or cheeks and ultimately gains entry into the nose.
10. The travel path of the virus in the body and what it causes?

NOSE MILD COLD

Throat Inflammation, pain on swallowing, constriction and later difficulty in breathing

Lungs Pneumonia, severe respiratory distress leading event to death

Who is susceptible to the virus?

A person whose immunity is compromised by dehydration, alcohol, tobacco chewing and smoking, sleep deprivation, stress, excess use of pain killers and anti-pyretic, hypertensive and diabetes. Generally elderly people have low immunity levels.

Symptoms?

- Dry cough
- Throat pain
- Fever
- Breathlessness
- It takes on an average 5 days to start showing the symptoms. The incubation period according to WHO last upto 14 days.
- If any of these are noticed, approach the family physician and take help.

How to we stay safe?

- ✱ Sleep adequately.
- ✱ Drink plenty of water and other fluids.
- ✱ Confine to home cooked food.
- ✱ Immaculate cleanliness of the surroundings.
- ✱ No spitting
- ✱ Safe disposal of garbage and refuse

- ✱ Wash and/or wipe anything that comes home from outside.
- ✱ Keep common use surfaces like door handles, wash basins, lift doors, switches always clean.
- ✱ Minimum touching of surfaces
- ✱ Frequent handwash with soap and water or a few drops of sanitizer.
- ✱ Napkins and towels be kept only for personal use and not for all.
- ✱ Keep crockery and clothes of affected / suspected persons separately.
- ✱ Self isolation for 10-14 days if travelled and returned from a country where the incidence of Corona virus is high.
- ✱ Avoid consuming food touched by others unknown.
- ✱ Do not touch the face without washing the hands.
- ✱ Restrict the need for service providers to visit your home.
- ✱ Social distancing.
- ✱ Avoid handshakes
- ✱ Avoid hugs or any other form of physical intimacy
- ✱ Spread only credible information.
- ✱ Travel only, if absolutely necessary.

In the words of a Corona virus patient

“Hi! Unlike a lot of people you’re hearing from on here, I have actually tested positive for Covid-19. I was most likely exposed on March 3rd, became ill about a week later, and just received my official test results today, March 17th.

Coronavirus feels like the most devastating flu I have ever had. Intense bouts of fever, alternating with the kind of chills that, even with three sweaters on, make your teeth chatter uncontrollably. I’m “lucky”, relatively speaking, because my temperature never went higher than 102 degrees Fahrenheit, but even then, it felt like my body was burning up. Plus, a general feeling in my head that I can only describe as “heavy” or “flu-ish” that makes every movement and activity feel like a massive chore.

A few days later, I developed a very annoying dry cough. But again, I am lucky because there have been no chest pains or breathing problems, which would be a reason to be hospitalized.

My appetite has been nearly nonexistent—I am normally a big eater, and it’s only been in the past couple days that I’ve been able to make myself eat anything. Even then, it feels very gross, and I can only consume very small amounts.

Fortunately, I’ve been able to manage my symptoms just by taking Tylenol, and my condition appears to be improving. The worst part, though, is being stuck at home but feeling too sick and exhausted to actually do anything except sit around and cough.

**This virus is real.
You do NOT want
it. And you do not
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one who gave it to
someone else.**

As I said, I’m one of the lucky ones: According to the doctors, I will most likely be fine in another week.

But trust me, people: This virus is real. You do NOT want it. And you do not want to be the one who gave it to someone else. Chances are, many of you are carrying it already, even if you don’t have any symptoms. (I most likely had it for at least a week before ever feeling sick.) Stay home, and wash your damn hands!

EDIT: I’m sure a lot of people are wondering how I was able to get tested. I found out that one of the ushers at a Broadway show I had attended tested positive for the virus. Because of this potentially direct exposure, combined with the fact that I had all the symptoms, and tested negative for flu, I was okayed for the Covid-19 test. I don’t think this is right, but at least here in New York City, that is how they are doing it.

Also: I am 47 years old, in decent physical shape with no preexisting health conditions.

EDIT 2: One more time, for the tinfoil-hat crowd : I tested negative for both types of influenza. I do not have the flu. Trust me, I wish that was all I had right now. But it’s not. I have absolutely nothing to gain by telling my story, except to educate others about exactly what I’ve been going through.

A lot of you are obviously scared by what’s happening in the world right now, and that’s understandable. But

believing that your armchair assessment of my symptoms is somehow more valid than actual scientific CDC tests conducted by a qualified doctor is ridiculous, and it's very dangerous to others. The fact that you somehow think you know better doesn't make it true. So stop it. You sound like a bunch of whining babies. Put your big-boy

pants on, and start treating this like the real issue that it is, before you literally become another statistic."

Leon Chase, Movie Person. Video Editor. Chronic Autodidact. New Yorker.

Why the alarm in India?

As on date (23.3.2020), India has reported 283 positive cases of COVID-19 of which 39 are foreigners. 6 deaths have taken place till now. The COVID-19 clock has registered 2,58,320 cases worldwide and 10901 deaths. India accounts for 1/1000th of the positive cases worldwide and yet the entire machinery both of the Government and the public has been put on alert and high gear. Is that needed? The answer lies in knowing what happened in Italy, Spain and Iran. The tabulation below reveals what happens after the incubation period. The rapid rise in the cases and the fatalities is beyond the lexicon of mathematics, of any geometric progression.

| ITALY | Total confirmed cases | Total deaths |
|---------------------|-----------------------|--------------|
| Week 1 | 2 | - |
| Week 2 | 3 | - |
| Week 3 | 3 | - |
| Week 4 | 3 | - |
| Week 5 | 900 | 21 |
| Week 6 | 4627 | 189 |
| Week 7 | 17764 | 1205 |
| Week 8 | 46357 | 3836 |
| (Week 9 (continuing | 60135 | 5622 |

In USA, the number of confirmed cases jumped by over 10000 in 50 hours. UK and Spain are showing the most rapid growth of COVID-19 across their nations.

The worldwide count as on date 23.3.2020 (as per WHO website date) is as under :

| Reporting Country/ Territory/Area | Total confirmed cases | Total confirmed new cases | Total deaths | Total new deaths |
|--------------------------------------|-----------------------|---------------------------|--------------|------------------|
| China | 81498 | 82 | 3267 | 6 |
| Italy | 53578 | 6557 | 4827 | 795 |
| Spain | 24926 | 4946 | 1326 | 324 |
| Germany | 21463 | 3140 | 67 | 22 |

| Reporting Country/ Territory/Area | Total confirmed cases | Total confirmed new cases | Total deaths | Total new deaths |
|--------------------------------------|-----------------------|---------------------------|--------------|------------------|
| Iran | 20610 | 966 | 1556 | 123 |
| United States of America | 15219 | 0 | 201 | 0 |
| France | 14296 | 1821 | 562 | 112 |
| Republic of Korea | 8897 | 98 | 104 | 2 |
| Switzerland | 6077 | 1237 | 56 | 13 |
| The United Kingdom | 5018 | 1035 | 233 | 56 |
| Netherlands | 3631 | 637 | 136 | 30 |
| Austria | 3024 | 375 | 8 | 2 |
| Belgium | 2815 | 558 | 67 | 30 |
| Norway | 1926 | 184 | 7 | 0 |
| Sweden | 1746 | 123 | 20 | 4 |
| Denmark | 1326 | 71 | 13 | 4 |
| Portugal | 1280 | 260 | 12 | 6 |
| Malaysia | 1183 | 153 | 3 | 0 |
| Australia | 1081 | 208 | 7 | 0 |
| Canada | 1048 | 202 | 13 | 4 |
| Japan | 1046 | 50 | 36 | 1 |
| Czechia | 995 | 91 | 0 | 0 |
| Turkey | 947 | 277 | 21 | 12 |
| Brazil | 904 | 283 | 11 | 7 |
| Israel | 883 | 171 | 1 | 0 |
| Ireland | 785 | 102 | 3 | 0 |
| Luxembourg | 670 | 186 | 8 | 3 |
| Poland | 536 | 111 | 5 | 0 |
| Greece | 530 | 35 | 13 | 5 |
| Finland | 521 | 71 | 1 | 1 |
| Ecuador | 506 | 139 | 7 | 2 |
| Pakistan | 495 | 34 | 3 | 1 |
| Iceland | 473 | 64 | 1 | 0 |
| Qatar | 470 | 10 | 0 | 0 |
| Indonesia | 450 | 81 | 38 | 6 |
| Chile | 434 | 0 | 1 | 1 |
| Singapore | 432 | 47 | 2 | 2 |
| Thailand | 411 | 89 | 1 | 0 |

| Reporting Country/ Territory/Area | Total confirmed cases | Total confirmed new cases | Total deaths | Total new deaths |
|--------------------------------------|-----------------------|---------------------------|--------------|------------------|
| Saudi Arabia | 392 | 118 | 0 | 0 |
| Slovenia | 383 | 42 | 1 | 0 |
| Romania | 367 | 59 | 0 | 0 |
| Peru | 318 | 84 | 2 | 0 |
| Philippines | 307 | 77 | 19 | 1 |
| Estonia | 306 | 23 | 0 | 0 |
| Russian Federation | 306 | 53 | 0 | 0 |
| Bahrain | 306 | 21 | 1 | 0 |
| Egypt | 285 | 29 | 8 | 1 |
| India | 283 | 88 | 4 | 0 |
| South Africa | 240 | 35 | 0 | 0 |
| Iraq | 214 | 21 | 17 | 3 |
| Lebanon | 206 | 43 | 4 | 0 |
| Colombia | 196 | 51 | 0 | 0 |
| Kuwait | 176 | 17 | 0 | 0 |
| Mexico | 164 | 0 | 1 | 0 |
| United Arab Emirates | 153 | 13 | 2 | 2 |
| Panama | 137 | 0 | 1 | 0 |
| Other Countries | 5273 | 801 | 87 | 19 |
| Grand total | 292142 | 26069 | 12784 | 1600 |

If we do nothing, it goes out of control. There is nearly universal agreement on this point. Every week the number of infected people doubles or triples, according to the best estimates available today. Within about two months, hospitals start to collapse under the pressure (Italy) and can survive only by building emergency new facilities using help from the rest of the country (Wuhan). However, if you really are doing nothing, then two months later the rest of the country falls down and no one can help you. At this point, there are no more ICU beds left and the mortality rate goes from 2% to 5-10% because we run out of respirators.

On the other hand, if we declare a state of emergency ...schools shut down, airports virtually closed, and the country goes on lockdown. All for what, like 3,000 cases?? Then if the disease is successfully suppressed a few months later, everything opens back up and we look around and say, gee, why did we even do that?! Why did the country shut down when the ordinary flu killed 100x more people this year? Didn't we way overreact?

But the difference between 5,000 cases and 5 million cases is 10 weeks of inaction. That is why governments around the world are taking severe and enormous action now, because we are at the edge of the precipice.

Is COVID-19 likely to be at pandemic proportions for two years?

That depends on us. Please, if you have a cough and/or a fever, stay at home and stay away from others. You probably have a cold, but if you're a minimally symptomatic carrier, you can do your part by making sure your particular Covid-19 ends at you and doesn't get passed on to another person.

COVID-19 is a litmus test for human resilience. The virus is exacting a heavy toll throughout Europe and do unbelievable damage to other continents as well. Pandemics have happened in the past and will happen in future as well. THEY HAPPENED AND PASSED. THIS TOO SHALL PASS. The damage it can do depends on how we counter this unknown Corona invader by modifying our usual behavior. The world will rise like a phoenix. In this competitive environment, no country can risk being pushed to the background. India is on the alert. Never before has the political leadership acted with alacrity and speed deserving of the pandemic. Let us give a helping hand to the government of the day and help control this virus. The economy can wait. This is a greater crisis for humanity. The red flag of recession stares before the world and India is no exception. This is the time for survival. Once the virus is controlled, we can surge ahead not only recovering the lost time due to the pandemic but also in an accelerated pace that would ensure that we become one of the most dominant powerhouse in the world, economic or otherwise in over two decades from now when we would be celebrating the centenary of our independence.

WHO Health Alert on WhatsApp

- Save the number +41798931892 in your phone contact.
- Simply text 'Hi' to get started.
- Chatbot on Corona on WhatsApp 'MyGov Corona Helpdesk'. Say Hi on 9013151515. Helpline +91-11237978046 or 1075
- Email : ncov2019@gov.in
- Maharashtra Helpline : 020-26127394

