

## Awareness and prevention of covid-19 to the children - A preview

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### Abstract

COVID-19 is a new virus and we are still learning about how it affects children. We know it is possible for people of any age to be infected with the virus, but so far there have been relatively few cases of COVID-19 reported among children. The virus can be fatal in cases, so far mainly among older people with pre-existing medical conditions. Instead of keeping children out of school, teach them good hand and respiratory hygiene practices for school and elsewhere, like frequent hand washing (see below), covering a cough or sneeze with a flexed elbow or tissue, then throwing away the tissue into a closed bin, and not touching their eyes, mouths or noses if they haven't properly washed their hands. If possible, create opportunities for children to play and relax. Keep regular routines and schedules as much as possible, especially before they go to sleep, or help create new ones in a new environment. Provide age-appropriate facts about what has happened, explain what is going on and give them clear examples on what they can do to help protect themselves and others from infection. Share information about what could happen in a reassuring way. Work with social service systems to ensure continuity of critical services that may take place in schools such as health screenings, feeding programs or therapies for children with special needs. Consider the specific needs of children with disabilities, and how marginalized populations may be more acutely impacted by the illness or its secondary effects. Examine any specific implications for girls that may increase their risk, such as responsibility for taking care of the sick at home, or exploitation when out of school.

**Keywords:** Corona virus, Awareness, Children, Creativity, Environment, Infection, School.

### INTRODUCTION

Today, children and young people are global citizens, powerful agents of change and the next generation of caregivers, scientists, and doctors. Any crisis presents the opportunity to help them learn, cultivate compassion and increase resilience while building a safer and more caring community. Having information and facts about COVID-19 will help diminish students' fears and anxieties

around the disease and support their ability to cope with any secondary impacts in their lives. This guidance provides key messages and considerations for engaging school administrators, teachers and staff, parents, caregivers and community members, as well as children themselves in promoting safe and healthy schools. However we are fortunate to have favourable agro climatic conditions that could help prevent such viral

diseases. Moreover we have umpteen alternative therapies like Siddha, Ayurveda, Unani, Homeopathy and other natural devices to prevent infections of viruses through diets, exercises, supplements and behavioural mechanisms. In all our non-conventional and alternative naturopathic therapies, several methods have been followed to strengthen our natural system of defense mechanisms of immunity. Several herbs and plants are endowed with anti-viral, anti-bacterial, anti-free radical and anti-inflammatory properties. We need to do social research alongside clinical research to overcome the formidable situations like Covid-19 infections or challenges. An agglomeration of all non-conventional cum conventional modalities and research on them transdisciplinarily will lever the solutions to the problems to newer heights.

### **COVID-19**

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

### **The symptoms of COVID-19**

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19.



### **AWARENESS OF COVID-19 TO THE CHILDREN**

All viruses the so called nicknames, Dengue, Corona, HIV, Spanish flu, Swine flu etc are nothing but the structurally mutated forms from the basic influenza. When Researchers ponder over their bricks structure and the whole building, they can arrive arbitrarily at a provisional medical solution, until their molecular level trials take time to shatter their infections and slaughter the viruses. We have our own innate immune mechanisms to defend ourselves from viral infections. Our body is in possession of some millions of cells and molecules like interferons to fight against viruses. Only susceptible people who are nude completely in this immunological landscape due to malnutrition, stress, lack of exercise and sleep, lack of nutritional supplements, vitamins, minerals etc, succumb to the Covi-19 infections.

Clinical, laboratory, image findings, as well as the factors associated with evolution and outcomes, are critical knowledge that should be carefully studied when a new infectious disease emerged, including multiple other factors. Recently, in this context of the COVID-19 outbreak, several questions have been raised, including what is the full spectrum of disease severity. Nowadays, inoculation of volunteers to determine the spectrum of disease caused by a novel virus of uncertain pathogenicity is no longer ethically defensible. Therefore the only methods to investigate respiratory symptoms caused by a newly identified virus are through animal model studies and detailed epidemiologic studies with appropriate controls.

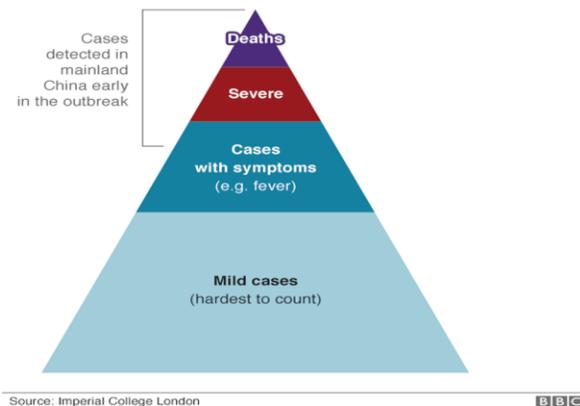
The human coronaviruses are responsible for a high number of common cold cases each winter season. This implies that during a lifetime virtually everybody will experience an infection with these viruses, and everybody will consequently carry antibodies. The early literature on human coronaviruses demonstrated that antibodies to the viruses are frequently present. The above information are used to make an awareness among the school children.

### Coronavirus death rate: What are the chances of dying?

Thousands are being treated but may go on to die - so the death rate could be higher. But it may also be lower if lots of mild cases are unreported. A World Health Organization (WHO) examination of data from 56,000 patients suggests:

- ❖ 6% become critically ill - lung failure, septic shock, organ failure and risk of death
- ❖ 14% develop severe symptoms - difficulty breathing and shortness of breath
- ❖ 80% develop mild symptoms - fever and cough and some may have pneumonia

#### Most cases are never counted



### PREVENTIONS OF CORONA VIRUS

The following prevention, measures are inform the children

- ❖ First of all self-hygiene is the fore most thing to arrest infections.
- ❖ Second is the environmental hygiene.
- ❖ Sanitising and quarantine measures inside our house premises. This is an internship training to the house occupants.

- ❖ Think of food items which give general immunity.
- ❖ Eat fruits and vegetables to get specific immunity through their phytochemicals such Phenols, Polyphenols, Flavonoids, Terpenoids, Lycophenes, Quercetins, etc.
- ❖ Take a 'Flu shot' vaccine from your family Doctor after consultation.
- ❖ Do some aerobic exercise or yoga inside the House.
- ❖ Do not expose yourself to air / ambience doubtful of viral prevalence.
- ❖ Boil the water and drink.
- ❖ Routinely take turmeric and pepper in powder form alongside your food items.
- ❖ Soaps will destroy not only the bacteria but also the viruses, especially the influenza viruses (SARS is mutated form of virus). The soaps contain alkali which will denature the proteins of viruses. Similar to soaps, detergents also can act against viruses and prevent infection.

### CONCLUSION

Human coronaviruses are common cold viruses that can elicit a more serious respiratory disease in children, elderly and persons with underlying illness. This is true for the "old" viruses. Although it is clear that these new coronaviruses can be found in a significant percentage of upper and lower respiratory tract infections, proof that these viruses cause common colds in normal adults is insufficient. It seems clear that the coronaviruses infecting humans and causing respiratory disease are heterogeneous and quite widely distributed among groups I and II. Pandemic strategies are the high level approaches to managing the pandemic. Control measures are the specific interventions that are needed to deliver all the strategies. Control measures include a wide range of non-pharmaceutical interventions that are aimed at reducing the reproduction number of COVID-19. To solve this issue, children with and those without febrile seizure should be investigated. Only then the necessary evidence whether an infection is

significantly associated with a clinical symptom can be supplied.

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