

# Prevention of Coronavirus

Since December 2019, the entire world remains aghast due to the global pandemic of coronavirus. Originating in Wuhan, China, the virus spread rapidly to the entire world, despite many places implementing aggressive quarantine measures. According to current statistics, there have been over 110,000 reported global cases, while the death toll is well above 4300 as of March 11, worldwide, at the time of writing.

The World Health Organization (WHO) has declared this novel pandemic as a global health emergency, causing all citizens from across the world to go into a state of panic. Albeit taking severe precautionary measures, the entire world seems to be converging towards a health calamity. This malady spreads in no time, so taking adequate preventive measures is crucial.

Even though this has turned fatal for many, it is in truth a simple virus, and there are simple and effective measures we can take to minimise risk. With heightened caution, we can spare ourselves from extreme panic, as well as the actual affliction.

## HOW DOES IT SPREAD?

The new coronavirus mainly spreads through human interaction. Being in close contact with someone who has been infected is the major risk factor. Coronavirus is also transmitted through respiratory droplets that are produced when an infected person sneezes or coughs. People are most contagious when they are symptomatic. Thus, it is safer to maintain sufficient distance, a method that is being termed as social isolation, from people who have a cold or flu.



Additionally, the disease can be transmitted via objects that include respiratory droplets left by the infected person who coughed or sneezed on them. Unlike other viruses, the coronavirus can also survive for a long time on various types of surfaces including cloth and metal, for as long as nine days.

Unknowingly, we are at risk of getting coronavirus simply by touching everyday objects. As preventive measures, it is wise to avoid touching anything in public places and keeping our personal belongings at home sanitised with bleach-based cleaners that contain ethanol or hydrogen peroxide.

## HOW CAN I REMAIN SAFE?

Simple preventive measures include avoiding touching your eyes, nose, and mouth. If unknowingly the virus spreads to your hands by touching an object, it can easily be transmitted through bodily contact. The best way to avoid being infected with coronavirus is washing your hands frequently and properly.

Maintaining proper hand hygiene is of paramount importance. Although

washing hands is one of the simplest tasks in existence, most people are unaware about the proper way of doing it. Washing our hands should be an elaborate process stretching for at least 20 seconds.

After wetting hands with clean water, soap should be lathered on every surface, including the nails, fingertips, back of the hand, and up to the wrists. After this, both hands must be scrubbed together for 20-30 seconds, ensuring that every bit is cleaned. Thoroughly rinsing and properly drying follows this procedure.



An alternative to washing hands when soap and water are unavailable is to keep hands sanitised at all times using 60-95 percent alcohol-based sanitisers, which are more effective in warding off the looming germs in this case.

We tend to rush through the hand washing routine, but keep in mind, in an attempt to save mere seconds of your life, you may be pushed towards a life-threatening ailment. So, stay safe and healthy, and educate others regarding the correct way to maintain appropriate hygiene.

**By Fariha Amber**  
**Photo: Collected**

## Dos and don'ts in dealing with the coronavirus

It is easy to understand that just about anyone would be stressed out over a public health emergency. It is also important to address the situation by staying informed, and being kind and supportive to each other.

### DO

Use simple hygiene practices for effective prevention of the virus.

Speak as accurately as possible about the risk from COVID-19, based on scientific data and latest official health advice.

Talk positively and emphasise the importance of effective prevention measures.

### DON'T

Repeat or share unconfirmed rumours.

Attach locations or ethnicity to the disease. Viruses can't target people from specific populations, ethnicities, or racial backgrounds.

Talk about people "transmitting coronavirus," "infecting others" or "spreading the virus," this implies transmission with intent and assigns blame.

Source: [www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know](http://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know)

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't start divulging secrets. Conflicts with your partner are likely. Keep your temper in check. Your lucky day this week will be Sunday.



### TAURUS (APR. 21-MAY 21)

Don't get involved in joint ventures. Don't overspend for whatever reason. Sudden romances won't be lasting. Your lucky day this week will be Friday.



### GEMINI (MAY 22-JUN. 21)

Find ways to make extra money. Take on some hobbies. Hard work will bring rewards. Your lucky day this week will be Monday.



### CANCER (JUN. 22-JUL. 22)

Be diplomatic and honest. Make plans with friends. Minor health problems may put you down. Your lucky day this week will be Thursday.



### LEO (JUL. 23-AUG. 22)

Your needs will be misunderstood. Don't blow situations out of proportion. Chances for romance are likely at work. Your lucky day this week will be Thursday.



### VIRGO (AUG. 23-SEP. 23)

You could be feeling vulnerable. Keep your cool if things go south. You will have more energy than usual. Your lucky day this week will be Saturday.



### LIBRA (SEP. 24-OCT. 23)

Your abilities will boost your reputation. Someone may be conspiring against you. Make plans with children. Your lucky day this week will be Saturday.



### SCORPIO (OCT. 24-NOV. 21)

Follow your instincts regarding business ventures. Go out on social events. Handle any existing problems. Your lucky day this week will be Thursday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Let your intentions be known. Don't try to impress someone financially. Don't let anyone get under your skin. Your lucky day this week will be Tuesday.



### CAPRICORN (DEC. 22-JAN. 20)

Spend quality time with your partner. Your talents will shine at work. Work trips will be extremely beneficial. Your lucky day this week will be Monday.



### AQUARIUS (JAN. 21-FEB. 19)

Don't overexert yourself. Avoid spending too much. Be prepared for new romantic ventures. Your lucky day this week will be Tuesday.



### PISCES (FEB. 20-MAR. 20)

Get pending work done. Romance opportunities are aplenty. Someone you live with could be frustrated. Your lucky day this week will be Saturday.