

The experience of fighting COVID-19 by QR codes

STAR HEALTH DESK

Our everyday schedule has been altogether subject to the advanced mobile phone applications. Furthermore, this has been the truth for a huge number of individuals in China since halfway through the Coronavirus emergency — and it could yet remain as such for years to come, as the nation fights to recoup from it.

Depending on versatile innovation and large information, the Chinese government has utilised a colour based “health code” system to control individuals’ movements and check the spread of the Coronavirus.

The automatically generated quick response codes, regularly known as QR codes, were doled out to residents as a marker of their health or wellbeing status. Despite the fact that specialists presently can’t seem to make the wellbeing codes obligatory, in numerous urban areas, residents without the application would not have the option to leave their residential compounds or enter most public places.

The colours were allocated by the provincial epidemic control database: individuals who have been analysed as affirmed, suspected or asymptomatic cases, or individuals with a fever will get the red colour code; their nearby contacts will get the yellow code; and individuals with no record in the database will get the green code — which means they are safe to travel.



The colours of the QR codes choose individuals’ opportunity of movement: green code holders are permitted to go inside the area, yellow code holders are not permitted to travel, and red code holders will be treated and isolated.

To get into open places, for example, cafés, markets, business places individuals need to show their own QR code – and just individuals with a green colour code will be permitted to section. Individuals with yellow or red code, it implies you have been hailed for reasons unknown. In the event that, for example, somebody had been on a plane with an individual

infected with Coronavirus, that individual would be flagged and code may change the colour. Those with a yellow or red code may be asked to self-isolation – or even need to go into institutional isolation.

The entire thing depends on huge information implies local governments have a database of individuals’ movement history, wellbeing history, and whether they have been in close contact with any individual who has contaminated by the coronavirus.

A quarter of a year on, with the infection to a great extent contained and lockdown gauges step by step lifted across

the greater part of China, the little square standardised identifications have stayed set up are despite everything administering individuals’ lives.

Chinese office labourers show their cell phones with their wellbeing code to a watchman, which shows they have consent to travel and are without infection, as they show up.

Following China’s lead, different governments have likewise gone to comparative innovation to fight the infection. Singapore a month ago propelled a contact-tracing cell phone application, which would permit specialists to recognise individuals who have been presented to COVID-19 patients.

The Japanese government is thinking about the reception of a comparable application. Moscow has additionally acquainted a QR code system with track developments and authorise its Coronavirus lockdown.

This kind of simple technology could be introduced in Bangladesh as it does not require any sophisticated technological know-how. The main issues would be for countries like Bangladesh the availability of nation-wide trustworthy database. But there are opportunities on the other hand. Introducing this kind of technology would create a pressure for generating the database.

We need to start somewhere and if we sit idle for things to be prepared completely, it will not happen eventually.

FAO



Why is it so hard to stop the spread of the coronavirus?

Stopping the pandemic depends on the actions of each and every one of us, especially as cities and states work to open back up. Many of us are the silent spreaders; but others, who are not infected, also play a pivotal role in ending or continuing this pandemic.

Without changing our behaviours and following the basics of distancing ourselves 6 feet, avoiding large group gatherings, no face touching, wearing face masks, and frequent handwashing, we will continue to be responsible for the continued spread of this unseen attacker.

The virus’s spread has continued and a vaccine to stop the spread is not available yet and will not be for several months.

Source: WebMD

HEALTHbulletin



Loneliness and mental health in young people: possible effects of COVID-19 lockdowns

In a survey performed during the pandemic, fully one-third of adolescents reported high levels of loneliness. To determine whether measures for disease containment might portend future mental health problems, researchers performed a rapid review of studies focused on the relationship between loneliness and mental health in young people.

Correlations between loneliness and depressive symptoms ranged from moderate to large in 45 studies examining this issue, mostly involving adolescents and young adults. Generalised and social anxiety were also associated with isolation. Associations were found between isolation/loneliness and suicidal ideation, self-harm, and disordered-eating behaviours. One study examined mental health problems after enforced isolation in earlier pandemics; children subjected to quarantine were 5 times more likely than controls to require mental health services.

We can expect physical-distancing measures and disruptions to social supports and activities to lead to an increase in mental health problems. Clinicians and parents can anticipate manifestations of stress like clinginess, inattention, and irritability, particularly in younger children.

Routine vaccination of children in COVID-19

PROF M KARIM KHAN

Recently many parents are seeking advice from doctors regarding routine vaccination of children in the COVID-19 pandemic. Frequently asked questions are: whether routine vaccination of their children to be continued or not? Some are worried to go to a vaccine centre for vaccination because of COVID-19. Do they need any special precautions?

The World Health Organisation (WHO), United Nations International Children’s Fund (UNICEF) and the Global Alliance for Vaccines and Immunisations (GAVI) have asked everyone to continue regular vaccination as per schedule to prevent vaccine-preventable disease outbreaks in the future.

It is our observation that during the last three months parents are not coming with their child for regular vaccination because of apprehension, that they or their children might get infected with COVID-19, as most of the centres are crowded. Well, a conscious parent may think as such and rightly so, as safety comes first. Now, what to do in this case? A simple answer to it is - please continue the routine vaccination of your child. But government programmes like the national immunisation day or other mass vaccination campaigns are suspended for the time being.

Immunisation is an essential health service that protects susceptible individuals from vaccine-

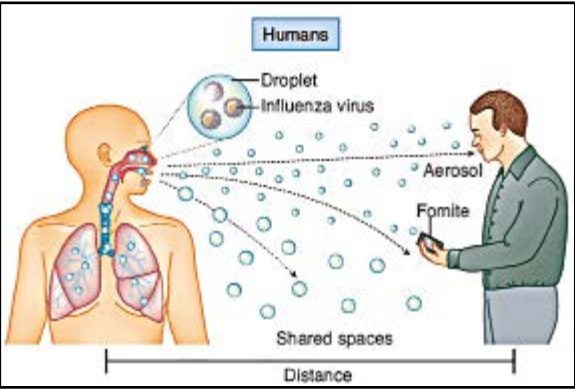
preventable diseases. By providing timely immunisations, individuals and communities remain protected and the likelihood of a vaccine-preventable disease outbreak decreases. Preventing a vaccine-preventable disease outbreak does not only saves lives but also requires fewer resources than responding to the outbreak and helps to reduce the burden on a health system already strained by the COVID-19 pandemic.

Some precautions may be taken before going out to the vaccination centre for vaccination such as confirming your date and time of visit earlier over the phone so that you do not need to stay there

for a longer period in the queue with your child. Everyone should maintain health hygiene properly. Put on masks as appropriate and maintain social distancing. Leave the place as soon as the job is done. After coming back home from the vaccination centre, remove all the clothing and take a shower.

We all are eagerly waiting for an effective vaccine for COVID-19 and hope that it is invented soon. Until then please stay home, stay safe and continue routine vaccination of your child as per schedule.

The author is a Professor of Paediatrics at Community Based Medical College (CBMC), Mymensingh.
E-mail mmukhkan@gmail.com



How long am I contagious?

Flu: You can actually infect someone before you start feeling symptoms of the flu. You are most contagious in the 3 to 4 days after you start to feel sick, but you remain contagious as long as you have symptoms. Usually this is about a week, but it could be a few days more for children or people with weak immune systems. Some people can transfer the virus without ever getting symptoms.

COVID-19: This infection can cause fever, chills, trouble breathing, body aches, fatigue, cough, and nausea. But you can spread the virus 2 to 3 days before you notice any of these signs. You can also pass it on to others if you are not showing symptoms. If you are sick, you can be contagious for a while, so stay away from others until your symptoms improve and you have been without a fever for 3 days in a row. If you test positive for the virus but do not have symptoms, it is best to keep away from others for 10 days to see if you get sick.

Chest cold: Sometimes called bronchitis, it happens when regular cold symptoms move down to inflame your lungs, which makes you cough. But whether it is a cold, the flu, or some other virus, the rule of thumb is the same: You are contagious for as long as you have symptoms, and maybe a little bit longer. To stop the spread, keep your hands clean at all times and cover your mouth when you sneeze or cough.

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HOW TO HOME QUARANTINE

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached toilet

Needs to stay away from elderly people, pregnant women, children

Restrict his/her movement within the house

Under no circumstances attend any social/religious gathering

Wash hand frequently with soap and water or with alcohol-based sanitizer

Avoid sharing household items like dishes, glasses, cups, utensils, towels, bedding

Wear a surgical mask at all time. The mask should be changed every 8-8 hours

Dispose off used mask in a closed bin and bin should also be handled responsibly

If symptoms appear, he/she should immediately inform the nearest health centre

COVID-19 OUTBREAK

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