

SF Community Medicine and Health

Protocols to be Obeyed, Not Protocols Just to be Adopted

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Opinion

COVID-19 is an infectious respiratory and vascular disease due to acute respiratory syndrome of coronavirus. This virus was first identified in December 2019 in Wuhan, China and now it is responsible for a worldwide epidemic disease. Older people and those faced with medical problems such as cardiovascular disease, diabetes, chronic respiratory disease and cancer are more at risk (WHO). Understanding the clinical signs and symptoms of COVID-19 is important. Common symptoms include fever, cough, myalgia, and fatigue. Patients may initially experience diarrhea and nausea a few days before the fever. A small number of patients can also have headaches, hemoptysis, or be relatively asymptomatic (Chan, et al). These symptoms appear between one and fourteen days after exposure to the virus. While most people have mild symptoms, some people develop acute respiratory distress syndrome.

The best way to prevent and reduce the rate of transmission is to be aware of the disease, and the way it spreads. By washing hands with soap or disinfecting by alcohol frequently and not touching the face, people can protect themselves and others from infection. The coronavirus is spread by coughing or sneezing of an infected person, mainly through saliva droplets or nasal discharge. Therefore, it is important to perform respiratory protocols (WHO).

The obscurity of this disease surprised both people and doctors. Hence, following this surprise, various treatment strategies were discussed among the people, from traditional medicine to modern medical methods. There have even been changes in our clinical and medical understanding of this unknown disease. For example, at beginning, when this new virus had just infected humans and was infecting more and more people, the transmission of the coronavirus through surfaces was emphasized more. Those days, doctors and virologists believed that the virus remained on the surface for hours and could infect its host through surfaces. While doctors have recently come to the conclusion that infection through surfaces cannot be very significant (Fiorillo, et al).

It seems that Covid-19 disease will involve humans for a long time. Although hopes have increased for anti-Covid-19 vaccines, we do not yet know to what extent vaccines can eradicate the pandemic. Evidence suggests that even if the vaccines are effective, a long time is needed to deliver the vaccine to large numbers of people to break the pandemic.

Based on abovementioned points, it seems very important to set protocols that are fully applicable, simple and effective. For example, is it really necessary to wear gloves? Is it necessary to quarantine the patients for more than one week? Is it necessary to keep more than one meter for social distancing? Is it necessary to forbid any kind of traveling for a long time? It seems that world needs protocols to be obeyed, not protocols just to be adopted.

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