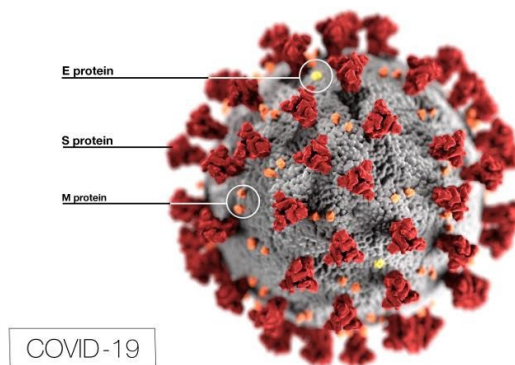


Updates for Corona: Facts and Myths and How to Treat Anxiety and Fears

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The structure of covid-19.

This virus is not a living organism and is smaller than a single thread of human hair, Virus is a protein molecule(RNA) covered by a protective layer of fat which when absorbed by mucosa of nose, mouth and eyes conjunctiva . changes its genetic code(mutation) gets embedded in nasal secretions and travels down to the affected body. Nasal symptoms include running nose, sneezing, mouth mucosal attachment leads to cough and once it travels down to lungs there is rapid spread of the virus involving the alveoli and consolidating both lungs. Symptoms of severe respiratory distress are the same as pneumonia due to virus multiplying in air sacs just causing difficulty in breathing.Necessitating use of ventilators and mortality.



The disintegration time of a virus depends upon temperature , humidity, and type of material it lies. Since the outer layer of the virus is fat soluble A good hand wash for 20 seconds with soap and water breaks down the virus protein molecules.

Use water temperature above 25 degrees Celsius for washing hands, clothes and dishes. Furthermore Alcohol dissolves any fat or lipid layer of virus , any mixture of bleach and water are also suggested. Since this virus is not a living organism antibiotics play no role in treatment.

The virus molecule remain stable in external cold t. Air conditioners in houses and cars need moisture and darkness so bright warm weather, heat destroys the viral particles.

The ultraviolet light also kills the virus particles. Furthermore points to remember are, It does not go through healthy skin, Vinegar is of no use instead use bleach or clorox,. Alcohol drinks or vodka are not effective at killing the virus.

Lastly an open space , highly ventilated and open area is suggested since highly confined spaces like movies hall shopping malls where there is crowd facilitates this virus outspread. The

development of a vaccine for the covid-19 is underway at laboratories all over the world however this will take some time.

In summary

1 myth cold weather and snow will kill virus

2 there is no evidence that viruses will be killed in cold weather

3 fact the corona virus can be transmitted in all areas including hot and humid climates.

As the present situation of this pandemic corona outspread all over the world more and more research is being done to