

COVID-19

COVID-19, known as the coronavirus, is an infectious disease caused by the SARS-CoV-2 virus. It's a contagious respiratory disease where individuals who become ill, might need serious medical attention. This disease was first identified in Wuhan 2019, where the quick spread of COVID-19 would create a global pandemic during March 20th. Millions were affected globally, impacting economies and people's everyday life styles. Being educated on the coronavirus helps us understand and minimize its impact on vulnerable populations.

The COVID-19 can be inhibited by airborne particles when an infected person coughs, sneezes, or breathes. It is extremely contagious and adults who are old, have a weakened immune system, or have underlying medical conditions have a higher mortality rate of being vulnerable. Furthermore, when being enclosed in tight and crowded environments with limited ventilation, the spread of emission of this disease increases. Additionally, different variants of this virus have emerged, which makes it even more dangerous and susceptible for someone to catch this disease.

COVID-19 affects the body by targeting the respiratory system. Specifically, the virus can lead to lung inflammation and cause difficulty in breathing because the virus attach themselves onto cells and replicate rapidly, triggering inflammation. Additionally, blood clots and organ damage such as your heart, kidneys and blood vessels can be affected which shows how different individuals can suffer a wide range of symptoms.

Symptoms of COVID-19 vary among individuals, as symptoms can occur a few days after exposure. Common symptoms include a cough, fever, a sore throat, and a headache. Additionally, losing your smell or taste was a prime factor that helped people become aware with themselves that they had covid. Some more dangerous and serious implications that can arise from COVID-19 can be patients developing pneumonia, or needing to be hospitalized for breathing support. Many people do recover after several weeks, but some long term after effects can be respiratory issues and fatigue.

Current treatment for COVID-19 really depends on how severe your symptoms are. In most cases, it can be dealt at home with hydration, getting enough sleep, and medications to relieve your symptoms. For patients who are hospitalized, doctors using oxygen therapy can relieve their respiratory issues. Being vaccinated is an important step in preventing the illness and reducing the risk for death.

Throughout the years, research done on COVID-19 have significantly progressed into understanding this virus, but problems such as how to control it from spreading is a problem researchers want to solve. The virus is continuing to mutate into different variants that make it more susceptible for individuals to catch this virus. Researchers are presently creating new vaccines to combat and provide protection. Furthermore, they are researching intently in order to develop effective vaccines and to better understand the long term effects. This all will contribute to the prevention of another pandemic.

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