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HED 341

Fall 2020

HED 341 COVID-19 Case Study

Question 1

The first known human case of COVID-19 was reported from Wuhan City, China, in 2019 according to World Health Organization (2020). COVID-19 comes from SARS-CoV-2 which is a coronavirus. Therefore, it is necessary, according to epidemiologists, to know the genetic makeup of SARS-CoV-2 to know the origin of COVID-19. The virus responsible for the current pandemic belongs to a group of viruses such as SARS-CoV isolated from bats. In the same way, investigating in depth the first case may also assist in knowing where an individual got the infection. Furthermore, this would help and narrow the geographical areas leading to more specific investigations regarding the same.

Question 2

Common symptoms include tiredness, fever, and cough. Also, other early symptoms may include shortness of breath, smell and loss of taste, chills, sore throat, muscle aches, conjunctivitis, headache, chest pains, and running nose (MayoClinic, 2020). All these symptoms may or may not appear two to fourteen days after being exposed to the virus. This period is known as the incubation period. Other fewer symptoms such as diarrhea, nausea, rash and vomiting make the list not all-inclusive.

Question 3

The incubation period is the number of days it takes for symptoms to show from the day of infection. Researchers had to study dozens of confirmed cases reported between January 4th and February 24th, 2020. The cases studied only included those having been exposed to the virus. Thus, World Health Organization (2020), posits that the incubation period is between two to fourteen days. An exact number of days cannot be determined, therefore, giving a range. Also the Centre for Disease Control and Prevention claims that as long as one is confirmed to have the virus, they are contagious and will infect others.

Question 4

Like any other disease, some are at a higher risk than others. In this case, people at greater risk may be of the age group ranging from 65 years and above as compared to those under 65 years (MayoClinic, 2020). Others may include those with immunocompromised state from an organ transplant, chronic obstructive pulmonary disease and well as sickle cell disease, type 2 diabetes, and chronic kidney disease. This forms a list of people who would develop severe illness when contaminated with the virus.

Question 5

Epidemiologists conduct public health surveillance as COVID-19 cases are on daily basis reported in different parts of the world. The systemic collection, analysis, and interpretation of health data help achieve this. CDC through keeping track of the number of cases and different kinds of data such as deaths, hospitalization, demographic information, and new cases can keep track of the disease which in turn helps in slowing its spread. Contact tracing involves the

identification, assessment, and management of people who have been exposed to a disease to avoid further transmission (Centers for Disease Control and Prevention, 2020).

Question 6

According to WHO, the best way of reducing the rates of transmission include, first, keep a distance. Also, avoiding huge gatherings can help. Secondly, staying at home as much as one can and avoiding contact. Thirdly, cleaning hands using soap and running water for atleast 20 seconds or so. If washing hands is impossible to achieve use alcohol-based hand sanitizers that has 60% alcohol (MayoClinic, 2020). Lastly, if it is a must for one to leave the house, wearing a cloth face mask is recommendable.

Question 7

Soon, the rule and regulations put in place by the WHO will result in being the new norm. Therefore, it is necessary to get used to living in caution and protection until a vaccine or a remedy for the virus is established. Through protecting oneself, one can help protect others too. Also, to avoid stigmatization that comes with COVID-19 patients' it is necessary to educate oneself about everything in regards to the virus (MayoClinic, 2020).

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