

## The 19 C's of Covid-19 that any Laymen Must Know

Alok Dubey\*

Pedodontics Department, College of Dentistry, Jazan University, Saudi Arabia

The current outbreak of the novel coronavirus SARS-CoV-2 epicentred in Hubei Province of the People's Republic of China has spread to many other countries. On 30<sup>th</sup> January 2020, the WHO Emergency Committee declared global health emergency based on growing case notification rates at Chinese and international locations [1].

The National Health Commission of the People's Republic of China has reported that as of February 24, 2020, a total of 3387 of 77,262 patients with Covid-19 (4.4%) in China were health care workers or others who worked in medical facilities [2].

General public must be made aware of the mode of transmission, presenting symptoms and the measures that can be undertaken to prevent spread of infection. I have tabulated all the facts of this

disease and interestingly most of the required information about this disease begins with the letter C (Table1).

The 'must know' about the virus in the tabulated manner can be displayed in public places like hospitals and malls. The inhabitants can go through the information provided and easily remember them as all the information provided goes well with the letter "C"

The local population need to be well informed of the disease. I have made an attempt to provide information to laymen in a lucid manner. At the same time, it is also important that we should all **cooperate** with health authority, **comply** with the orders from state and take **curfew** and lock down measures seriously. Together we can bring a sea of change in mankind existence.

HEADING	ASSOCIATED C'S	DESCRIPTION
ORIGIN	<i>China</i>	The virus originated in bats and was transmitted to humans through yet unknown intermediary animals in Wuhan, Hubei province, China in December 2019 [3].
TRANSMISSION	<i>Contact transmission</i>	The common transmission route of coronavirus is contact transmission (contact with oral, nasal & eye mucous membranes) [4].
COMMON SYMPTOM	<i>Cough, Congestion</i>	Common presentations of confirmed cases include fever, fatigue, dry cough, upper airway congestion, sputum production, shortness of breath, myalgia/arthritis [5].
LESS COMMON SYMPTOM	<i>Conjunctivitis</i>	Conjunctivitis can be the only symptom of COVID-19 [6].
SEVERE SYMPTOMS	<i>Co morbidities</i>	Underlying comorbidities (hypertension, diabetes, coronary heart disease, chronic obstructive pulmonary disease) may be associated with Major complications during hospitalization like ARDS, arrhythmia and shock [5].
LABORATORY FINDING	<i>CRP</i>	Common laboratory findings include normal/ low white cell counts with elevated C-reactive protein (CRP) [3].
	<i>Cytokines</i>	The progression of disease is associated with extreme rise in inflammatory cytokines including IL2, IL7, IL10, GCSF, IP10, MCP1, MIP1A, and TNF $\alpha$ [3].
RADIOGRAPHIC FINDING	<i>Chest X ray</i>	The Chest X-ray (CXR) usually shows bilateral infiltrates but may be normal in early disease [3].
	<i>CT Scan</i>	CT imaging shows infiltrates, ground glass opacities and sub segmental consolidation. It is also abnormal in asymptomatic patients/ patients with no clinical evidence of lower respiratory tract involvement. In fact, abnormal CT scans have been used to diagnose COVID-19 in suspect cases with negative molecular diagnosis [3].
PREVENTION	<i>Contact tracing</i>	Contact tracing can reduce transmission [7].
	<i>Confinement</i>	Confinement/Isolation is to prevent transmission to other contacts, patients and healthcare workers [3].
	<i>Cough hygiene</i>	Covering coughs and sneezes with tissues that are then safely disposed of (or, if no tissues are available, use a flexed elbow to cover the cough or sneeze); may reduce the risk of exposure [7].

HEADING	ASSOCIATED C'S	DESCRIPTION
MANAGEMENT	<i>Corticosteroid</i>	Systemic corticosteroid treatment commonly used in clinical practice previously for influenza virus are invalid for COVID-19 and not recommended [8].
	<i>Chloroquine</i>	Chloroquine can inhibit pH-dependent steps of the replication of several viruses with a potent effect on SARS-CoV infection and spread. Moreover, chloroquine has immunomodulatory effects, suppressing the production/release of TNF- $\alpha$ and IL-6. It also works as a novel class of autophagy inhibitor, which may interfere with viral infection and replication [8].
	<i>Chinese medicine</i>	Clinicians combined Chinese and Western medicine and have gained significant improvement in pneumonia associated symptoms in Shanghai Public Health Clinical Center, China [8].

**Table 1.** Must know C's of Covid-19 infection.

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**\*Correspondence:** Alok Dubey, Associate professor, Pedodontics Department, College of Dentistry, Jazan University, Saudi Arabia, Mobile: 00966505815277, E-mail: dentaalok@yahoo.com

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