



## REVIEW ARTICLE: GLOBAL PREVENTION METHODS AGAINST THE SPREAD OF CORONAVIRUS DISEASE (COVID-19)

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**ABSTRACT:** *Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. WHO<sup>{1}</sup>. On March 11, the WHO declared the outbreak a pandemic, a new disease that has spread around the world. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news. This research paper presents the most important preventive methods to prevent the spread of the Corona virus, according to the recommendations of the World Health Organization and through your national and local public health authority.*

**KEYWORDS:** COVID-19, Global Prevention, Coronavirus, Pandemic, MERS, SARS

### Basic Protective Measures against the new Coronavirus:

- Wash your hands frequently: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. <sup>{2,5}</sup>
- Maintain social distancing: Maintain at least 1-meter (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. <sup>{2,5}</sup>
- Avoid touching eyes, nose and mouth: Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick. <sup>{2,5}</sup>
- Practice respiratory hygiene: Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19. <sup>{2,5}</sup>



- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. Why? You have a higher chance of catching COVID-19 in one of these areas. <sup>{3,5}</sup>
- If you have fever, cough and difficulty breathing, seek medical care early: Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections. <sup>{2,5}</sup>
- Stay informed and follow advice given by your healthcare provider: Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19. Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves. <sup>{2}</sup>
- Stay at Home, Protect the National Health Service (NHS), Save Lives. <sup>{1,4}</sup> OR Stay at Home. Protect Yourself. Protect Your Family. Protect Your Country. <sup>{1,5}</sup>

### **Prevention and Control Measures in Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19).<sup>{6}</sup>**

- Key epidemic indicators that inform evidence-based control strategy decision making and adjustments.
- Effectiveness of infection prevention and control (IPC) measures in various health care settings.
- Effectiveness of entry and exit screening.
- Effectiveness of the public health control measures and their socio-economic impact.
- Restriction of movement
- Social distancing.
- School and workplace closures.
- Wearing mask in general public.
- Mandatory quarantine.
- Voluntary quarantine with active surveillance.

WHO<sup>{1}</sup> is continuously monitoring and responding to this outbreak. the Questions and answers will be updated as more is known about COVID-19, how it spreads and how it is



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affecting people worldwide. Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.

## REFERENCES

- {1} World Health Organization.
- {2} <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.
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