

Possible personal discipline and new way of life style to live with the corona virus(SARS-CoV-2)

Corona virus mediated illness or COVID 19 is a global pandemic which has hit all over the world. The virus is an invisible enemy and the virus spreading the disease, has swept across the countries. SARS-CoV-2 is a virus that scientists haven't seen before and its infectious nature is very high. Everyone could be exposed to this infectious agent without knowing reasons and facts. All over the world including India it has been observed that people and dignitaries who never travelled to other countries have contracted the virus. Sometimes tracing also did confirm the source. Even top ministers of the country, celebrities', drivers, doctors, vendors, barbers, police personals, common man etc have been found infected with the virus. Alarmingly the spread of virus could be through human to human, through close contacts, touching the surfaces and materials , mixing with people, unwanted public travel, closed places like shops , malls, theatre, gyms, and through " super spreaders" etc. Therefore, everyone is at risk and each one of us is responsible for not getting infected with the virus. The best way to prevent one from infected with the virus is prevention and self-management. Hence travelling in public transports, visiting many places and interaction with people etc may also expose one to this virus. One cannot account and argue that someone is responsible for infecting someone or flight or super bazar/malls, or cab or toilet or vendors or online delivery systems etc is responsible for the infecting someone. There are much possible effort one can do to protect yourself and the people one interact with. **"The best thing you can do at this point is take care of yourself the way you would to prevent yourself from getting the flu," says Yale Medicine infectious diseases specialist Joseph Vinetz, MD.** "You know you can get the flu when people sneeze and cough on you, or when you touch a doorknob. [Washing hands](#)—especially before eating and touching your face, and after going to the bathroom—and avoiding other people who have flu-like symptoms are the best strategies at this point." All these guidelines and advisories are for practicing by each individual to prevent possible spread of infection and protecting the individual from getting infected. However everyone could be at risk.

A doctor's note to his neighbours on everyday Covid-19 precautions: **'Please do not be complacent'** Treat every person you meet as an asymptomatic coronavirus carrier " Delhi surgeon Dr Ambarish Satwik, Gangaram hospital advised residents of his colony. As the he writes "Remember, easing the lockdown doesn't diminish the virulence or the transmissibility of the virus. On the contrary, it increases it. Your chance of getting infected today is 15 times more than what it was in the beginning of May. It will be a hundred times more by June-end.

Simplify the fact is that everyone could be at risk of contracting the virus. Hence, prevention through self-protection and strict personal hygiene are very important. A new life style has to be adopted by shrugging the earlier one. It might be found difficult but no other alternative option left to everyone from Present of America to common man on the road or lane. Personal and social guidelines are very important to adhere to day to day life. **Till the world finds the best suitable medicine and vaccine for this viral disease, people have to be cope with the new personal day to day life style.**

The CDC also recommends the following preventive actions:

- Wash hands with soap and water for at least 20 seconds. Dry them thoroughly with an air dryer or clean towel. If soap isn't available, use a hand sanitizer with at least 60% alcohol.
- Stay home if you're sick.
- Avoid touching nose, eyes, and mouth. Use a tissue to cover a cough or sneeze, then dispose of it in the trash.
- Use a household wipe or spray to disinfect doorknobs, light switches, desks, keyboards, sinks, toilets, cell phones, and other objects and surfaces that are frequently touched.
- Wear a cloth face mask in public settings where other social distancing measures are difficult to maintain, especially in areas where there is significant community-based transmission. A cloth mask is not meant to protect the wearer from infection, but to slow the spread of the virus (if people who have the virus and do not know it wear masks, they may be less likely to transmit it to others).

In addition to the above advice, other important measures to be practiced on day to day life

- Strict social distancing (at least 1.5 meter) at common places, restaurant, other eating places, hotels, guest houses, hostels, malls etc, airports, railway stations , offices, laboratories
- Strict adherence to the personal discipline is a must for touching surfaces in public or common places. Even if the common utility places are disinfected by the facility systems, always use hand sanitizer or other disinfectant prior to and after touching such surfaces like, door knob, telephones, key pads, water taps, closet etc. After all one has to protect himself or herself from infection rather than correcting others
- Try to avoid touching others phone, pens, papers, keys ,others utensils and eatable items other personal belongings. Sanitize parcel or packet items prior to opening & using them
- Try to remain at room, home or at residence

- Avoid meeting friends, parties, get together. Communicate and talk through phones.
- Stay updated with latest information and avoid fake news
- Utilize the time by reading, watching movies, writing, listening music , talking to relative and friends.

Dr Ambarish Satwik says “Living with the virus” is not the same thing as socialising in the middle of a pandemic. For all our sakes, behaviourally, assume that the lockdown persists unabated. Please do not be complacent.