
 FROM THE DESK OF EDITOR

COVID-19 is a pandemic infectious disease caused by a newly discovered corona-virus.

Most people when they are infected with the COVID-19 virus will experience mild to moderate illness and recover without requiring special treatment. Older people, and those with underlying medical problems like diabetes, chronic respiratory disease, heart disease, and cancer are more prone to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease its causes and spreads. Two important precautions to protect ourself by wearing face mask and keeping social distance of 2 meters and try not to touch our face.

The COVID-19 virus spreads primarily through droplets infections by means of saliva or discharge from the nose when a person is infected and he sneezes or coughs, it's important for us to practice respiratory precautions for example, by coughing into a flexed elbow or on tissue.

Up till now, there is no specific vaccine or establish treatments for COVID-19. There are many ongoing clinical trials evaluating potential treatments in various countries. World Health Organizations is constantly working to provide updated information about coronavirus.

Only precautions can save us from Corona Virus. Prophet Mohammad Salalah Alaihe Wasalam (peace be upon him) in his saying gave us formula to prevent our self from the COVID-19.

He mentioned that “in the case of Pandemic every person who is present in the pandemic area should not leave that area and no one is recommended to enter the pandemic area after eruption of disease”.

As He (peace be upon him) knew that the disease will be treated or finishes after taking its

time.

Second important thing which all Muslims follow's is to perform “VADOO for SALAH” five times a day which washes all the colonization of bacteria as-well-as viruses, from nose, mouth and eye, therefore help in prevention of COVID-19. So only way is to observe extreme precautions, not to be infected by COVID-19 by observing all measures to prevent infections.

The common symptoms of COVID-19 are fever, tiredness and dry cough. Other symptoms can be shortness of breath, sore throat, body ache, runny nose. Some people may present with diarrhea.

The treatment of COVID-19 is not yet established. People who have mild symptoms should self isolate themselves and contact the health care provider. The people with fever, cough or difficulty in breathing should see the doctor and seek medical advise by reporting to near by hospital. Since the first cases were reported in December 2019, infection with the severe acute respiratory coronavirus 2 (SARS-CoV-2) has become a worldwide pandemic.^{1,2} The symptoms of SARS-CoV-2 infection vary widely, from asymptomatic disease to pneumonia and life-threatening complications, including acute respiratory distress syndrome, multisystem organ failure, and ultimately, death.³⁻⁵ Covid-19 — the illness caused by SARS-CoV-2 — is overwhelming health care systems globally.^{6,7}

Till the vaccine is available the only way to prevent oneself from COVID-19 is precaution and precautions. Every person should wash his hands several times with soap and water or hand sanitizer. He should keep social distancing of at least 1 – 2 meters from other people.

He should wear the mask whenever patient is going outcome home and if he has cough or

sneeze, he should sneeze on the closed elbow to avoid spread of virus to other people.

Doctors and paramedical staffs are the most vulnerable segment of peoples as they are exposed all the times to this virus. Therefore they should observe above precautions in all cases. Those doctors and paramedical staff, who are involved in active management of COVID-19 patients, they have to be extra cautious and have to observe all precautions to prevent themselves in getting infections from patients. They have to observe complete droplet precautions wearing of mask, gloves, gowning and face shield whenever they deal with patients who is COVID-19 positive.

We hope that in due course of time the scientists who are working enthusiastically to discover vaccine for corona virus should achieve this target as early as possible, till that time we should protect ourselves by avoiding to go in the gatherings, keeping social distance 1 – 2 meters, wearing mask whenever going out of the home and using hand sanitizers several times in a day.

May ALLAH protect us from this pandemic.

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