



Editorial

We should Win over Corona

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The number of deaths in the world in the last three months of 2020 (Feb, March, April 2020):

3,14,687	Corona virus
3,69,602	Common cold
3,40,584	Malaria
3,53,696	Suicide
3,93,479	Road accidents
2,40,950	HIV
5,58,471	Alcohol
8,16,498	Smoking
11,67,714	Cancer

Then do you think corona is dangerous? Or is the purpose of the media campaign to settle the trade war between China and America or to sell US treasury bonds to cover the fiscal deficit in them.

Do not panic and do not kill yourself with unnecessary fear. This is written to balance your newsfeed from posts that caused fear & panic. If you do contact corona virus, this still is not a cause for panic because:

81%	of the cases are Mild
14%	of the cases are Moderate
5%	only of the cases are Critical

Which mean that even if you do get the virus, you are most likely to recover from it. Some have said, "this is worse than SARS and SWINEFLU". SARS had a fatality rate of 10%, Swine flu 28% while corona/Covid-19 has a fatality rate of 2%. Mosquitoes kill 2,740 people every day. Human kill 1300 fellow human every day & snake kill 137 people every day. So, do the daily things to support your immune system, maintain proper hygiene and do not live in fear. Join to spread hope, instead of fear. The biggest virus is not corona virus but fear.

Rhinorrhoea, cough & common cold are the primary symptoms of corona/covid-19 with or without fever. When corona turns into pneumonia then rhinorrhoea does not persist but dry cough presents at that time. This virus can be killed at 26-27°C. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne. If it drops on a metal surface it will live for at least 12 hrs. So, if you come into contact with any metal surface, wash your hands as soon as you can with a soap at least for 20 seconds. On fabric it can survive for 6-12 hrs. Normal laundry detergent will kill it. Drinking warm water is effective for all viruses. Try

not to drink liquids with ice. Wash your hands frequently as the virus can only live on your hands for 5-10 mins. But a lot can happen during that time. You can rub your eyes; itching may be there in the nose and so on. You should also start hot saline water gurgling as a prevention. Can't emphasize enough - drink plenty of water.

Among the symptoms:

1. It will first infect the throat, so you will have a sore throat lasting 3-4 days.
2. The virus then drains into nasal fluid that enter the trachea and then the lungs causing pneumonia. This takes about 5-6 days further.
3. With the pneumonia, high fever and difficulty in breathing occurs.
4. The nasal congestion which is unlike general type. You feel like you are drowning. It is imperative, you then seek immediate attention.
5. The new corona virus may not show sign of infection for many days.

How can one know if he/she is infected?

By the time they have fever and/or cough & go to the hospital. It's too late if in the lung there is 50% fibrosis. Experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 secs. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc. it proves there is no fibrosis in the lungs, basically indicates no infection. In critical time please self-check every morning in an environment with clean air. Everyone should ensure that mouth & throat are moist, never dry. Take a few sips of water every 15 mins at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That is very dangerous. So, please do everything to ensure your safety during this pandemic.

How do we know you had a corona virus?

1. Itching in the throat / sore throat
2. Dry throat
3. Dry cough
4. High temperature
5. Shortness of breath
6. Loss of smell and taste

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So, when you pay attention to these six symptoms quickly take warm water & lemon drink and go to a physician for treatment and advice. For the consideration of medicinal treatment following drug chart will give a guideline to a physician.

Tab. Ivera (Beximco)/ Imec 6 mg (Popular)/ Scabo (Delta) (GN: Ivermectin) • ≤60 kg: 2 Tab (1 day) • ≥60 kg: 3 Tab (1 day)	If fever lasts longer than a day (Oxygen saturation level 92+, usually 95)
Tab. Reconil 200 mg (Square)/ Tab. Roxarel 10 mg (Incepta)/ Tab. Rivarox 10 mg (Eskayef) (GN: Rivaroxaban) • 0+0+1 (10-30 days)	For 50+ Age (Must stop aspirin/ clopidogrel while one takes Rivaroxaban)
Tab. Zimax 500mg (Square)/ Zithrin 500 mg (Renata) • 0+0+1 (Day 1) Tab. Zimax 250 mg (Square)/ Zithrin 250 mg (Renata) • 0+0+1 (5 days) (GN: Azithromycin)	Alternative: Doxicap 100 mg (Renata)/ Doxin 100 mg (Opsonin) (GN: Doxycycline) • 0+0+2 (Day 1) • 0+0+1 (5/7 Days)
Tab. Monas 10 mg (ACME)/ Monocast 10 mg (Beximco) (GN: Montelukast) • 0+0+1 (15 days)	
Tab. Telfast 120 mg (Sanofi)/ Fenadin 120 mg (Renata)/ Fexo 120 mg (Square) (GN: Fexofenadine) • 1+0+1 (7 days)	
Cap. Sergel 20 mg (Healthcare) (GN: Esomeprazole) • 1+0+1	If you have acidity (Gastroesophageal Reflux Disease)
Tab. Napa 500 mg/ Napa Extra (Beximco) • 1+1+1	If you have fever
Tab. Ceevit (Square)/ Vasco 250 mg (Opsonin)/ Ascobex 250 mg (Beximco) (GN: Vitamin C) • 1+0+1 (20 days)	
Tab: Xinc 20 mg (SKF) • 1+0+1 (20 days)	
Syp. Adivas (Square)/ Remocof (Incepta) (GN: Adhatoda vaska + Piper Longum) • 1+1+1 (2 tbsps)	If you have a cough

Tab. Akarvia 200 mg (Incepta)/ Favipir 200 mg (Eskayef)/ Favipira 200 mg (Beacon) (GN: Favipiravir) • 8+0+8 (1 day) • 3+0+3 (9 days)	Start if the following test results appear- • Chest X-ray; There are white spots • CBC: Normal • CRP: Over 20 • O ₂ saturation <95
Remivir 5 mg/ml (Eskayef), Bemsivir 5 mg/ ml (Beximco) (GN: Remdesivir)	If oxygen saturation level falls below 88

GN = Generic Name

Oxygen, Oxygen & Oxygen. The most important evidence-based management tool for covid-19 is oxygen. One of recently published autopsy report showed that it is the hypoxic injury in brain which leads to death in 100 percent cases and there were no viral particles, in brain and not even huge thrombo-embolism. We can discuss long for many pharmacological agents for indefinite period, but at the end, it is always oxygen for patient care and need to address more and more. Let me focus it again:

- Although many educated people use oxygen in home but it will be always better if use of oxygen can be done in hospital (actual or makeshift).
- You need monitoring to give proper oxygen and that can be done by physician in hospital appropriately. Pulse oximetry at home can see saturation and if it is less than 90, patient need to admit for oxygen.
- Equipment to give oxygen in graded way are nasal cannula, face mask, venturi mask, partial rebreather mask, non-breather mask & reservoir or high flow nasal canula. Then NIV need CPAP or BIPAP before anyone think of ventilation. All this equipment is needed in every hospital, the quality may vary from primary to tertiary.
- The start point is always nasal/ cannula (when saturation falls below 90 with or without symptom having hypoxia). You can provide oxygen in graded way like this:
 - Nasal cannula (upto 6 LPM and provide upto 50% FiO₂)
 - Simple mask (upto 10 LPM and provide upto 60% FiO₂)
 - Venturi mask (upto 15 LPM and provide 50% FiO₂)
 - Partial rebreather mask (15 LPM and provide 70% FiO₂)
 - Non rebreather mask (15 LPM and provide 100% FiO₂)
- Then came the high flow nasal cannula. High flow delivery device as High Flow Nasal Cannula (HFNC) can delivery upto 70 LPM and provide 100% FiO₂. Advantages: well tolerated, generate PEEP (IPEEP for every 10 L).

6. If above all fail & still patient is hypoxic then non-invasive positive pressure ventilation CPAP (setting 5-20 cm H₂O) and used for type I respiratory failure; BiPAP (setting EPAP 4-16 cm H₂O; IPAP 10-20 cm H₂O and minimum pressure support 4 cm H₂O) and used for both type-I and type-II respiratory failure. Increase CPAP or EPAP for hypoxia and increase pressure support (IPAP-EPAP) for hypercapnia.
7. The non-invasive ventilation and ventilation group preferably given in ICU. All other can be provided in ward or in separate room especially for HFNC (do not worry too much of aerosol generation - science precludes the HFNC is not that risky).
8. The ICU, ICU cry should be stopped. The ICU and ventilation group should be highly selected after all oxygen delivery system fail to hypoxia, and remember the ICU groups with ventilator patient in Bangladesh will have less chance of return to life.
9. Health authority of Bangladesh must ensure this oxygen system and equipment for all hospital in Bangladesh. For oxygen supply short, intermediate and long term (oxygen plant) all steps need to be done and there should not be any excuse for this.
10. If oxygen supply by all means fail, ventilate the patient and pray.
6. Covid-19 is not a food infection. It is associated with droplets like 'flu'. There is no demonstrated risk that Covid-19 is transmitted by ordering food.
7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of Covid-19.
8. Once at home, you do not need to change your cloths urgently and go shower.
9. The Covid-19 virus does not hang in air. This is a respiratory droplet infection that requires close contact.
10. The air is clean. You can walk through the gardens (just keeping your physical protection distance), through parks.
11. It is sufficient to use normal soap against Covid-19 not anti-bacterial soap. This is a virus not bacteria.
12. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.
13. The chances of bringing Covid-19 at home with your shoes is like being struck by lightning twice in a day.
14. You cannot be protected from this virus by taking vinegar, sugarcane juice and ginger. These are for immunity, not a cure.
15. Wearing a mask for long periods interfere with your breathing and oxygen levels. West it only in crowds.
16. Wearing gloves is a bad idea. The virus can accumulate into the glove and easily transmitted if you touch your face; Better just to wash your hands regularly.
17. Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immunity boosting foods, please go out of your houses regularly to any park/ beach. Immunity is increased by exposure to pathogens, not by sitting at home and consuming fruit/ spicy/ sugary food and aerated drinks.
18. Use one surgical mask over any other KN, N, 3M, etc. Place eye protector glass which closes round the forehead and top of face mask, in addition you can use face shield if you are with patient or in market, so far, we see till today.

Physicians will always use few drugs in this serious desperate patient in different time as per national guideline before but the bottom-line is oxygen. So, please the hundreds of committees of Covid-19 of Bangladesh provide our patient with oxygen, oxygen and oxygen.

Head of infectious diseases clinic of university of Maryland, USA says- Learn how to live safely with this enemy? If you want to live, you have to know:

1. We have to stay with Covid-19 for months or year. Let's not ignore or deny it or panic for it. Let's not make our lives useless for this. Let's learn to live with this truth.
2. You cannot destroy Covid-19 viruses. Which has entered the walls of the house. Drink plenty of hot water. As a result, you will often go to the bathroom. Go, no problem.
3. Hand wash and maintaining a two-meter physical distance is the best way to protect yourself.
4. If you do not have Covid-19 patients in your home, you need not to disinfect the surface of your home.
5. Packaged cargo items, gas pumps, shopping carts, and ATMs do not cause infection. Wash your hand, live your life as usual.

Try to maintain the analysis of two words MEN & WOMEN for the prevention of Covid-19:

Don't touch MEN

M = Mouth

E = Eye

N = Nose

Follow WOMEN

W = Wash hand frequently

O = Operate from distance

M = Maintain cough etiquette

E = Eat fresh fruits & vegetables

N = No handshake