
Prevention of COVID -19 - Challenges and Strategies

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Abstract

Covid – 19 a pandemic disease has brought very big jolt in the social, economic and political affairs of the countries in the world. At this juncture, two things are important, one is to find out medicine to cure and the second one is to find the measures to prevent Covid -19 as it is a very dangerous contagious disease which threatens the whole world. As there is no vaccination to cure it, it is pertinent to adopt preventive measures to arrest its spread. Extending our fullest co-operation to lock down, having shower and cleaning our hands frequently and enhancing our immunity will be the suitable preventive measures.

Keywords: Medicine, disease, immunity, Health, preventive, vaccination.

Introduction

Covid-19 a pandemic disease has brought very big jolt in the social, economic and political affairs of the countries in the world. At this juncture, the general public and State leaders in the world have been trying at their level best to know how it has come? and the reasons for its outbreak etc. whatever may be the origin of Covid but it has come and ruining the people in the world. Therefore it is our responsibility to find out the vaccine to defuse and ways and means to prevent Covid 19. Research and development and medical scientists though out the World are trying their level best to invent medicine to cure Covid-19. It is also equally important to obey the rules and regulations and our fullest co-operation for lock down and quarantine. In addition to that, our immunity plays major role to curb the spread of Covid -19. Hence, the author analyses and examines the ways and means to enhance our immunity.

AIM OF THE ARTICLE

Aim of the article is to find out and examine the ways and means to enhance human immunity so that the community spread of Covid-19 may be arrested.

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NATURE OF THE ARTICLE

The methodology of the article is descriptive in nature which may describe the ways and means of healthy living and healthy diet to improve immunity. It is a known fact that the spread of Covid-19 can be prevented by maintaining proper social distancing, house quarantine and cleaning hands frequently as per the necessity.

THE INTENSITY OF COVID-19

It is very difficult to combat Covid -19 with unhealthy life style and poor immunity. Of course, healthy living and immunity are directly associated. Aged people, people under chronic medication for diabetes, hyper tension, cholesterol, cardio vascular diseases, lung diseases, skin disorder, kidney problems and cancer are vulnerable to Covid -19.

People, below the poverty line, people who are suffering from micro nutrient deficiency and anaemia are also susceptible to Covid -19. Initially, Covid -19 will attack the people who have poor immunity and it will affect all the people when there is community spread, but the causality will be high among the people with poor immunity. Therefore, people should enhance their immunity through healthy living and along with full co-operation to the complete lockdown.

POWER OF IMMUNITY

Immunity in human being may be determined by social, economic and environmental factors which also include the life style and pattern of diet. In this article, the author focuses only on healthy living. People may doubt that whether these measures can increase immunity immediately to face the current situations. Definitely, it is not only for long term strategy but it also has immediate effect as the body takes many vitamins and minerals from day to day food intake and generally body does not have provision to store certain minerals and vitamin for the future. Therefore, it is paramount for everybody else to enhance immunity by leading healthy living. .

ENHANCE IMMUNITY TO PREVENT COVID -19

Healthy living plays a major role in enhancing our immunity. It is nothing but the way in which we live and work. The following practices in our day to day life may boost up our immunity.

1. We should ensure healthy and balanced diet. Our day to day food intake should include vegetables especially hydrated vegetables, fruits, dairy products, spinach etc.
2. Avoid skipping food and taking food untimely.
3. Avoid binge eating.
4. Avoid smoking, and harmful use of alcohol and tobacco.
5. Trying to have adequate exposure to sunlight at least half -an -hour daily.
6. Take shower twice a day and wash hands whenever you eat.
7. Indulge in walking, jogging, yoga and meditation and physical exercises at least 45 minutes every day. Kindly realize that exercise is a medicine for good health.
8. Keep your blood pressure at normal level.

9. Make laughing as part of your life which should account at least on an average of twenty minutes a day.
10. Avoid worries and minimise stressful life as much as possible.
11. Take plenty of water at least 2 – 3 litres every day.
12. Avoid over medication and self – medication and try to get cure for simple health issues naturally.
13. Avoid being obese and see that your BMI should not exceed 25 kgs.
14. Undergo periodical medical check-up if you are above 40 years.
15. Ensure good sleep at least 7-9 hours a day.
16. Follow the practice of early to bed and early to rise.
17. Ensure oil bath twice in a week.
18. Keep your environment clean and neat.
19. Try to cope up with work life balance.
20. Take food only when you feel hungry.
21. Never control natural calls

CONCLUSION

As Covid -19 emerged as a world - wide problem, almost all the countries are sailing in the same boat and no one is strong enough to mutually help each other's. Hence, as an individual one has to realize that extending our fullest co-operation to this Covid -19 lockdown, maintenance of social distancing, personal cleanliness and healthy living for strong immunity are the most important possible measures to prevent the spread as well as the community spread of Covid -19.

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