
COVID-19, WHICH CAUSES THE WORLD TO BE CONCERNED NOW! CORONAVIRUS PANDEMY

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Annotation:

This article describes the research work of scientists on the global COVID-19 Karonavirus pandemic and how to overcome the disease, quarantine measures. It should be noted that the days of trial call for patience, and inability to control oneself is a sign of weakness. As the saying goes, "A wise man is in the process of overcoming a balloon that falls on his head. A fool takes one balloon in two." Abu Ali ibn Sina gave a very good advice in this regard: "Panic is a semi-disease. Peace of mind is half health. Patience is the beginning of healing." The whole world is going through trials. The virus, with its devastation equated to World War II, created a contagious disease that shook the world and changed the way people live.

Keywords:

Pandemic, covid-19 disease infection, disease causes, symptoms, quarantine measures, fever, cough and shortness of breath, environmental waste, world scientists, Chinese tourists, medical examination, epidemic, onion, garlic, citrus fruits, namatak.

The COVID-19 pandemic is a pandemic of COVID-19 coronavirus infection caused by SARS-CoV-2, a severe acute respiratory syndrome coronavirus.

The disease, first reported in September 2019 in Wuhan, China, was declared a pandemic by the World Health Organization on March 11, 2020. As of April 21, 2020, the virus has infected more than 2.47 million people in more than 180 countries and more than 200 regions; More than 170,000 people died of the disease, and more than 651,000 were cured.

Outbreaks appear to be exacerbated in China, Europe, Iran, South Korea, and the United States. The virus is transmitted from person to person through droplets released during coughing and sneezing, similar to the flu. Although the virus is most contagious when a patient develops symptoms, it can spread to others before symptoms appear. Symptoms usually appear within five days, but can last from 2 to 14 days. The main symptoms of the disease are fever, cough and shortness of breath. The disease can cause pneumonia and acute respiratory distress syndrome. There is currently no vaccine or drug against COVID-19. Disease management consists of symptomatic treatment and adjuvant therapy. To prevent the spread of the disease, it is recommended to wash hands, cover the mouth when coughing, and stay away from others, especially those who do not feel well. Individuals suspected of being infected with the virus are advised to isolate themselves for 14 days. Measures have been taken to prevent the spread of the disease, including travel restrictions, quarantine, curfews, deferrals and cancellations, and closures. In particular, the virus-infected province of Hubei has been quarantined, Italy, Spain, France, the Czech Republic and Germany have been quarantined across the country, China and South Korea have imposed curfews, borders have been closed or restricted to tourists, and airport and train stations have been monitored. Measures have been taken to prevent travel to areas where the virus is endemic. In at least 115 countries, universities and schools were closed en masse or in some areas, affecting more than 950 million students.

The first case of the virus in Uzbekistan was registered on March 15. The pandemic has caused a number of socio-economic challenges globally, led to the postponement or cancellation of sporting and

cultural activities, and raised concerns about shortages of medicine and food. There have also been misinformation and conspiracy theories about viruses and pandemics on the Internet, xenophobia and racism in various countries, and panicky shoppers buying large quantities of goods such as food. Coronaviruses are a group of viruses called "Atypical Zotiljam" (SARS). is a virus that resembles the causative agent of the disease, causing a severe infectious disease in patients ranging from the common cold to acute severe respiratory syndrome (TORS). Atypical syphilis also originated in China in 2002, spread to 37 countries and infected more than 8,000 people. The properties of the new coronavirus are currently being studied in many laboratories around the world. It belongs to the group of acute respiratory diseases characterized by inflammation of the upper respiratory tract and general symptoms of mild poisoning. The virus is resistant to environmental influences and disinfectants. At present, there are no specific drugs to treat this disease, so other antiviral drugs are being used. The disease is transmitted from infected people through droplets and household contact.

Patients have general weakness, colds, coughs, headaches, sore throats, fever, bronchitis, and malaise. According to foreign experts, the difference between coronavirus-induced disease and influenza is that the disease is more likely to be complicated by the fact that people do not yet develop immunity against the virus. The disease is caused by coronaviruses. The outer shell of the virus is covered with villi. Through these villi, the virus attaches to the cell. After 4-5 hours of entering the cell, the virus forms many virions. The main source of infection is wild and domestic animals as well as sick people. The disease is transmitted through droplets in the air. No vaccine has been developed against this disease to date. Infections are most common in late fall, winter, and early spring.

The virus infects the upper respiratory tract in adults and the lungs and bronchi in children. The onset of symptoms is usually 2 to 4 days after infection. The latent period of the disease is also 2–4 days. Often, coronavirus infection can be complicated by acute pneumonia. Pregnant women, postpartum women, children and adults (less than two years and older than 65 years), overweight patients and patients with chronic diseases (lung diseases, bronchial) asthma, chronic bronchitis, cardiovascular disease, diabetes, etc.). Self-medication is dangerous and can have serious consequences. Antibiotics do not work. It can only be treated by a doctor with special antiviral drugs. it is recommended to cover with a mulch, not to come into close contact with patients with symptoms of colds, cough, fever, difficulty breathing, to consult a doctor immediately. Nowadays, when any patient is detected at home, the patient's bedrooms, used equipment, utensils are disinfected using chlorine preservatives or by boiling. In order to increase the body's resistance to infection, it is necessary to consume products rich in vitamins and proteins, tinctures made from onions, garlic, citrus fruits, nuts. To prevent infection, it is recommended to wear a gauze mask or disposable respirators in public places. To prevent the disease, visitors to markets that trade in animals are advised to strictly follow the rules of regular general hygiene, wash hands with soap after each contact, do not touch the face, mouth and nose with hands without washing . It is required to stay away from the surrounding waste, open soils, areas contaminated with animal waste, and not to eat uncooked and undercooked meat and their products. In general, care must be taken when handling raw meat, dairy and animal products. It should be noted that the most effective way to prevent not only coronavirus, but also all infectious diseases, is to strictly adhere to the rules of personal and public hygiene, to organize sanitary propaganda among the population.

In conclusion, it can be said that this dangerous virus, which entered our country, knows no borders. We will unite this disaster with our people, stay at home, read books and protect yourself from the invisible virus, following the rules of quarantine!

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