

# Actions against COVID-19 are they all Effectively Carried Out?

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## Opinion

A new disease has become a threat to health in all nations, making this planet an unsafe place for the perpetuity of the human species. Since COVID-19 was declared a pandemic by the World Health Organization (WHO) [1], it has been a priority for the different governments of all countries, how to achieve its arrest. The actions have been multiple, but in the opinion of the authors, it would be pertinent to ask, have the targeted measures been fully complied with, to achieve all the necessary effectiveness with their implementation? Confinement has been generalized to prevent the transmission of this disease; it has undoubtedly been one of the most used means of protection. Self-isolation is an effective way that has been demonstrated since ancient times and in time [2], it is the possibility of avoiding contact with affected people or with inanimate objects that can transmit the disease, thus avoiding the multiplication of the disease. Staying at home for a long time can bring psychological changes in people. While confinement is effective, it must be in a responsible manner. Vulnerable groups of the population are the ones that must use this protective mechanism the most, extreme ages (adults over 60 and pediatric ages), pregnant women, people with chronic non-communicable diseases, among others, are at high risk from COVID -19. It is essential that those who must maintain their extra-home activities, have the perception of risk at a level that allows them to know the responsibility they assume for the health of their relatives that they leave at home. The high virulence of this novel virus, makes it increasingly dangerous, respiratory viruses cause infections that are classified as acute and localized, causing alteration or necrosis of the epithelium between one to two weeks during which they remain localized in the respiratory tract. SARS-CoV-2 resembles viruses that cause generalized infections, in which the respiratory system represents the route of entry, in which it may or may not produce apparent lesions [3].

The rapid isolation of positive cases to the disease is another of the measures that are adopted. This also involves both medical services and different social entities. Truthful and timely information from patients by not hiding symptoms, or time of their appearance, is vital. It is also very important to make known the close contacts that the affected person has had in order to determine possible transmitters and cut the chain of patients that it may generate. There are protocols for action against the disease that currently keep the scientific community engaged in the search for solutions for its detection. The management of each affected person is clearly established according to their level of contagion, how to act in any situation related to the care and direct or indirect management of the personnel under medical observation. Every health system must be dynamically organized, to guarantee the transition through the different stages and transformations of what to do and how to do it better, with the purpose of improving the health of the population, the system's response capacity and adaptation to epidemiological and demographic situations. But it is not only the responsibility of the health

system to maintain the indicators in the population in a healthy way. The interrelation between business, social and government sectors with health services must be strong. Although all the measures that must be applied to guarantee the necessary biosecurity are listed, it must be recognized that they are not always carried out in the best way to achieve their main objective, to preserve human health. Examples that can be brought up would be multiple and it is not objective to list them, only to call for reflection on what is not being done correctly. The so-called caregiver syndrome is described [4], I end this widely used when pointing to the picture that caregivers of the elderly or terminal patients present for a long time. The current pandemic has been going on for more than a year, during which the health personnel and the person in charge of maintaining the insurance around the patient, have been developing a very similar picture of fatigue. The inclusion of actions for the psychological biosafety of health personnel, as a special part of the actions to be developed in the intervention strategies in this pandemic is of utmost importance [5].

Despite these symptoms caused by accumulated stress, health personnel have the responsibility to provide a quality service that can raise the level of satisfaction of those in need of this care. It is essential to comply with the protocol for taking samples of the different diagnostic tests used, PCR (polymerase chain reaction), antigen and serological tests [6]. A bad manipulation in the taking of sample can cause the contamination of the same giving a false positive or a negative that is not real, either of the two variants would endanger the health of the patient and could lead to countless infections super-added. Health personnel who are in close relationship with positive or suspected patients must strictly comply with the established biosafety measures. When they

delve into the causes that caused the contamination of a health professional, they find failures in adequate individual protection. Self-care is a very effective weapon in the control of this disease. To achieve this effectively, it is necessary to provide the most up-to-date information possible, giving the veracity of the situation that affects people, so that in this way they can acquire the knowledge that will help them make changes in their personal actions, aimed at raising your health. It is the criteria of the authors, the confrontation with COVID-19, is an arduous battle to be carried out by the entire society, led by health personnel. This would guarantee that all the efforts and resources that are put into this cause can give the desired response, the control of the disease. This situation of a social nature will have to be faced with the participation of everyone, so that everyone can protect themselves.

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