

Staying Safe in Light of the Impending COVID-20

Femi Obasun

Research Institution, USA.

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***Corresponding author:** Femi Obasun, Research Institution, USA.

Email:

drfemiobasun@researchinstitution.org

Abstract

The study considered various factors, including the mutation of the COVID-19 virus strain, to become a more dangerous strain during the winter of 2020 within the United States. The study focuses on statistic from Researchinstitution.org, showing the justification of uptake.

Keywords

COVID-20, COVID-19, Flu, Coronavirus Disease, Pandemic

1. Introduction

COVID-19 has caused so much death on the global scale, and it could worsen as the winter sets. Just like any flu, Corona Virus could also become stronger and more widespread during the winter. A recent study recently reported that the coming winter in America is going to be unique, unlike any other one that has been experienced before (Researchinstitution.org, 2020). It was projected that the death rate due to COVID-19 will surpass that of the Spanish flu epidemic, which killed 659,000 Americans (Researchinstitution.org, 2020). The study considered various factors, including the COVID-19 virus strain mutation, to become a more dangerous strain during the winter (Researchinstitution.org, 2020). The summer in the United States was able to slow down the COVID-19 strain so that it was weak and has only led to a considerable death rate. However, with the cold temperatures in winter, the virus is expected to mutate to a more potent strain, considering the six stages of COVID-19 (Ward et al., 2020). Research Institution.Org funded this research; the study attempts to understand the concept of the COVID-20 and its associated implications to public health in the United States.

2. Materials

In anticipation of the coronavirus pandemic's worst strain in winter, people need to understand their feelings and how to be prepared to respond to the disaster through the six stages of responding to a disaster. According to O'Neill (2020), every person must understand their positions in responding to the current pandemic. A six-stage model was provided by the Substance Abuse and Mental Health Services Administration for explaining how an individual can respond during a disaster situation. The first stage is referred to as pre-disaster. At this phase, the individual may feel afraid and worried; people are generally uncertain about what to expect next. The most common response in this situation is the flight or fight response.

People then transition into a second phase, which is named impact. At this stage, people are already in a survival mode after being initially shocked by the disaster. Individuals then begin to focus on tangible tasks, especially in acquiring basic needs like food, water, and shelter. At the heroic phase, people's focus shifts to coming together to

help their communities or attempting to assist others who have been more adversely affected by the disaster. Then there is the honeymoon phase where people feel optimistic and hopeful. At this stage, the disaster's initial threat is gone, and those who need assistance can find it easily. People now concentrate on forging the way forward, feeling encouraged about moving past the disaster (O'Neill, 2020).

After the hopeful stage, people then become disillusioned in the fifth phase, named the disillusionment phase. At this stage, the realities of the disaster strike individuals, and people become aware of the potential limitations of the disaster assistance. This often leads to an intensified sense of disillusionment and disconnection. Many people end up feeling abandoned as other community members get back to business as usual while they are left behind. The final phase is the reconstruction phase, where people start to shift their focus on rebuilding their lives as they begin to reinstitute normality in their daily routines (O'Neill, 2020). Even as people begin to accept and live with the newly established normal, it is common for them to feel grief and loss still.

In the United States, most people have already undergone all the six stages of the disaster response, but a new pandemic wave is impending. The coronavirus is expected to mutate into a stronger strain that will cause deaths exceeding the 560,000 in the US alone by December 2020 and will affect more than 25 million people. The new strain of the virus will be named COVID-20. According to Ali et al. (2020), the SARS-CoV-2 and other respiratory pathogens keep recurring, which means the current attempts to eliminate the coronavirus could continue. It is expected that the virus and the associated economic and health effects will recur in the second half of this year. It could even come quicker in places falling within the Southern hemisphere where winter began in May. COVID-20 is the name that some scientists have given to the expected mutant of the current COVID-19 pandemic, which is expected to cause more deaths and infections during the winter in the countries that experience winter in the second half of the year (Pinsker, 2020).

3. Discussion

The 2020 winter also marks an important period in the United States with campaigns going on and the November 2020 elections just around the corner. The COVID-19 is also expected to affect the November 2020 elections in the United States. The novel coronavirus is already affecting the campaigns with the two main contenders, Republican presidential nominee Donald Trump and Democratic nominee Joe Biden resorting to indoor campaigns instead of the usual rallies and rope lines. To avoid exposing the American people to the virus just when it has mutated and become even more dangerous, it is necessary to ensure that people stay indoors, and an online system should be developed where people can cast their votes using their gadgets over the internet. This recommendation will help ensure that people remain safe from COVID-20.

If it were to happen that COVID-20 spreads to all people and there were no regulations to restrict the movement of the masses, no new drugs are discovered, and no prescription medication is offered to those who have been infected, 99% of the people would not show any symptoms of the virus, but the 1% who do show symptoms or are asymptomatic would be able to transfer the virus to the people who have weakened immune systems due to conditions like heart problems, diabetes, high cholesterol, people with obesity and the elderly members of the population (Smit et al., 2020). The people who work out and the athletics whose immunity is high can also develop weakened immune systems since they are currently stuck indoors and cannot continue with their up and down workout regimen.

The people's immunity in the United States is much lower than in China, where the disease originated due to the underlying medical conditions like diabetes and obesity. In China and most parts of Africa, people have at one time or another been infected with malaria, Sars, and many other tropical diseases that help accumulate T-cells (Leslie, 2020; Shabir, 2020). Such people develop more T-cells to help them fight malaria and all other disease-causing bacteria and viruses. The T-cells have been found to help people develop resistance to the COVID-19 and its COVID-20 cousins expected to develop at one of the six stages of Coronavirus response. Despite its role in the development of the crucial T-cells, malaria symptoms could also lead to the misidentification of the COVID-19 where only the symptoms are relied upon to identify people with the virus since malaria and COVID-19 share some similar symptoms including high fever, difficulty in breathing and high body temperatures (Chanda-Kapata et al., 2020).

Unlike antibodies that one develops after being exposed to a particular virus that may help in protecting them against becoming re-infected with the same virus, which has proven less effective against COVID-19, researchers have discovered that the microscopic T-cells are more effective (Barber, 2020; Li et al., 2020). However, just like other viruses that attack the T-cells, thereby hindering the body's immune responses, COVID-19 has shown that the body's immunity is useless against it, especially in severe cases, which are expected to be the trend during the winter.

COVID-19 initially spread through air travel, and consequently, almost all countries globally were locked to international flights. However, after having to endure the economic strains for long, such countries had to reopen their borders to foster trade (Branswell, 2020). Consequently, the air travel industries had to adopt metal cold condensers and air ducts so that their flights could be rendered COVID-19 safe. This has significantly reduced the spread of the virus despite the constant need for air travel. The spread has also been lowered slightly due to long haulers who develop symptoms like coughing out blood and keeping their blood pressure under control (Research Institution.Org, 2020). Their heartbeats reach up to 200 beats per minute heart rate, and after labored breathing for five days, they begin to breathe better.

4. Conclusion

America being a place with advanced medicines, they even have vaccines for malaria, which means that their bodies are less exposed to viruses and other bacteria. This can create a gray area for the virus's mutation to form the COVID-20, which is expected to be more dangerous (Glenza, 2020). During the winter, it will be very difficult to distinguish between those who have a common cold and those who are infected with COVID-19. To avoid the deadly COVID-20 strain and its adverse impacts, it is important to institute a mandatory 60 days quarantine since about 5 million Americans are already showing signs of COVID-19 according to the CDC, but the numbers could be greater as some people have gone untested and have survived for long with the long-term symptoms.

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