

Discussion on the concept of immunity and how human body system could build immunity against Covid- 19 and its relevance to public health education

Introduction: Every second of day, an enemy of aggressive pathogens (disease causing organisms) such as bacteria, fungi, and viruses crowd on our skin and we stay remarkable healthy most of the time. The body has two intrinsic defense systems that act both independently and cooperatively to provide resistance or immunity against disease causing pathogens. The above introduction therefore suggest that one's immune system is very vital to fight the new COVID 19 pandemic.

Objectives: The aim of this article is to explain different types of immunity and discuss how the human body could build immunity against COVID 19 that would serve as a guide for public health education on immunity in this era of COVID 19 pandemic.

Methodology: The LILACS-BIREME, SCIELO, PUBMED, ACADEMIA, SCIENCE DOMAIN databases scientific papers and some textbooks were accessed for the study and those that meet the inclusion criterion on immunity were selected for this review. An analysis was conducted and the papers were assessed in agreement with the study objectives.

Findings: It is clear that there are different dimensions to immunity and therefore various means of acquiring each of the immunity against COVID 19.

Conclusion: The findings above could be used by health professionals to educate the public on the prevention of the spread of COVID 19.

Albert Opoku

Nursing and Midwifery Training
College, Ghana

Biography

Albert Opoku is a Deputy Chief/Vice Principal at Nursing and Midwifery Training College at Tepa, Ashanti Region in Ghana. His research interest includes the practices in nursing and education, public health and immunity.

albertopk2000@yahoo.co.uk