

COVID-19 Long Term Effects on Human Health: A Short Commentary

Pedada Alekhya^{1*}, Kagana Sruthi²

¹Department of Computer Science and Engineering, Sri Sivani College of Engineering, Srikakulam, Andhra Pradesh, India;

²Department of Agricultural BSC, Centurion University Technology and Management, Orissa, India

DESCRIPTION

On December 2019, the pathogenic human corona virus has been recognized in Wuhan, China [1]. Wuhan is the city which acts a key transport center for nearly 11 million of population and is famous for wild animals such as snakes, bats etc. Before December 2019, many people have visited this Wuhan market and later 44 pneumonia cases were reported. WHO and the China government have later identified SARS family belonged novel corona virus on 7 January, 2020 [2]. On January 20, 2020 a death case due to the novel corona virus has been identified. Later by March 19, 2020 1064 death cases have been identified and recorded according to the WHO.

On January 30, 2020 WHO has declared an outbreak of novel corona virus as global public emergency [3]. On 31 January, 2020 the United States has declared the public emergency in their country and has issued 14 days quarantine rules as mandatory to all the US citizens. The USA has declared an issue and has not allowed the foreigners, who visited in China before 31 January, 2020. As of 26 September, 2020, nearly more than 26 million COVID-19 cases have been recorded and more than 8, 70, 000 deaths have been occurred.

Many sectors have been affected due to COVID-19, and mostly the health sector. Many symptoms can be observed in COVID-19 patients. Some patients have no symptoms however they were hospitalised. Being a respiratory disease, COVID-19 causes respiratory problems such as breathlessness etc. Moreover, many COVID-19 patients have faced the condition named CS (Cytokine Storm). The patients who faced CS suffered with organ failure etc. This condition has also been observed in the patients with influenza.

COVID-19 symptoms are almost related to SARS (Severe Acute Respiratory Syndrome). SARS is also one of the coronavirus found in the year 2003. Patients with COVID-19 are at high risk

especially the patients over 60 years. In Hong Kong, a study has been done on the effects of SARS. From the study, the scientists have discovered that after two years of getting SARS, patients will suffer with immunity problems when compared to uninfected patients. Many long term effects will be observed in patients who suffered with COVID-19. Some of the symptoms include fatigue, confusion, headache, smell loss, taste loss, nausea, breath shortness, abdominal pain, body aches, chest pain and many more [4]. Sometimes, prolonged illness can also be observed in COVID-19 patients. It also affects the mental health conditions critically. Blood pressure, obesity can also occur in people who suffered with COVID-19.

Mental health conditions such as depression, PTSD (Post Traumatic Stress Disorder), sleep disturbance, anxiety. Body systems and organs can also be affected such heart muscle damage, failure of heart, lung tissue damage, joint pain, muscle pain etc. It also causes hair fall and memory loss problems. It also causes blood vessel as well as blood clot problems. Although, many long term effects of COVID-19 have been identified, still many long term effects are unknown. One should keep in mind that COVID-19 recovery is very quick if one can follow all the precautions like wearing mask, sanitization of hands etc.

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Correspondence to: Alekhya P, Department of Computer Science and Engineering, Sri Sivani College of Engineering, Srikakulam, Andhra Pradesh, India, E-mail: alekhyapedada30@gmail.com

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