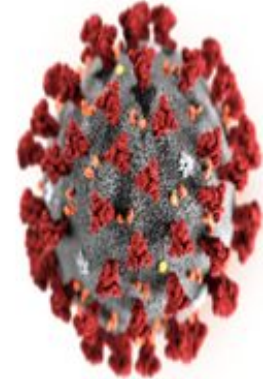


How to Fight COVID-2019 and Break Down the Chain of Infection :



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Good time well come every one:

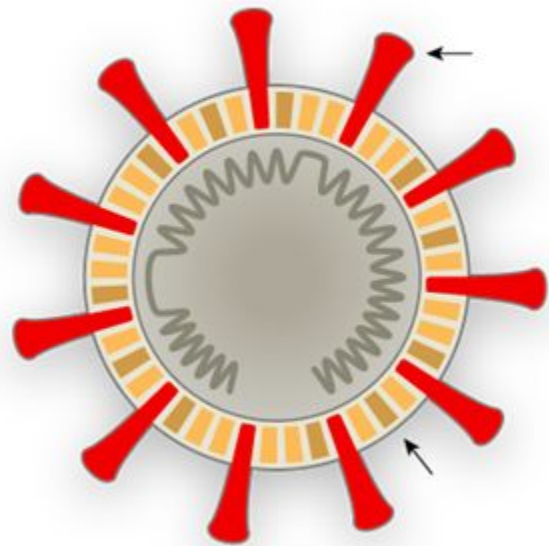
Before all , thanks for Great God for the less and insufficient exposure of our people to this global epidemic, and thanks to the Kurdistan Regional Government for application of health instructions and other precautionary prevention, and also thanks for the efforts of Presidency of Cihan University for their facilities during this critical health crisis Covid-19 and their supports for online communication.

Introduction :

In this seminar I try to address more recent and important subjects and focus on general prevention as a basis of our objectives because all of you know the causes, symptoms and methods of prevention as well, but I try as much as possible to focus on new information and characteristics of virus, drug, vaccination, population commitments of health authority guideline to break the chain of infection of virus Enshaallah .

Characteristics of the virus:

- 1-Most studies indicated that it is transmitted by direct and non-direct contact
- 2- The appearance of signs starts from 5 to 14 days and depends on the person's resistance, age, and illnesses.
- 3-All studies confirm that this virus is family, not a single one for example, SARS, MERS, and COVID - 2019, and each of these species comes from animals, not humans, but it was transmitted to man as a human error, either by contact or other methods as noted in Wuhan of China.
- 4 - These viruses remain alive on the surfaces of a different time depending on humidity and temperature, so we must always have to clean anything that comes from outside the home.



5- This virus is very small and can only be seen in a microscope, which exceeds 120 nanometers. It is composed of RNA, covered with protein lipid layer called glycoprotein, and also S and L epidermis, not like human cells with DNA and with two protein(L,S) , L is more aggressive to man for that soap and water or alcohol 70% may kill virus..

6- All studies confirm that it changes his genome and new strains form, and this is the problem of all scientists and drug companies for vaccine in the world. Therefore, the FDA in America asked China to try to discover the first patient who transferred the virus to humans from an animal in order to know the virus's code and it's genome or strain.

7 - Virus is weak outside the human body, but it is active inside the body, and this applies to most viruses because every virus has a specialty, as you know. Virus AIDS attacks the immune system, and Ebola attacks the blood circulation, and Zika virus enters the blood by mosquitoes, and you see Rota viruses attack the digestive system. For children causing diarrhea and all types of virus corona , its specialty is the attack of the respiratory system .

8 - This virus when enter the respiratory system remains for a period in the back of the nose and the throat as said many scientists , so washing nose and mouth with clean hot water is good habit , and if it is not completely certain, but it is the opinion of some scientists, and after entering lungs, the human body produces (interferon) to fight the virus and break it's protein and if the immune killed the virus it is safe but if virus control immune system so at that time this patient become as source of infection and this process needs 5-14 day so the pt. needs admission to hospital and transmit virus to others.

9-Till now no final drug and vaccine for virus the best treatment is personal isolation.

9 - This virus is not transmitted by the air except in crowded and closed places where most scientists support this by saying that it stays several hours in the air and it is better to wear masks when you go outside and when returns to home throw it into the trash and used only once. And that this virus loves crowding.

10- There is a similarity between SARS and MERS but by genetic mutation the COVID-2019 is varied.

11-This virus is less effective for children. The reason is that two lungs do not receive the virus in addition to other opinions through the child vaccination program, which gave the child more immunity.

12-It can appear again in the form of epidemic because of the virus in changing genome and strains, as it appears every year once in the form of a pandemic like other season influenza .

13 - If this virus is spreading in any area there is an evidence, that there are other undiagnosed cases so WHO emphasize the rapid test of citizens in that place .

14-All viruses in general do not have a wall and nucleus like bacteria, but they are covered with lipid and protein substance, and it can be regarded as a semi-living substance so it will be active inside the human body and affected by heat therefore may be disappear or less active in summer .

Prevention as an international

General rule During an outbreak of this general epidemic, there are three main steps:

1- General responsibilities of countries for the purpose of isolation and to provide methods of protection and dependence protocol or report of , WHO and CDC, FDA for the purpose of combating such an epidemic and finding treatment and vaccine. International cooperation together is essential to fight the epidemic.

2- The tasks of the local governments and the ministries of health: Each of these governments must implement health instructions and precautionary measures against the epidemic as we see today in most countries of the world. Health education for citizens by the local health authorities

3- population's responsibilities of isolation, quarantine, commitment to stay at home, and personal and public protection measures, because if the virus is spread in any society, everyone is considered infected or suspected. Quick testing for clients is necessary in such communities as said WHO.

Personal Prevention

1. Do not go to crowded places, and do not attend ceremony.
2. Wear a mask when going out, and when return to home throw away the mask and glove in trash ,do not touch surfaces.
3. Maintain a regular schedule and healthy diet containing vitamin C,D . Wash your hands carefully before meals and after .Take more exercises at home and avoid sedentary life style .

4-Cover your mouth and nose with a paper towel or by elbow when sneezing or coughing and do not touch nose or mouth.

5. Listen to health guidance immediate medical care if you have a fever or get sick.

6-Stay at home this is a best treatment and prevention now.

7-Personal hygiene, sanitation, washing hands are necessary

Prevention and Control Guidelines for Public Places

This guide is applicable to shopping malls, and other public places:

1. Staff in public places or workers should monitor their own health. Do not go to work if there are suspected symptoms of COVID-2019.
2. Staff with suspected symptoms should be required to leave for medical care.
3. Public goods should be cleaned and disinfected regularly.

4. Maintain air circulation in office spaces. Ensure all ventilating devices work efficiently. Air conditioner filters should be cleaned regularly, and ventilation by window opening should be strengthened.

5-After bring food and other items should be cleaned before entering home , so some of non food items clean with alcohol 70% and others as fruits vegetables should be cleaned and washing before entering to home .

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5. Washrooms should be equipped with enough hand sanitizers and ensure normal operation of water facilities .

6. Keep the environment sanitary and clean, and clean up trash in time. The distant between you and others more than 1.5 meter.

7. In disease-epidemic areas, people should avoid going to public places, especially places with dense flow of people and poor ventilation.

8-If you go to public places to buy some things you should wear mask and glove and if you see the mall or super market is crowded you must not enter and go to other places not crowded.

Final recommendation of WHO :

- 1-Cooperation among government and countries give us hope to fight COVID-2019,
- 2-In this critical time take care of your physical and mental health and do not afraid just strength your immunity.
- 3-take care of healthy diet in your daily meals as fruits, vegetables and avoid fast food .
- 4-decrease sugar and salt in your meals.

5-do not smoke or water pipe smoking or decrease it , limit alcohol consumption .

6-Avoid sedentary life style do exercise when you are at home listen to music do yoga and other exercises .

7-Only listen to official media as WHO.CDC. And ministry of health or expert scientists.

8- This critical time gives us love each other , unify efforts to fight COVID2019.

9-Commitment with healthy habit during sneeze or coughing by use arm if there is no cloth or paper cloth.

10-Avoid from wild animal or home animal.

11-apply health methods in wearing and remove mask and gloves.

Drug and vaccine:

Until now, there is no final treatment and vaccine for corona . The reason is that the current treatment to be used is chloroquine and hydroxychloroquine with azithromycin in some countries that are not conformed by WHO, FDA and CDC and in spite of that the China's protocol supported that but these attempts and research is ongoing, but for the vaccine it can takes a very long time, because it is not permissible to test the vaccine on a human for fear of complications..

as it must be tested on the animal first, after that, on the human being usually the virus changes its genome and its strain is a problem for companies because in the end they lose money .also some times the virus changes it's strain in areas may benefit in such place and do not benefit in others, and in general there is not final drug for viruses but there is anti-viral not like treating bacteria so giving right dose the patient may be treated quickly such as tuberculosis and others

Wuhan and outbreak of COVID 2019

At the end of the December 27-12-2019 in Wuhan when 7 patients admitted hospital of acute inflammation in the respiratory system Doctor LIWEN LANJ told the government that it is a serious situation and a country facing the disaster, but the government responded to him does not speak like this so he will go to court , and he was silent for fear of legal procedures and then came the New Year and the ceremony and parties so happened as we seen the global crisis after that on 6/2-2020 This doctor died after that they knew the Chinese this golden warning to the doctor if they heard his advice it would not have happened like this loss of life and until now they appreciate the statue of this doctor and bow to the statue.

Life during -COVID2019

Life activities and tasks in the time of Corona globally was shut down in all types of tasks as economic, political, commercial, social, and educational aspects, and so on, and humanism in general has faced a common and non appear enemy. So, as the Director of the WHO emphasized, it is necessary to unify efforts to confront COVID 2019 and without previous differences and there should be support for the poor people and those who lost their work to be in same direction to fight confront virus.

Final data about COVID2019 : in 20-4-2020

1-In Kurdistan totally :

337 infected and 4 death and 270 recovered

2-In Iraq 1500 infected with 82 death recovered

1000

3-Globally

2.418.845 infected , 165.000 death and 633 .335 cure

4-USA /

764.000 infected , 40,000 death 71.000 recovered

5-spain:

200.000 infected , 20.000 death recovered

80.000

6.Turky /

86.300 infected , 2.000 death 11.000recovered

7-Iran 82.000 infected , 4.000 death and 77.000 cure

8-Italy

178.000 infected , 23.000 death 47.000 cure

9-Canada/8.500 infected , 95.000 death

10-German

145.000 infected , 4.600 death , 91.000.cure

11.UK 120.000 infected ,16.000 death

12.China 82.747 infected , 4.000 death and
77 cure

13.France /152.000 infected, 19.718 death
and 36.500 cure.

COVID2019 is beneficial as:

1-The environment became clean after the cars and factories stopped, and not seen in the history of humanizing , where all the conferences in Kyoto and others were unable to do that 2- All countries have one enigmatic enemy and collaborative efforts for this purpose 3- Humanitarian organizations and the rich and governments have mercy on the poor 4- Equality of fear from death 5- thinking of Great God and power . 5-we are guest in this earth need to die and go back to the final house 8- sure life will change after COVID-2019.

Who is protected from corona now?

The Corona Protected are the American and Russian astronauts رواد فضاء still lying in the moon.



Thanks