

Mamedova T. D., Rubanik V. O.
PREVENTION OF COVID-2019
Scientific Supervisor Senior Teacher Sayanova G. I.
Department of Foreign Languages
Belarusian State Medical University, Minsk

Relevance. The outbreak of COVID-2019 is one of the most discussed topics not only in Belarus, but also around the world. There are over 114.000 cases of the new disease at this point and they are increasing rapidly every day. In Belarus there are 9 cases to date, but the risk of the infection spread is very high. COVID-2019 is a huge danger for all people since in most cases the infection occurs in asymptomatic forms. There is still no cure for it, though many experiments are being carried out. The effectiveness of treatment depends on many factors, such as the age of the person, the stage of the disease, the presence of other pathologies, and others. Thus, the most important way to fight the infection is preventing the contamination of the body.

Aim: to study the methods of prevention of COVID-2019 and measures that are being taken by health organizations and people in Belarus and ascertain which one is the best.

Materials and methods. For the analysis of protective measures in Belarus we elaborated a questionnaire which consisted of 12 questions. 50 students from Belarus, India, Azerbaijan, Turkmenistan, Vietnam, Lebanon were asked to fill it in remotely by the use of Google Forms. The answers were processed and the statistics was produced. As for health organisations we inquired how they prevent the spread of COVID-2019 at the 30th out-patient clinic in Minsk. For the assessment of measures taken around the world we studied scientific articles related to the issue and data from medical Internet resources.

Results. The analysis of data from questionnaire shows that 72% of students use antiseptics several times a day. The vast majority of respondents prefer not to use flu-masks for self-protection. Currently, only 15% take vitamins to strengthen the immune system. Other respiratory infections such as influenza and pneumonia are believed to be more dangerous than COVID-2019. Special attention is given to the measures that should be taken by people who are at higher risk for fatal outcome of COVID-2019. Besides children and the elderly, people with diabetes, lung disease, heart disease and other chronic diseases should avoid crowds, especially in places with little air circulation. Health organisations have been monitoring people who have been in contact with the infected since the first case of COVID-2019 in Belarus. Initially, people infected with COVID-19 may have mild symptoms but the infection prevention guidelines must be followed strictly.

Conclusions. Overview of self-protection methods indicated that the best way to avoid the spread of COVID-2019 is frequent and regular hand-washing with soap, it being the most available at the moment. It becomes more effective when one also uses alcohol-based hand sanitizers. The elderly, children and people with serious chronic medical conditions are more exposed to COVID-2019 and must follow preventive steps more thoroughly. Comprehensive approach to reduce the outbreak of COVID-2019 aims at using self-protection remedies by residents together with mobilization of health workers and immediate response to the reported suspected cases of COVID-2019.