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RESEARCH ARTICLE

NEW CORONA VIRUS SARS-COV-2 DATA

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ABSTRACT

As it is already known and has been made known, the coronavirus has been widely reported in the world news and the World Health Organization (WHO), has officially declared it as a pandemic, since last March 11. For this, it is important to know What is the coronavirus? What symptoms does a person infected with covid-19 have? Among other doubts and questions that have arisen through this new virus, which has surprised the whole world.

INTRODUCTION

Epidemiology: As reported the first case of COVID-19 was detected in Mexico on February 27, 2020. On April 30, 64 days after this first diagnosis, the number of patients increased exponentially, reaching a total of 19,224 confirmed cases and 1,859 (9.67%) died.

Means of transmission and hygiene measures: According to information from the WHO, the coronavirus is transmitted by person-to-person contact.

Clinical manifestations: The patient may present with fever and respiratory symptoms (cough and dyspnea or difficulty breathing) and even present complications. As it is already known and has been made known, the coronavirus has been widely reported in the world news and the World Health Organization (WHO), has officially declared it as a pandemic, since last March 11. For this, it is important to know, what is the coronavirus? What symptoms does a person infected with covid-19 have? Among other doubts and questions that have arisen through this new virus, which has surprised the whole world. What is the coronavirus? They are an extensive family of viruses that can cause disease in both animals and humans.

In humans, various coronaviruses are known to cause respiratory infections that can range from the common cold to more serious illnesses such as Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS). (1) The most recently discovered coronavirus causes the coronavirus disease COVID-19. The World Health Organization (WHO) named this disease COVID-19 (2). On March 11, 2020, COVID-19 was declared a pandemic (3). In the general population, the clinical picture of SARSCoV-2 infection is characterized by symptoms such as fever, cough and fatigue, the incubation time on average ranges from five to six days up to 14 days, they are generally mild cases that warrant outpatient management and only 30% will require in-hospital treatment.

Epidemiology: The SARS-CoV-2 pandemic began in the city of Wuhan (Hubei, China) in December 2019 (4); In a short time, the virus reached all continents and has claimed thousands of deaths worldwide. The first case of disease due to the new coronavirus 2019 (COVID-19) in Mexico was confirmed on February 28, 2020 by the Institute for Epidemiological Diagnosis and Reference (5); However, on the official site of information related to this disease presented by the Government of Mexico, a first case is reported on January 8, 2020. From the first confirmed case, infections have increased significantly as in other countries.

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It is important to know that according to the most recent report from the Secretary of Health, as of October 4, Mexico registers 757,953 confirmed cases of coronavirus; 4,863 new infections in the last 24 hours. On the other hand, the number of deaths increased to 78,880. These data are presented in Table 1. Therefore it is important to know some of the operational definitions for epidemiological surveillance of viral respiratory disease. Suspicious case: Person of any age who has presented at least two of the following signs and symptoms in the last 7 days: cough, fever or headache * (General Director of Epidemiology, 2006). Accompanied by at least one of the following signs or symptoms: • Dyspnea (serious information) • Arthralgias • Myalgias • Odynophagia / Pharyngeal burning • Rhinorrhea • Conjunctivitis • Chest pain.

Confirmed case: Person who meets the operational definition of a suspected case and has a diagnosis confirmed by a laboratory of the National Network of Public Health Laboratories recognized by the InDRE (Institute of Epidemiological Diagnosis and Reference “Dr. Manuel MartínezBáez”) (General Director of Epidemiology, 2006)

Means of transmission and hygiene measures: It is important to know that a person can contract COVID 19 from contact with another who is infected with the virus. The disease spreads mainly from person to person through droplets that are released from the nose or mouth of an infected person when coughing, sneezing, or talking. These droplets can fall onto objects and surfaces around the person, such as tables, knobs, and railings, so other people can become infected if they touch those objects or surfaces and then touch their eyes, nose, or mouth.

Most people who become infected have a mild illness and recover, but in other cases it can be more severe.

Take care of your health and protect others through the following measures:

-) Wash hands frequently and thoroughly for at least 20 seconds with an alcohol-based hand rub or wash with soap and water.
-) Do not touch your face (mouth, nose or eyes)
-) Maintain a minimum distance of one meter from other people. (Social distancing)
-) Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.
-) Stay home and practice social isolation or quarantine
-) Stay home if you feel unwell
-) Follow the updated instructions of the health authorities of your state

Clinical manifestations: As has been reported, this new pathology is variable, which can range from an asymptomatic infection to a severe pneumonia that requires assisted ventilation and is frequently fatal. The asymptomatic form and the mild presentations are more common in children, adolescents and young adults, while the severe forms are more seen in those over 65 years of age and in people with chronic conditions such as diabetes, chronic obstructive pulmonary disease (COPD), cardiovascular or cerebrovascular disease, and hypertension, among others (Guan, 2019; Chinese Centerfor Disease Control and Prevention, 2020; Huang, 2020).

Entidad federativa	accumulated	deaths	estimated assets
Ciudad de México	129,484	12,252	8,288
Estado de México	82,260	9,511	4,112
Nuevo León	41,256	3,174	3,759
Jalisco	31,574	4,128	2,387
Guatemala	41,518	2,962	1,719
Coahuila	27,040	1,926	1,580
Veracruz	33,708	4,354	1,174
Guerrero	19,436	1,906	1,172
Yucatán	18,660	1,636	1,117
Michoacán	20,980	1,674	1,132
Oaxaca	17,422	1,427	1,070
Tamaulipas	29,342	2,340	1005
Puebla	31,574	4,128	983
Baja California	19,699	3,563	842
Chihuahua	11,648	1,412	1012
Sonora	24,925	2,918	819
Durango	9,277	645	879
San Luis Potosí	23,515	1,719	849
Querétaro	9,418	1010	830
Baja California Sur	10,474	485	802
Tabasco	32,133	2,840	723
Sinaloa	19,032	3,230	748
Zacatecas	7,673	735	701
Agua Calientes	7,375	669	728
Hidalgo	12,973	2,005	593
Quintana Roo	12,063	1,683	537
Colima	5,134	580	526
Nayarit	6,073	752	362
Morelos	5,994	1,105	247
Tlaxcala	7,588	1,035	188
Chiapas	6,570	1,020	116
Campeche	6,004	830	80
	Acumulados	Defunciones	Activos
Total	757,953	78,880	41,080

The most common symptoms, fever and cough, are present in most patients, but not in all symptomatic cases. The fever can be high and prolonged, which is associated with an unfavorable outcome (Guan, 2020). The cough can be dry or productive just as often, and is sometimes accompanied by hemoptysis. Fatigue is common, and myalgias and headaches occur in 10% to 20% of cases. Dyspnea has been reported with highly variable frequencies, from 8% to more than 60%, depending on the inclusion criteria of each study; dyspnea can appear from the second day but can take up to 17 days, and this late onset seems to be associated with more serious outcomes (Chinese Centerfor Disease Control and Prevention, 2020). Other symptoms of upper respiratory tract involvement, such as sore throat, nasal congestion and rhinorrhea, occur in less than 15% of cases (Guan, 2020; Chinese Centerfor Disease Control and Prevention, 2020; Huang, 2020). It should be mentioned that alterations in the senses of taste (ageusia) and smell (anosmia) are also frequent (Lechien, 2020).

Among the most common complications of COVID-19 are pneumonia, present in virtually all severe cases, adult respiratory distress syndrome (ARDS), myocarditis, acute kidney damage, and bacterial super infections, often in the form septic shock (Guan, 2019; Huang, 2020).

Conclusion

The pandemic generated by the SARS-CoV-2 virus is still active in Mexico, the COVID19 disease has posed a complex global scenario in health, social and economic aspects. Certainly, it is everyone's job to contribute to stop the outbreaks that have emerged in such a short time; Therefore, the general population is advised to follow all the recommendations to prevent contagion, since human behavior will determine how quickly COVID-19 spreads and mortality. By not having a specific treatment at this time, the prevention and control measures recommended by the WHO should be continued.

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