

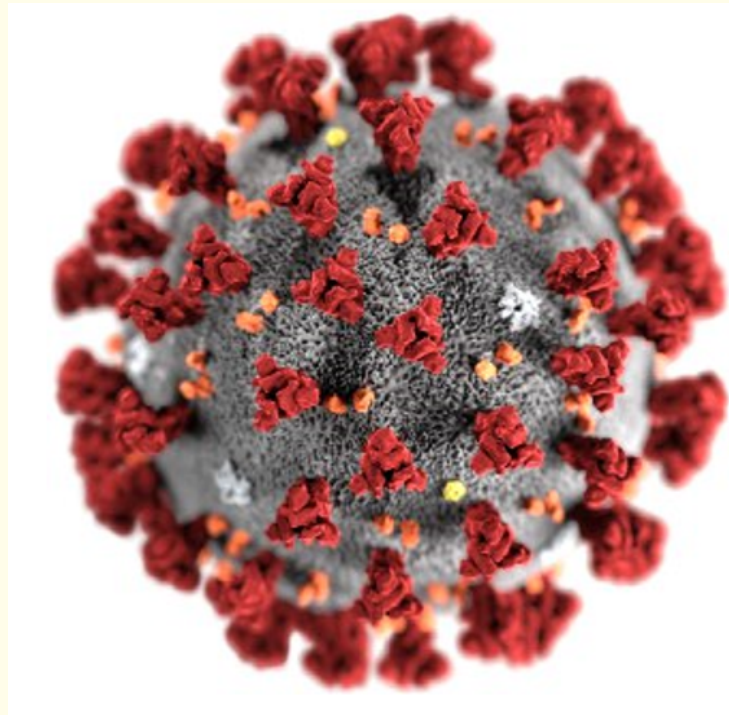
## How to Cope with Corona Virus

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The name “coronavirus” is derived from the Latin corona and the Greek κορώνη (korōnē, “garland, wreath”), meaning crown or halo. This refers to the characteristic appearance of virions (the infective form of the virus) by electron microscopy, which has a fringe of large, bulbous surface projections creating an image reminiscent of a royal crown or of the solar corona. This morphology is created by the viral spike (S) peplomers, which are proteins that populate the surface of the virus and determine host tropism.

There is massive amount of literature in the net coming from many different sources. I would refer to some narrow points in terms of my specialty as properties of each virus are unique and specific or only shared with relative viruses. The mode of infection and measures to cope with should be regarded as general knowledge among ordinary individuals.

The virus spread or transmission from infected patients to healthy individuals (person to person) is the most critical mechanism of the disease. Virus is replicated (propagated) in massive numbers within infected lungs. It becomes air-borne during coughing and sneezing, so millions of virus particles are spread in the air in matter of seconds. Breathing this contaminated air is the mechanism of virus entry to healthy lungs. That is why air mask is used to avoid infection once in the public or around strangers. The protection could not be absolute unless you wear special helmets equipped with filter and covering entire face. The virus particles are too tiny to be avoided by lose-fit paper mask manufactured for avoiding dust particles. At the best scenario, avoiding crowded public and sharing tight spaces with other individuals like public transportation and busy markets, in other word not sharing the surrounded air could yield perfect protection. You should assume that everybody else is the carrier for the virus by the end of THIS WINTER!!

Virus infection is followed by a latent period. Once entered into the lungs through breathing contaminated air, virus needs to replicate in high numbers before inducing the corresponding symptoms. The infected person not expressing the symptoms is regarded as carrier and source of infection for other individuals. These symptomless individuals could not be traced or diagnosed by simple examinations like checking for the body temperature in the ports of entry at the airports. The vigorous practice is to hold suspected patients in the quarantine facilities. More individuals could become infected at the so-called quarantine facilities or hospitals by coming across with the carries. The period of latency could vary significantly in different individuals. The physical strength, younger age, rate of metabolic activity, vigor and healthy immune system could withstand virus infection and delay the symptoms. Young children, elderly people and individuals with compromised immune systems are much vulnerable and would include bigger portions of disease mortality or death.

There are more than 120 different viruses which cause cold, flu or flu-like symptoms. Most of them are not considered as dangerous and killer. They can be traced in everybody while symptomatic or symptomless. When you become weak or experience prolonged cold temperature and lose your vigor, then you become vulnerable to induce the replication of viruses living in your body or acquiring from patients around you. In vigorous cases, the virus infection is followed by secondary infection through bacteria. At this time, the nasal secretions become greenish. Clear runny nose is caused by virus infection. Body ache and tiredness are common symptoms in many different virus infections. All severe viral or bacterial infections lead to high fever. In some cases, toxins are produced which increase the severity of the symptoms. Consuming lots of warm drinks and liquid foods such as soup and broth would increase urination and getting rid of toxins hence clearing and nourishing your blood. Blood is the environment for the white cells governing the immune system. A healthy immune system is the only tool to overcome virus infection and recovery from corresponding diseases.

Whereas antibiotics are helpful to control bacterial infections, vaccines are weakened viruses or virus components, in other words antigens, to help immune system in order to educate itself by coping with future virus infection through matching interfering antibodies and propagating them to fight with real virus infection. This education is also kept as memory by immune system for years to come, if infection occurs.

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