

Decrease the Risks of Virus Contamination

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Less than two months later, the virus (officially named SARS-CoV-2) has affected more than 110 countries, causing more than 4,000 deaths and infecting more than 115,000 people including 1,784 in France, where 33 deaths have been reported (March 10) [1].

You can see the evolution with this link: <https://theconversation.com/coronavirus-outbreak-a-new-mapping-tool-that-lets-you-scroll-through-timeline-131422> [2].

Regions on both sides of the globe are on alert. The international economy is in turmoil. Flights are grounded, and at least one airline has already gone bankrupt. Fear has freed xenophobia and panic has led consumers to rob stores of their basic necessities, including toilet paper.

The main risk concerns the medical disinformation, the challenge that this epidemic represents for the health systems worldwide.

You have to know that Coronaviruses circulate every year in Europe and worldwide.

On the medical level, there are two groups of coronaviruses: low pathogenic coronaviruses (there are currently four), and disappear in summer time. For these viruses as for the other seasonal viruses (flu, colds, gastroenteritis...), the reasons for this summer break are poorly understood, probably they resist hot air less than cold, dry air, which weakens the nasal mucosa, facilitating the penetration of respiratory viruses such as corona.

The second type is highly pathogenic coronaviruses, of which only two representatives are known at the moment, SARS-CoV (for severe acute respiratory syndrome - severe acute respiratory syndrome) and MERS-CoV.

Your nose is the open door

When a person infected with a coronavirus sneezes or speaks, droplets of nasal secretions loaded with viral particles are projected around him, the aerosols traveling further than the largest. At this time, it is unknown whether 2019-nCoV is spread by aerosol or whether only the largest droplets are infectious. However, it appears to be better transmitted than SARS or MERS-CoV, which surprisingly has not spread beyond the Arabian Peninsula.

Viruses enter nasal cells using a protein S (from Spike, "tip, ear"). Present in numerous copies on the surface of the virus, it gives it the "crown" appearance to which it owes its name, coronavirus. These spikes enter the cells and enter the DNA to multiply.

For a healthy person, the virus makes a minor illness, but if it enters unhealthy or elderly people, it may enter the lung, intestine, kidney... which is not the case for influenza.

Elderly and immune-depressive people are at high risk. Kids and babies have highest immune-efficiency and are much more resistant than others. That is why coronavirus is more for adults than infants.

Most of the death concerns elderly and unhealthy elderly. The recovery is quite quick, that is why we have now 170 deaths on 7 800 infected.

The question of healthy carriers is still on progress.

Viruses tend to adapt and mutate. Usually, they lose their pathogenicity over time.

Marketing and commercial risks

Do not be the victims of these opportunists who want money over your internet, safety and credulity. No food, no molecule, no vitamin, no mineral, no chemicals are safely recommended by public health to cure or avoid the virus. You only have to be in good health, good sleep, good nutrition.

Keep your head far away from these false claims.

Advices

The advices for all are to wash your hands effectively (water, soap, hydroalcoholic gel) and to protect your family, particularly elderly people and unhealthy ones.

When coming home from outside, wash your hands. Before eating, wash your hands thoroughly.

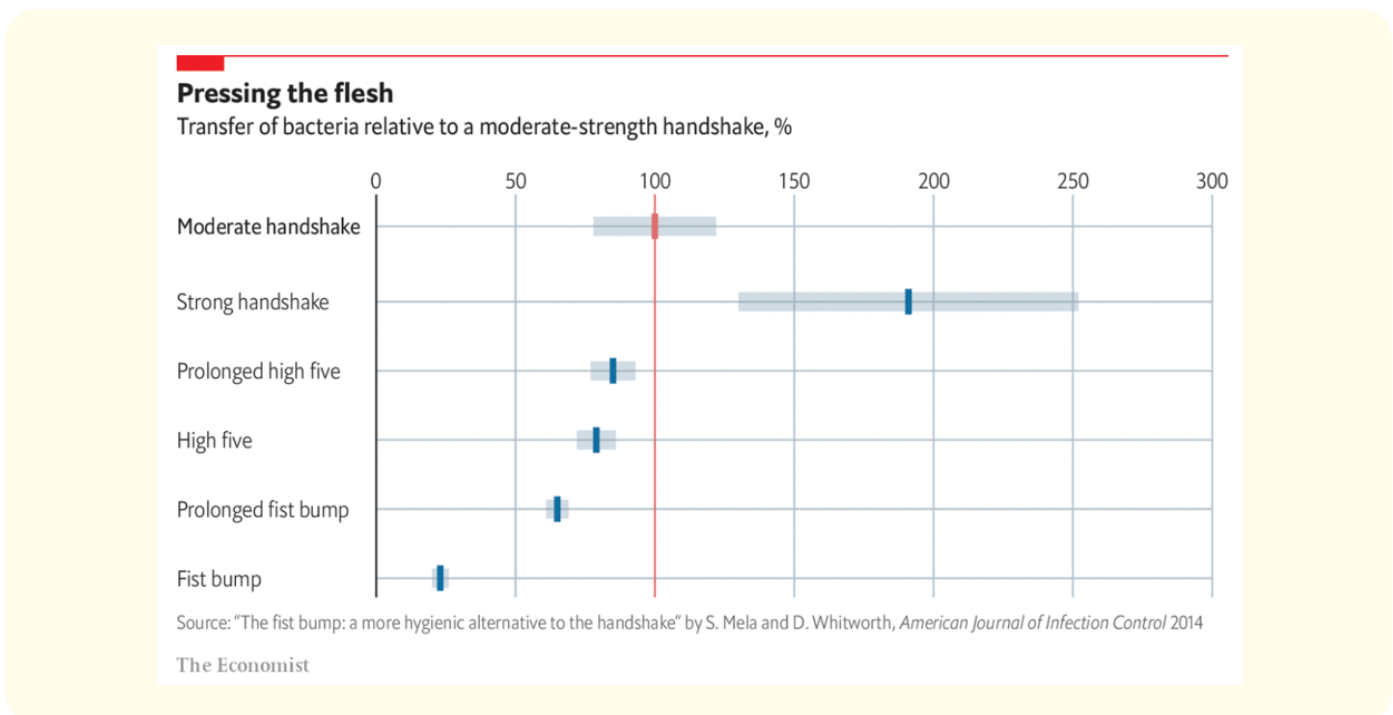
There is also a way to use the masks for a real protection: Do not re-use a mask after carrying it outside, and throw it enclosed on a plastic bag.

At home, elderly should wear a mask if people are coming from outside.

Do not speak within 1,5 meter. Wash hands regularly.

Do not kiss or touch anybody from outside. Everyone can be polite safely.

According to the Economist, here are the risk for handshake or greet people [3].



In conclusion, there are no matter for panic. You have to keep your reason.

With minimum of wariness, you can limit the risk to the maximum.

At the same time, one of the first victim of the coronavirus was the Chinese New year events, the second ones, the economy.

Please, stay lucid.

Bibliography

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