

Novel Disease and Causes of it

Elvira Ruiz Jiménez*

Food Expert, Spain

***Corresponding Author:** Elvira Ruiz Jiménez, Food Expert, Spain.

Received: March 19, 2020; **Published:** April 08, 2020

Do you think humans are the one of the reasons for the coronavirus? It could be a possibility because right now we don't know which is the exactly source of COVID-19. Anyhow, we don't have any evidence to think that companion animals or pets would spread COVID-19, but what we actually know is that we must be conscious and think collectively, because we can infect each other.

What are the safety measures we can help to overcome the coronavirus?

- We must only follow reliable sources of information, such as the information published in the web pages of WHO or your Health Ministry.
- We must drink a lot of water, water is the best mucolytic you can use.
- We must keep a healthy diet, we should eat fruits and vegetables, if we cannot eat them fresh everyday, we have many options that are good in this circumstances such as frozen vegetables and fruits or dried, we should also have some nuts in our pantry, flours, legumes and vegetable oils.
- We must keep safe our brain and our body, so you must do a daily routine of exercise, they are many videos to follow yoga lessons, pilates, or anything your are interested in.
- We must respect each other, we cannot devastate supermarkets every time we go outside to buy food, we must anticipate our shops and food for two weeks and then go to the market to buy what we need, not more not less.

Entertain yourself, read, watch movies, do some gardening... Try to laugh everyday, that will give you health!



Is the coronavirus structure complex enough to break it?

Due to the lipidic membrane, COVID-19 is relatively easy to eliminate. It can be removed from surfaces with enough soap and water, the hydrogels with alcohol are only for people who must clean their hands all the time such as nurses or doctors, anyhow we must know how to wash our hands properly because if not this procedures won't be effective. Coronaviruses are recognised by their 'crown' of proteins and their lipid membrane which create the cover for the virus.

The genetical material comes in the way of a long strand of RNA which is injected in the cell infected in order to recreate more copies of the virus. The proteins created in the hosted cell are needed of proteases which could be blocked by inhibitors.

Volume 15 Issue 5 May 2020

©All rights reserved by Elvira Ruiz Jiménez.