

Novel Coronavirus: Information and Preliminary Recommendations on Health Caring to Families

Fernanda Lise*

Federal University of Pelotas, Brazil

***Corresponding Author:** Fernanda Lise, Federal University of Pelotas, Brazil.

Received: March 31, 2020; **Published:** July 22, 2020

Keywords: *Nursing; Infection; Corona; Diseases Transferable; Family*

The spread of the novel coronavirus (2019-nCoV) has passed on a global level after being identified in China in December 2019 [1] was initially reported as a case of pneumonia of unknown etiology, in the city of Wuhan, Hubei Province, China. In a few days the respiratory disease caused by the novel coronavirus, COVID-19 (2019-nCoV), was considered by the World Health Organization (WHO) a public health emergency by the possibility of spread to other countries [1]. In face of the pandemic installed, quickly, the routine of thousands of people was changed to prevent the spread of the virus and protection of physical health.

Our preliminary information about the forms of contagion of the novel coronavirus are related to contact with droplets of saliva, or objects contaminated by a person or animal with COVID-19. The incubation period of the novel coronavirus (2019-nCoV) is 5 to 6 days. The symptoms, although nonspecific includes fever, runny nose, nasal congestion, dry cough and in about 1/3 with lack of air [1,2]. Other symptoms reported were myalgia, headache, sore throat and diarrhea. Affected individuals with higher frequency from 49 years, hypertensive and diabetic patients [3].

Supported in previous experiences, the international recommendations included the social isolation, staying at home when sick; frequently sanitize their hands after direct contact with sick people or to the environment; use Respiratory Etiquette, use disposable tissues for nasal hygiene, cover your mouth and nose when sneezing and coughing; avoid touching the ocular mucosa; avoid sharing of personal objects such as cutlery, glasses, plates and bottles; keep the environments well ventilated; avoid unprotected contact with farm or wild animals, which were effective in the control of SARS [1].

As a consequence, the pandemic has imposed on thousands of families, the need to maintain the social isolation, that is, staying at home. This implies avoiding physical contact, with changes in routine, impossibility of leisure activities and/or physical activity in parks, squares, as well as the practices of collective sports. This social isolation, to prevent the spread of the virus can cause the feeling sharing personal anxiety and uncertainty about the future, which require attention from health professionals to identify and intervene as a form of support, aiming to reduce the negative consequences on the health of individuals and their families. Some recommendations developed by researchers and presented by International Family Nursing Association, as a response that nurses can and do help families who are isolated or separated in these troubling times [4].

As measures to deal with the social isolation for families it is recommended to support families to adapt to new routine, with activities related to the remote work; practicing physical activities, even inside the house; keep in touch by phone calls or video calls with family and

friends; readings, movies and dancing can be useful to reduce anxiety and the fear associated with negative news that arrive all the time by social networks related to the evolution of this pandemic.

Bibliography

1. World Health Organization. "Novel coronavirus (2019-nCoV) situation reports".
2. WHO. "Q&A on coronaviruses" (2020b).
3. Del Rio C and Malani PN. "2019 Novel coronavirus-important information for clinicians". *Journal of the American Medical Association* (2020).
4. International Family Nursing Association. COVID-19 Pandemic and Family Nursing: IFNA President and President-Elect Offer a Message to Members (2020).

Volume 2 Issue 8 August 2020

©All rights reserved by Fernanda Lise.