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The Difference Between Covid-19 Virus and Influenza

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Abstract
Viruses in the Covid-19 family, which are widespread in both people and animals, typically cause mild-to-moderate respiratory infections. Animals in an open-air market are thought to be the source of COVID-19, which may be a newly discovered bat coronavirus. The flu is a contagious respiratory infection that often affects the nose, throat, and lungs but can also spread quickly. Influenza viruses are the cause. There is a great similarity between the influenza virus and the emerging coronavirus, but in contrast, there are some differences that help distinguish between, their effect on the respiratory system, as they are transmitted in the same ways, whether through direct contact with an infected person or touching a surface carrying the virus, but different in symptoms Initial, incubation period, treatment, complications, and vaccine availability.

Keywords: Coronavirus, Infection, Incubation Period, influenza.

Introduction

Coronavirus (Covid-19) is feared by many people, which has symptoms that are comparable to those of the common flu, as both the symptoms of influenza virus infection and the symptoms of the coronavirus are identical, but they can be differentiated when a laboratory blood test is performed, as the result of corona causes is more Sharpness, as the risk increases with the passage of days, while symptoms of influenza are simple, it is possible to distinguish between coronavirus and influenza by looking at their respective transmission mechanisms, modes of reproduction, methods of prevention, types, symptoms, techniques of diagnosis, and periods during which the illness is infectious.

Corona Virus

Acute respiratory syndrome and Middle East Respiratory Syndrome (MERS) are two of the more serious illnesses brought on by the large coronavirus genus (SARS).

Coronavirus symptoms:

Shortness of breath or difficulty breathing, fever, coughing, and more severe infections that result in pneumonia and acute respiratory syndrome can all lead to mortality.

Infection methods:

The coronavirus is recognized as having an animal source, which indicates that it originated in an animal before being transmitted to people. Although coronavirus transmission in the open food market in Wuhan, China, is thought to have taken place, the virus has not been definitively tied to a specific animal. The virus cannot be transferred from an infected animal to a person without that animal being in close proximity to another affected animal.

The bad news is that the coronavirus can spread from person to person by respiratory droplets (droplets), the medical word for the moist particles that travel through the air when someone coughs or sneezes.

A virus is present in the coronavirus-infected individual's spray, which can spread the infection from one healthy person to another by being inhaled into the lungs and trachea by another healthy person.

Corona Virus Incubation Period

The time between contracting a virus and the start of symptoms is referred to as the "incubation period." The majority of estimates for the Covid-19 virus' incubation period range from one to fourteen days, with five days being the most typical.

Corona cure rate:

The ability to recover from a coronavirus infection depends on a number of variables, some of which are related to the infected person, such as his age group or his association with other chronic diseases like heart disease, diabetes, etc., in addition to the patient's immune capacity, compliance with laws and advice, and external variables as well, such as the standard of healthcare, government measures to impose social separation, the abolition of gatherings, and other measures.

Severity and symptoms:

It's a popular misperception that Covid is identical to the seasonal flu. Because each of these causes respiratory disorders and spreads by contact, respiratory system droplets, or contacting surfaces that have the virus after having touched an infected person who has the virus,

Symptoms of Coronavirus :

According to statistics from the World Health Organization, 80% of instances of Covid infection 19 are moderate or asymptomatic, 15% are severe (require oxygen), and 5% are hazardous (demand respirators). These numbers bear little resemblance to those for influenza.

Prevention of Corona Virus:

As there is currently no vaccination to protect against Corona / Covid 19, avoiding initial contact with the virus is the most effective strategy to prevent sickness.

1. Keeping at home

If you have to stay at home, you can't leave the house for anything, and you have to work out at least once a day. Keep a distance of two meters between you and other people, place your orders by phone or online, and postpone or cancel your guests' visits and arrival.

2. Social divergence

physically or socially Keep at least two meters (6 feet) between you and anyone who coughs or sneezes when you are in a public location, avoid large public gatherings, and avoid taking public transit. Little liquid (spray) drops are produced when someone coughs or sneezes, and these drops could contain the virus that causes infection.

3- Personal hygiene

It's important to remember to wash your hands with soap and water for at least 20 seconds after exiting a public space or after sneezing or coughing. If there is no easy access to soap and water, use a hand sanitizer that has at least 60% alcohol. After using the sterilizer on the surface of your hands, rub your hands together to dry. Keep in mind that it is risky and best to refrain from touching your nose, mouth, or eyes with unwashed hands.

4- Wearing gags

While approaching others and when accessing medical facilities, the affected person must wear masks. If he is unable to wear a muzzle (for example, because breathing is difficult), the patient must try to cover his cough and sneeze, and those who live with the affected person must also wear a muzzle. When you get close to him.

5- Use antiseptics

Regular household soap or another detergent should be used to wipe down the areas that people frequently touch, followed by a thorough water rinse. Then it is suggested to use a bleach-based household cleaner (chlorine). Furthermore, because each item has unique properties and precautions for usage, people shouldn't mix the substances used to clean surfaces with disinfectants that are safe for human use. It is important to remember that for personal hygiene, a continuous 20-second wash with soap and water is adequate, and after that, sterilizers and disinfectants should not be used.

Flu is Influenza virus:

Rapid infection infects the body in the winter season and affects the disease in different age groups, caused by a group of viruses that affect birds and mammals, and there are five types of the virus: A, B, and C, where A, B, and C viruses are similar in Composition, which affects the upper respiratory tract and causes pneumonia.

Infection methods and incubation period:

The disease is transmitted through the air and cough, and through direct personal contact and direct transmission, and a person can develop the disease more than once in a season, and the symptoms begin to appear one day after the disease, and the incubation period of the disease ranges between three and seven days.

Flu symptoms:

The person suffers from general weakness, coughing, tremors, sore throat, inflammation in the ear, headache, diarrhea, pain in the extremities, nasal congestion, and chills

Flu prevention and treatment:

The disease can be treated by taking rest, consuming a lot of fluids, eating a lot of citrus fruits, and taking some medications to relieve muscle pain and reduce heat. The disease can be prevented by taking the vaccine, avoiding the infected, and not being exposed to the cold.

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