



WAYS TO SPREAD COVID 19 INFECTION

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Annotation:

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in China.

Keywords: Coronaviruses, COVID-19, health group.

The virus is known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease it causes is called coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic.

Public health groups, including the U.S. Centers for Disease Control and Prevention (CDC) and WHO, are monitoring the COVID-19 pandemic and posting updates on their websites. These groups have also issued recommendations for preventing and treating the virus that causes COVID-19.

Signs and symptoms of coronavirus disease 2019 (COVID-19) may appear 2 to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. You can still spread COVID-19 before you have symptoms (presymptomatic transmission). Common signs and symptoms can include:

- Fever
- Cough
- Tiredness

This list isn't complete. Children have similar symptoms to adults and generally have mild illness.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms. Some people may have no symptoms at all, but can still spread it (asymptomatic transmission). Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start.

Some people experience COVID-19 symptoms for more than four weeks after they're diagnosed. These health issues are sometimes called post-COVID-19 conditions. Some children experience multisystem inflammatory syndrome, a syndrome that can affect some organs and tissues, several weeks after having COVID-19. Rarely, some adults experience the syndrome too.

If you have COVID-19 signs or symptoms or you've been in contact with someone diagnosed with COVID-19, contact your health care provider right away for medical advice. Your health care provider will likely recommend that you get tested for COVID-19. If you have emergency COVID-19 symptoms, such as trouble breathing, seek care immediately. If you need to go to a hospital, call ahead so that health care providers can take steps to ensure that others aren't exposed.



Infection with severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2, causes coronavirus disease 2019 (COVID-19).

The virus that causes COVID-19 spreads easily among people. Data has shown that the COVID-19 virus spreads mainly from person to person among those in close contact. The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes, breathes, sings or talks. These droplets can be inhaled or land in the mouth, nose or eyes of a person nearby.

Sometimes the COVID-19 virus can spread when a person is exposed to very small droplets or aerosols that stay in the air for several minutes or hours — called airborne transmission.

The virus can also spread if you touch a surface with the virus on it and then touch your mouth, nose or eyes. But the risk is low.

The COVID-19 virus can spread from someone who is infected but has no symptoms. This is called asymptomatic transmission. The COVID-19 virus can also spread from someone who is infected but hasn't developed symptoms yet. This is called presymptomatic transmission.

It's possible to get COVID-19 more than once.

When a virus has one or more new mutations it's called a variant of the original virus. The omicron (B.1.1.529) variant spreads more easily than the original virus that causes COVID-19 and the delta variant. However, omicron appears to cause less severe disease. People who are fully vaccinated can get breakthrough infections and spread the virus to others. But the COVID-19 vaccines are effective at preventing severe illness. This variant also reduces the effectiveness of some monoclonal antibody treatments. Omicron has a few major offshoots (sublineages), including BA.5 and BA.2.12.1. BA.5 made up about 88% of COVID-19 infections that had genetic sequencing in the U.S. in August, 2022, according to the CDC.

In April, the CDC downgraded the delta variant from a variant of concern to a variant being monitored. This means that the delta variant isn't currently considered a major public health threat in the U.S.

The U.S. Food and Drug Administration (FDA) has given emergency use authorization to some COVID-19 vaccines in the United States. The FDA has approved the Pfizer-BioNTech COVID-19 vaccine, now called Comirnaty, to prevent COVID-19 in people age 12 and older. The FDA has given emergency use authorization to Pfizer-BioNTech COVID-19 vaccines for ages 6 months through 11 years.

The FDA has approved the Moderna vaccine, now called Spikevax, to prevent COVID-19 in people age 18 and older. The FDA has also authorized the Moderna COVID-19 vaccine in children ages 6 months through 17 years old. The FDA has also authorized the Novavax COVID-19, adjuvanted vaccine to prevent COVID-19 in people age 12 and older.

Due to the risk of a potentially life-threatening blood-clotting problem, the FDA is restricting use of the Janssen/Johnson & Johnson vaccine to certain people age 18 and older. Examples include people who had a severe allergic reaction after getting an mRNA COVID-19 vaccine and people who can't get an mRNA COVID-19 vaccine due to limited access or personal or religious concerns. If you get this vaccine, be sure to understand the risks and symptoms of the blood-clotting problem.

A vaccine can prevent you from getting the COVID-19 virus or prevent you from becoming seriously ill if you get the COVID-19 virus. In addition, COVID-19 vaccination might offer better protection than



getting sick with COVID-19. A recent study showed that unvaccinated people who already had COVID-19 are more than twice as likely as fully vaccinated people to get reinfected with COVID-19.

After getting vaccinated, you can more safely return to many activities you may not have been able to do because of the pandemic. However, if you are in an area with a high number of people with COVID-19 in the hospital and new COVID-19 cases, the CDC recommends wearing a mask indoors in public. You're considered fully vaccinated two weeks after you get a second dose of an mRNA COVID-19 vaccine, after two doses of the Novavax vaccine, or two weeks after you get a single dose of the Janssen/Johnson & Johnson COVID-19 vaccine. You are considered up to date with your vaccines if you have gotten all recommended COVID-19 vaccines, including booster doses, when you become eligible.

An additional primary dose of a COVID-19 vaccine is recommended for people who are vaccinated and might not have had a strong enough immune response.

In contrast, a booster dose is recommended for people who are vaccinated and whose immune response weakened over time. Research suggests that getting a booster dose can decrease your risk of infection and severe illness with COVID-19.

People who have a moderately or severely weakened immune system should get an additional primary shot and a booster shot.

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