

Quarantining At Home Controls COVID-19 Exposures, May Increase Asthma Mortality

Seyyed Shamsadin Athari*

Department of Immunology, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran

*Corresponding Author: Seyyed Shamsadin Athari, Department of Immunology, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran.

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Editorial

The novel coronavirus infection (COVID-19) firstly, was identified in December 2019 in Wuhan, China. The isolated virus was identified as genus β -coronavirus, placing it alongside other SARS and MERS. At the 1 May 2020, over 200 countries have confirmed cases, the number of patients infected by the virus has now surpassed 3,301,792 and with 233,729 deaths from the virus. Compared with mortality for the severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS), COVID-19 is being responsible for more total deaths because of the increased transmission speed. The WHO has raised global coronavirus Disease outbreak risk to "Very High", and SARS-CoV-2 infection was become a serious threat to public health. Acute respiratory distress syndrome (ARDS) is main problem is infected patients that leads to hospitalization of large number of people. Therefore, early identification of patients at high risk for progression to severe coronavirus is necessary. There is currently no effective vaccine to prevent COVID-19 or specific treatment and avoid of virus exposure is the best protocol. The WHO declared COVID-19 an International Public Health Emergency. Therefore, most countries ban all international and more internal travel to avert coronavirus epidemic and some countries quarantined their people at home. This is good performance to breaking of transmission cycle, control of global infectious COVID-19 pandemic. And also, sensitivity and specificity of diagnostic tests are needed to evaluate the exposed patients and important for studying pathogenesis and for developing vaccines and therapeutic new drugs [1,2]. There are around 300 million patients with asthma and their respiratory systems are very sensitized to virus infections. Asthma is a complicated airway disease and a main challenge is controlling environmental

agents [3]. When these peoples are quarantined in houses, maybe sick building syndrome will be initiated with dangerous effect in asthmatic patients. With the modern lifestyle, staying more time in house with indoor air problems (allergens from open kitchens, weak air ventilation, high crowd in the building, high damp air with presence of molds, chemical contaminants include perfume and aftershave) increases the asthma attack risk that may lead to high mortality rate. If these people will expose with corona virus, their cure will be very difficult and will have the highest mortality. Therefore for prevention of major problems, in quarantine time, chemical contaminations deletion, asthmatic people monitoring, examination of building and home checking, high quality air ventilation with high oxygen saturation, should be done. Also importantly, emotional support for asthma patients and prevention of any stress is essential. Any stress or anxiety in patients with asthma should be avoided. The important emprise in asthmatic patients and all quarantine people is giving relaxation and de-stressing.

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