



Seroptimist International d'Italia

A global voice for women

ROVIGO MEDICA
Centro diagnostico polispecialistico



The ALPHABET of COVID-19

What we knew and what we learned declined from A to Z

**by the Chat Groups of Medical, Dental,
Veterinary and Nutritionist Members**

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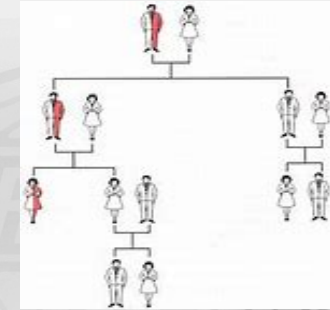


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2019 / 2021

A: asymptomatic

A carrier is a healthy person who has contracted the virus and is able to infect; we distinguish:
healthy carrier asymptomatic infection
carrier in incubation that will have ailments in a few days
paucystomatic carrier with mild ailments
chronic bearer still positive but healed.



B: children

Few children have become ill because they were less likely to be exposed to the virus for the initial spread, or their body responds to the virus differently: a lower presence of ACE receptors to which the virus attaches in the nasal mucosa has been suggested
The psychological impact with the onset of anxiety disorders, depression, obsessions, phobias, psychosis, eating disorders, sleep disorders and post-traumatic disorders was important.



C: contact

The "Close Contact" (high-risk exposure) is defined as:
a person living in the same house as a COVID-19 case
a person who has had direct physical contact with a COVID-19 case (e.g. the handshake) or with the secretions of a sick person or at a distance of less than 2 meters for at least 15 minutes.



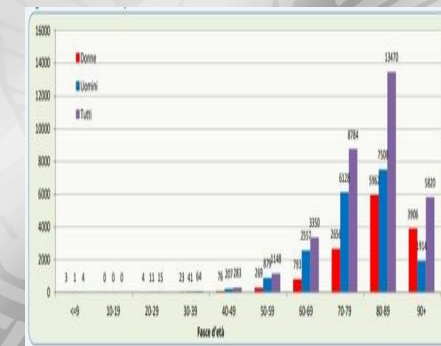
D: diet as prevention

A diet with anti-inflammatory and immuno-modulatory properties is the **MEDITERRANEAN DIET** that provides from a good intake of fruits, vegetables, legumes, olive oil, cereals, nuts, unsaturated fats, fish, a little wine, few red meats and sausages. Includes essential vitamins (C, D, E) recognized with powerful anti-inflammatory and mineral effect (zinc, copper, calcium) that benefit the maintenance of a balanced nutritional state.



E: age and sex

The average age of patients who died and tested positive for SARS-CoV-2 is 80 years (the median age is 82). The disease affected women less than men: 13,692 women died, 41.6% of the total likely for an immune system more responsive to antigenic charge (linked to the different estrogen hormonal situation)



F: drugs

AIFA (Italian Drug Agency) provides up-to-date information on drugs used outside of clinical trials (hydroxychloroquine, heparin, azithromycin, betametason), those marketed for other indications that are made available (tocilizumab), even without specific therapeutic indication for COVID-19, on the basis of often rather limited scientific evidence, or anarals in the studio recently (Darunavir/cobicistat, Lopinavir/ritonavir, Remdesivir).



G: Pregnancy

Pregnant women and newborns are no more at risk of getting sick than others. There were no death of pregnant woman positive to COVID 19, nor cases of abortion. The virus has never been found in breast milk, while it has documented the presence of antibodies against the SARS-COV-1 virus that protects the newborn. If the mother is positive for the virus, precautions should be taken to avoid the passage of respiratory droplets (droplets) to the newborn: wear the mask, wash hands before and after feeding, disinfect contact surfaces. If the mother has symptoms you have to separate from the newborn. A 28-year-old woman from Mantua, pregnant with her second daughter, has recovered from coronavirus thanks to the treatment with iperimmune plasma and her son was born healthy.



H: hospital and SSN

The NHS initially found itself unprepared for the COVID19 pandemic both structurally and in the provision of health personnel and tools and means to prevent and defend operators from contagion. There has been a tragic death toll of more than 200 doctors, nurses, OSS and pharmacists. Institutions, individuals, various associations and interventions from abroad have given aid by providing both generous donations of Individual Protection Devices and substantial funding for the rapid establishment of intensive care beds (to date they have increased by 50% compared to 2017) and Covid Hospital.



I: diagnostic Investigation

The lunge and/or nasal swab is the only one that confirms the infection with Covid-19 (SARS-CoV-2) or the presence in the body of the SARS-CoV-2 virus, or detects who, in contact with a patient suffering from Covid-19, is the carrier of the virus, even if asymptomatic. The answer is given after 2-3 days and is confirmed by a second positive buffer. Healing is with two negative swabs. The serological tests look in the patient's blood for antibodies produced by his immune system and appear about 10-15 days after infection. IgM antibodies appear first, indicators of recent infection and remain for about 2 weeks ; IgG antibodies, which can remain high and detectable for months. The response could be protective for months or a few years), while asymptomatics or paucysintomatics have few ineffective antibodies



L: lockdown

Italy has been in lockdown for coronavirus, like so many countries worldwide. In Italian it means "isolation" or "blocking", that is, to armor activities; It is an emergency protocol that prevents people from moving, in order to safeguard their health or life. In recent months, Italy has been in lockdown, that is armored to prevent the spread of the virus.

From this period, positive effects have been derived, due to the slowing spread of the virus and negative effects: the employment crisis of companies, millions of workers at home with minor children for the closure of schools, the reduction of routine health activities and screening and disorders of anxiety

M: masks ,gloves,sanitizers

The **mask** is a barrier for themselves and others to prevent the spread of the virus: it must be used indoors and outdoors if there is adequate distance from others. (DPCM 14/7/2020) It is mandatory for health and trade operators for their business.

Gloves are needed for cleaners, catering or food trade and mandatory for hospital or home care, keeping the hand cleaner

Disinfection and cleansing products are effective against the virus. Hands are disinfected with soap and water or alcohol-based products, surfaces and floors with alcohol-based products or chlorine base at 0.1% active chlorine; toilets with active chlorine products at 0.5%. Always clean up with gloves and read the instructions on the product label well

N: viral Nomenclature: the coronavirus

The human coronaviruses known to date, are seven, some identified several years ago (the first in the sixties) and some identified in the new millennium.

Common human coronaviruses: 1 - 229E (alpha coronavirus), 2 - NL63 (alpha coronavirus), 3 - OC43 (beta coronavirus) 4 - HKU1 (beta coronavirus)

Other human coronaviruses

5 - MERS-CoV (the beta coronavirus that causes Middle East respiratory syndrome)

6 - SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome)

7 - SARS-CoV-2 (the coronavirus that causes COVID-19)

O: Ordinances, DPCM e DL

The Coronavirus emergency measures issued between 31/01/2020 and 16/06/2020 by the Government are over 40 (DPCM and DL) from the Department of Civil Protection (Ocdpc) over 30, from the Ministry of Health (Orders and Circulars) over 130. All have been issued for the implementation and coordination of the necessary measures for the containment and contrast of the COVID-19 epidemiological emergency for both the health and economic aspects and.

Immuni app : Non-mandatory nationwide contact tracing app available from 15 June, useful for tracing cases of Covid-19 in Phase 2, which integrates with the NHS.

P: plasma iperimmune

Iperimmune plasma therapy from convalescent patients has already been used to treat Ebola outbreaks in 2014 and SARS in 2002 Healed develop antibodies against viruses, plasma, containing a significant antibody charge, helps fight infection.

The blood of the healed by CoViD- 19 is collected through a cell separator that divides the plasma with antibodies, on the cellular part (red blood cells, platelets);it is frozen and infused, in infected patients.

The study on iperimmune plasma, which began at st. Matthew's Polyclinic in Pavia, has subsequently spread to all regions

Q: quality of life

An adequate Quality of Life is obtained with a good state of nutrition that guarantees a health condition that allows a response of the immune system to any type of bacterial or viral or parasitic disease. The presence of poor nutrition, pre-existing diseases such as diabetes, chronic respiratory diseases, cardiovascular, obesity, make the subject immunodepressed. They are characterized by a generalized inflammation that makes COVID 19 disease more severe. Obese subjects had severe symptoms and negative prognosis of COVID disease,. Obese pregnant women with COVID19 were at higher risk for both themselves and the fetus. Particular attention is given to maintaining an adequate lifestyle to a proper diet, to exercise, to reduce stress especially in the lockdown period.

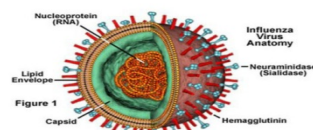
R: RSA (Welfare health residences)

Care homes (RSA) are a particular type of hospitality and shelter facilities for a certain or continuous time, dedicated to the elderly or disabled people who need care and support and can not have home care.

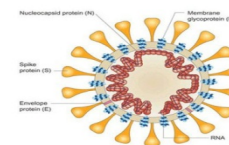
RSA are at risk of infection with CORONAVIRUS SARS-Cov-2, as they have guests over 65 with previous cardiovascular disease, chronic respiratory pathology, diabetes ; mortality increases with age. Executive document approved on 3/31/2020: facilities must have an action plan comprising 5 elements: 1) reduce morbidity and mortality among infected people; 2) minimize transmission; 3) ensure the protection of health professionals; 4) maintain the functioning of the health system; and 5) maintain communication between guests and their families by telematics. In Italy, the 1,356 RSA had 97,521 guests at the beginning of February, with an average of 72 residents per property. From 1 February to the end of May, 9,154 deaths were reported in RSA, with a higher incidence in Lombardy, Piedmont and Veneto. The mortality rate, for any cause, was 9.1%

S: seasonality of the epidemic

For COVID 19 Coronavirus, seasonal trend and "intermittent" distance
The new coronavirus could become seasonal, a bit like the flu. And while social dis apart is no doubt critical to reducing the arrival of critical patients in hospital, Covid-19 transmission could regain strength once these measures are lifted, again putting health facilities in trouble, so much so that it may be necessary to maintain social disjoin intermittently even in 2022, to deal with epidemic waves



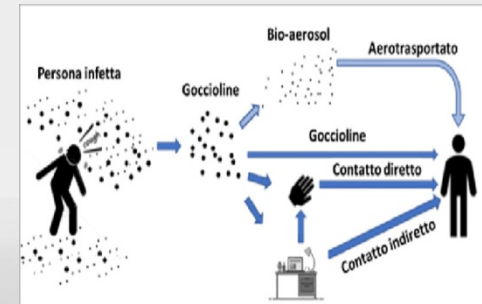
Influenza Virus



Coronavirus

T: transmission

The new Coronavirus is a respiratory virus that spreads mainly through close contact with a sick person. The primary way are the droplets of the breath (droplet) of infected people for example through: saliva, coughing and sneezing , personal direct contacts, hands, for example touching with unwashed hands mouth, nose or eyes. In rare cases the infection can occur through faecal contamination.



U : universality

A pandemic (from the Greek pan-demos, "all the people") is an epidemic disease that, spreading rapidly among people, expands into vast geographical areas on a planetary scale, consequently involving a large part of the world's population, in the disease itself or in the simple risk of contracting it. Pictured next to the pandemics of the twentieth century



V: Vaccine

From research to the market. The first step of a vaccine is to identify the antigen that induces the immune response; the vaccine (which may have as its basis the attenuated infectious agent, i.e. made non-pathogenic, or inactivated, i.e. "killed", moves on to the preclinical in vitro and in vivo testing phase (on living beings) to assess its effectiveness, quality and safety; at this point clinical trials begin: the vaccine is tested on a few dozen people, then on an increasing number of volunteers. Before being placed on the market, it must then be approved by the WHO and registered by the relevant authorities (AIFA ,EMA FDA) To date it is asked that it be universally distributed and free.



W: Wuhan

On 12/31/2019, Chinese health authorities reported an outbreak of unknown etiology pneumonia cases in the city of Wuhan (Hubei Province, China). Many of the initial cases reported an exposure to Wuhan's South China Seafood City market (transmission from live animals was suspected). On 9/1/2020, the China CDC (Center for Disease Control and Prevention of China) identified a new coronavirus (called 2019-nCoV) as an etiological cause of these pathologies



Z: paziente Zero

Patient zero means the first patient who, having contracted a virus perhaps from a Chinese colleague, transmitted it first to other people, who have infected others.

For Italy, Patient Zero was identified in a 38-year-old person, Mattia, from Codogno in the province of Lodi, who showed up on 18 February 2020 at the PS of his city with flu symptoms, subsequently aggravated himself so much that he resorted again to the care of the health workers : he was subjected to a tampon for Covid-19, which tested positive He was hospitalized for a long time in intensive care , from which he came out healed after months.

