



## **Covid-19 Pandemic Times**

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As a physician, I always wondered who would diagnose the first-ever patient in the USA with this Covid-19.

New England Journal of Medicine (NEJM) published the first case details on March 3<sup>rd</sup>, 2020.

It reads,” an outbreak of the novel Coronavirus (2019-nCoV) that began in Wuhan, China has spread rapidly with cases confirmed in multiple countries. The case highlights the importance of close coordination between clinician and public health authorities at local, state, federal levels as well as a need for rapid dissemination of clinical information related to the care of patients with this emerging infection.

Just to get timelines straight, China reported on 12/31/19 a cluster of Pneumonia cases in relation to the seafood wholesale market, Wuhan, Hubei Province.

On January 7<sup>th</sup>, 2020 Chinese health authorities confirmed this cluster was associated with the novel coronavirus (2019-nCoV).

On January 19th, 2020, a 35-year-old man presented to an urgent care clinic in Snohomish county, Washington with a 4-day history of cough and fever. He did disclose that he had returned from Wuhan after a family visit on January 15th, 2020. The patient had seen a health alert from the CDC about the novel coronavirus outbreak in China and as he was running fever and cough decided to get checked. He was checked for flu and culture of all respiratory viruses and they were normal. Washington Dept of health notified CDC emergency operations center and specimens of nasopharyngeal and oral and blood collected and on Jan 20, 2020, CDC confirmed the case as of novel coronavirus. He was admitted to Providence regional medical center in isolation for further observation and care. He had mild symptoms initially but progressed. He progressed with vomiting and diarrhea and stool cultures positive for corona.

On Day 9th of his illness, he developed pneumonia and dropped oxygen concentrations to 90%. He was initially treated with IV antibiotics as hospital-acquired pneumonia but quickly discontinued and started on Remdesivir. He improved with care and was discharged. He was in Wuhan but did not visit the Wuhan seafood market.

Right now, everyone everywhere in the world has been in protection mode to some extent. We have started social distancing, frequent hand washing, wearing masks, a

healthy diet, exercise, and good sleeping habits. Human health depends on a healthy ecosystem.

A line from Manusmriti says “Dharma protects its protector.”

On similar grounds, the Ministry of Environment and Forestry of India put out their motto as Prakriti Rakshati Rakshita meaning “Nature protects its protector.”

Science is not political. It pursues the truth. A wide majority of new infectious diseases in people come from animals, from wildlife and livestock.

The notion to choose between climate and economy is weird. There is something called planetary consciousness, meaning taking a holistic view of public health, which includes the health of the natural environment. A man clears forests, removes habitats, brings wild animals close to human settlements. Hunting and selling wildlife are common sports. This does increase the risk of transmission from animals to humans.

Have we not heard of HIV, Ebola, Zika, SARS, MERS, and bird flu?

To end my blog, I am reminded of William Wordsworth’s poem, I Wandered Lonely as a Cloud. The words in part are:

I wandered lonely as a cloud  
That floats on high o'er vale's and hills,  
When all at once I saw a crowd,  
A host of golden daffodils.  
Besides the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude  
And then my heart with pleasure fills,  
And dances with the daffodils.

Believe in God.

With Him nothing is impossible.

Happiness is like the lost remote control that you are looking everywhere to find out  
you were just sitting on it.

