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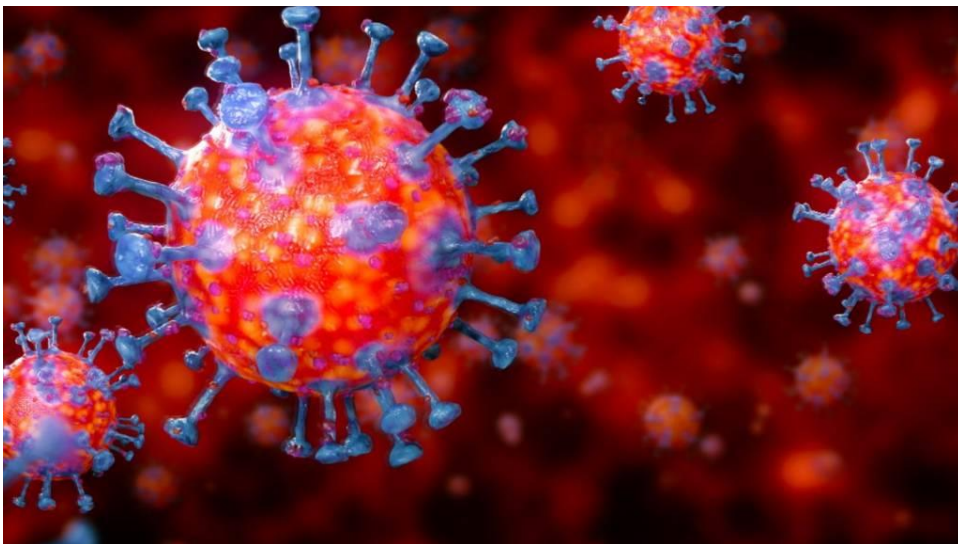
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Introduction

Corona Virus, also known as Covid 19 is an infectious disease and can be a deadly disease. Corona virus can be very severe and has caused millions of deaths around the world, as well as lasting health problems in those who survived the disease. Corona Virus can spread from person to person very quickly and easily this can be done just by touching one another or coughing around another person without covering the mouth. To be tested for corona virus all it takes is a swab from the mouth and nose to confirm corona virus or to confirm a individual doesn't have it. There is always a great risk of getting corona virus around the world, corona virus is a viral infection and can easily infect people. Older people and people that suffer from health problems are more of risk of becoming severely ill if they get infected with corona virus, the more health conditions you have the higher your risk.



Public Health measures available to manage and reduce/control the disease

To manage the spread of corona virus, there is a vaccine available to every individual this can be given from a GP surgery or a walk in NHS clinic. The vaccine helps prevent an individual getting infected with corona virus. The covid-19 vaccines are widely credited for their role in reducing the spread of covid19 and reducing the severity and death caused by covid-19 (Rogers,2022). According to a June 2022 study, covid-19 vaccines prevented an additional 14.4 to 19.9 million deaths in 185 countries and territories from 8 December 2020 to 8 December 2021 (Watson, et al, 2022). As of 14 March 2023, 13.33 billion doses of covid-19 vaccines have been administered worldwide based on official reports from national public health agencies (Richie, et al, 2020). There are a wide range of measures in place to prevent and control covid-19. Personal measure is in place, and this includes frequent hand washing as well as basic hygiene, cleaning home environments with disinfection and to wear a face mask in public places where necessary. Physical and social distancing measures are put in place to prevent the spread of covid-19 in public spaces. Large events were cancelled during a lockdown pandemic caused by the spread of covid-19 to avoid people gathering at an event together this would have caused the disease to spread from person to person if this measure was not put into place. Every individual was told to work from home if they could and to avoid going into the workplace, avoid using public transport as this causes large crowds and increases the chances of covid-19 to spread. A measure was put into place where people can't visit home addresses of the people they don't live with and to keep a 2-metre distance from one another. To help control corona virus, the government put into place that individuals should reduce the time spent out in crowded areas and to avoid face to face contact with those who don't live together in the same property. Basic hygiene and clean environments help to reduce the spread of covid-19, the government has prompted everyone to keep to their basic hygiene routine. To reduce the spread of covid-19, the guideline is to isolate for 10 full days from the day of getting a positive covid test, and to have no contact with anyone and to not be out in public for those 10 days. Self-isolating is important because there is a high risk that the disease will spread if the individual doesn't isolate accordingly. Travel and entry restrictions, borders measures and quarantine of travellers arriving from affected countries were effective in controlling the spread of infection caused by corona virus. Those interventions have been shown to be effective as well in other studies (Hossain, et al, 2020).

The key determinants/risk factors of corona virus

Public health experts have learnt a lot about who is most at risk from covid-19, here are some examples; older people are more at risk because the immune system begins to lose efficacy. The immune system may take longer to respond the older the person is. Pregnancy is another risk factor as the pregnant body goes through a lot of changes, every system in the pregnant body including the immune system is affected in some in pregnancy meaning the immune may not respond correctly to corona virus and pregnant women may not be able to have the vaccine until they have given birth. Heart disease is a very high-risk factor for covid-19 because people with heart disease are particularly at risk of getting sick from covid-19, many people develop cardiovascular complications after covid-19, so having an impaired system to start off with sets the stage for more severe disease. Using prevalence figures from the global burden of diseases, injuries and risk factors study 2017, Andrew Clark and colleagues (August 2020) estimated the global number of individuals at increased risk of severe covid-19. Age, sex and country were considered variables of interest, and a list of underlying health conditions relevant to the disease risk were included in the analysis, grouped into 11 categories. 1.7 billion people (22% [UI15-38] of the global population) were estimated to be at risk of severe covid-19, with increased risk for men, older people, African countries with high prevalence for HIV/aids and nations with high diabetes prevalence (Clark et al, 2020). Underlying health conditions such as asthma, diabetes, heart disease, cancer and hypertension make viruses like covid-19 far more dangerous, individuals who suffer from these types of health conditions have a very serious increased risk of becoming severely ill or even deadly if they are infected with corona virus. Children below the age of 5 are also at risk of becoming severely ill if they contract corona virus, this is because the corona virus vaccine is only available to children who are over the age of 5 years. Children under the age of 5 can't have the vaccine so corona virus cannot be prevented or eased with children of that age, also children's immune systems under the age of 5 are considered low until they reach a certain age covid-19 can impact a child severely if they contract this disease.

Short-term public health consequences of covid-19 in a health or social care setting

Short term negative impact on an individual infected with covid-19, are the symptoms they have while infected with covid-19. These mild short-term symptoms are shortness of breath, aches/pains over the body, cough, fever and confusion. These symptoms have been known to only last up to a few months, these are not life lasting symptoms and will eventually disappear the more the individual gets better from the disease. As well as the impact from the symptoms, some patients have a negative impact from covid-19 for their mental health. This is because if they are infected with covid-19 they have to isolate for the full 10 days, they will become lonely, frustrated and of course upset about the situation. However, this is only short term until the patient is better and no longer has to isolate away from their family and friends. Covid-19 has impacted the NHS hospitals short-term by the staff having to do longer shifts and more days of work also unexpected shifts. Staff will become more exhausted by the longer shifts and more days of work. This could be a short-term impact on the way they treat patients or the way they do their job. Staff members were told to cover their faces with a face mask and to wear protected gloves at work until further notice from the government. Hospitals were told to stop the visits from a patient's family members, only one person wearing a full-face mask and gloves could visit while the patient was in hospital. Since the restrictions due to covid-19 are limiting family members allowed to come into hospitals, healthcare workers have found ways to still support the patients using the source of technology. Web-based video conferencing using facetime and skype, along with camera systems have shown benefits in the hospital (Murray et al, 2020). Another short-term impact in hospitals caused by covid-19 is the hospitals have had to postpone some patient's surgical procedures until further notice meaning the patient would have to wait longer, but the emergency surgical procedures would still go ahead at the right scheduled time.

Long-term public health consequences of covid-19 in a health or social care setting

The most common long-term covid-19 symptoms for an infected person are fatigue, loss of smell and muscle aches. After being infected with covid-19 there are some long-term health conditions that are impacted negatively by covid-19, here is a list of those health conditions; Problems with memory loss, chest pains, dizziness, heart palpitations, pins and needles, joint pain, loss of appetite and rashes. Another long-term Impact on a person suffering or have suffered with covid-19 is anxiety and depression, a disease such as covid-19 can cause anxiety due to the severe cases of covid-19, including thousands of people dying from this disease. Some people will become depressed while infected with covid-19, this is because the government's guidelines meant everyone had to stay at home and not socialise with one another, no-one could see their families or friends or even enjoy a walk in the fresh air. During a covid-19 pandemic the long term plus major concern was the shortage of staff in the hospitals, many workers have left because of the pressure that is due to the covid-19 pandemic, some have left over the fear of contracting corona virus from a patient. The covid-19 pandemic has impacted hospitals around the world, many hospitals have scaled back or postponed non-emergency care. This has long-term medical consequences for the people served by the hospitals, and it has long-term financial consequences for the hospitals (www.unfa.org, 2020). A person who was once healthy can be so negatively impacted by covid-19 that they can end up with serious long-term health conditions with can include diabetes, blood clots, heart conditions or neurological conditions. These are long-term health conditions and will need medical treatment, hospital stays, x-rays and blood test for a long time, these health conditions are most likely to be there for life once diagnosed with them. The most people at risk of developing long-term consequences due to covid-19 are those who were hospitalized or needed intensive care, those who had underlying health conditions prior to covid-19 and those who did not get the covid-19 vaccine.

Factors influencing the health and well-being of individuals with covid-19

The factors that influence the development of covid-19 is, genetics, lifestyle, economic environment and an individual's behaviour. Lifestyle and behaviour play a big part in the influencing of corona virus this is because if a person lifestyle is of poor behaviour these individuals are more likely to spread the disease as they will not be sticking to basic hygiene or any of the guidelines that are put in place to reduce the spread of corona virus. An individual's genetics can influence their risk of infection and severity of disease symptoms. A large international study has identified parts of the human genome that can affect the risk of severe covid-19. Covid-19 affects economic activity through a series of channels increased uncertainty, lower confidence and a tightening financial and credit conditions can amplify the initial falls in spending and production. Covid-19 is not only a global pandemic and public health crisis, but it has also severely affected the global economy and financial markets (Anton et al, 2020). A person's characteristic also plays a part in influencing the disease (corona virus) this is down to individuals not complying with the rules set of through guidelines to help prevent the spread of corona virus. Some individuals also deny the whole covid-19 pandemic and don't think it's real so many don't have the vaccine which then causes a huge concern to society as the main treatment for covid-19 and the main control for covid-19 is the covid-19 vaccine.

Conclusion

Overall, this assignment has covered all about the covid-19 disease, as mentioned above covid-19 is a serious disease and has caused millions of deaths, people with underlying health conditions will suffer the worse if they are infected with covid-19. Corona virus is a disease that can spread very quickly just by coughing or breathing in the same air as someone else, basic hygiene is essential to help prevent the spread of covid-19. Covid-19 when contracted is normal only mild symptoms that only last up to the maximum of a few months however if an elderly or an individual with underlying health conditions contract this disease this can be a life lasting illness and or even worse leading to an individual dying from this disease. The main control and prevention for corona virus is the vaccine, I recommend every individual to have the covid-19 vaccine to reduce and prevent but to also control the corona virus disease.

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