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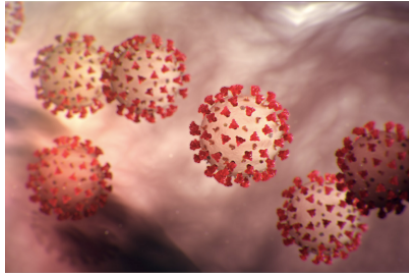
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Introduction

At my report today I will introduce you to the world of COVID. I will compare two countries one of them will be England the other one will be Bulgaria the country that I'm coming originally from. Everything from differences and similarities to strategies and approaches. How these two different countries are trying to deal with the same pandemic, but using different strategies how to control it.

However, at this report I will try to critically examine the recent developments in health and social care policy between these two European countries.



1.

History

Coronaviruses are larger group of viruses. Viruses that can infect humans and animals. This type of virus can be found in cats, camels, bats and, and sometimes humans can be involved.

The coronavirus in animals body can cause diarrhoea in cows and pigs, and upper respiratory disease in chickens. To the human body can cause mild cold symptoms to the life-threatening pneumonia.

Coronaviruses are named for the crown-like spikes on their surface. The beginning of this viruses to be looking colloquially are starting at the middle of 1960s.

Novel Coronavirus (COVID-19)

The novel coronavirus (SARS-CoV-2) that causes COVID-19 first started in the Chinese city of Wuhan in 2019 did not take long time to cross all over the world. One year later vaccine was offered to the human population.

Middle East Respiratory Syndrome (MERS)

Middle East Respiratory Syndrome (MERS) was first reported in 2012 in Saudi Arabia. And grown to infect 25 countries. How I mention this type of viruses are coming specially from the animals so this one is not different than then others. At this specifically case the animal is camel. This symptoms at this case are fever, cough, and shortness of breath,

and often progress to pneumonia. Out of 10 people 3 to 4 were indicated as death.

However, the information are showing that only the causes are reported at 2019.

Severe Acute Respiratory Syndrome (SARS)

SARS was first reported in Southern China in 2002 and the illness spread nearly to the middle of the population in North America, South America, Europe, and Asia. However the symptoms are the same like in the case with (MERS) included and body aches. Infection with the SARS cause many breathing difficulties, with a death rate of about 10 percent. Since 2004 no human cases are reported in the world.

However, MERS and SARS have a higher fatality rate than COVID-19, but the difficulty but (MERS and SARS require direct personal contact). All three are starting their journey from animals, although the origin of COVID-19 is still unknown.(NFID, 2022)

Epidemiology

The day was 31 of December 2019. At this day The World Health Organization (WHO) inform that ,many people are having unknown causes of pneumonia. All this were happening at Wuhan City, Hubei Province, China.

Few day later, more specific the 9 January 2020, it was published that new coronavirus have been found in the samples of the infected people that have been tested. The virus that they found is forwarded as SARS-Cov-2 and COVID-19 disease. (WHO, 2022)

Virology

Coronaviruses, are starting there live from big family of viruses causing less severe disease. The symptoms are not far from the most common

cold and severe diseases. Such as “Middle East respiratory syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) coronaviruses. They are a different family of viruses to the Influenza viruses that cause the seasonal flu.”

Transmission

When a human infected with Covid-19 coughs or sneezes, they release droplet or aerosol particles contain the virus. Person can be infected when these particles are inhaled, or come into contact with the eyes, nose or mouth. Transmission of this type of virus can be depend of how far we stay from each other. The distance given to as as a nation where 2 metres.

“It is possible for humans to transmit SARS-CoV-2 to other mammals including dogs, cats, and farmed mink. However, there is limited evidence on whether or not infected mammals pose a significant risk of infection to humans.” (GOV.UK, 2021)

2. Strategies used to measure, monitor and control the incidence of coronavirus.

I have been looking for information about the strategies of spreading of coronavirus, but I realise that I leave with this virus at the past nearly 2 years since the situation in UK increase the numbers of dead. People did not even believed at the begging how serious is the situation that we are.

As a nation we been told to use masks to stay 2 metres from each other and to use hand sanitiser (wearing gloves). Not longer that this doctors where posting videos in internet to ask the people to stay home and not to go out if it not necessarily. The governments specially in UK where

keeping everything open very late that most of the countries that is around as. This lead to serious pressure on one of the biggest organization NHS. I still remember the day of been told to close completely the shop that I have been working (22/03/2019). Even at this measure I where been still thinking that it will last no longer that a week. After a week the situation where worse and worse that I realised that it wont go very quick that I thought.

Even after everything that where happening the people where still been going out and the numbers of dead where still growing every day. Now after that long time still have people who dose not believe and follow the measures that we have to follow to protect each others.

However, even few times for the past year we as a nation. We where stoped of leaving the lands that we are at this moments.

The biggest susses so far against the covid-19 is vaccine. However, the vaccine is to protect as from dying, and the result is all ready showing us susses of stoping the cases with dead at the end.

At 22 September 2020, nearly 1 million of people died of (SARS-CoV-2) pandemic.

The very big moment was when the vaccine came on the market. The government's needed the strategy of how to vaccinate they are people , from where to start. And it leads to that the children are less susceptible to infection than middle-aged adults (20 to 65 years old), while older adults (older than 65) were the % is much bigger.

“For the main analysis, we considered a vaccine having an effect of reducing susceptibility to infection (referred to VE throughout the text) only. In addition, as a separate analysis, we considered a vaccine that would also reduce the probability of COVID-19 disease”

(Matrajt, Eaton, Leung, Brown, 2021)

3. Current public health policy approaches to reduce or control incidence

‘The government has announced that the measures put in place under plan B in England will be lifted. You should continue to follow safer behaviours to protect yourself and others:’

27 January England

From this day You will not be required to wear a face covering any more ,also in communal areas of schools, but the government suggests you continue to wear one indoor in spaces where you do not have contact every day.

‘You’ll no longer need to show your NHS COVID Pass at venues and events by law.’

20 January England

Every one who work or participate in secondary and colleges will not be reacquire to where face covering into classrooms.

19 Januare England

You are no longer need to work from home if you can. Talk to your employer and return to your workplace.

17 January England

16 and 17 year olds can now book a booster dose online.

You can stop self-isolating at the start of day 6 if you get 2 negative rapid lateral flow test results on days 5 and 6 and do not have a temperature. If test show positive, wait until the day after before testing again. (GOV.UK)

4. Models and Theories of health behaviour change

Behaviour change is one of the most important concept, between health promotion and disease prevention. Self-efficacy has been identified as an important determinant of health behaviour. The effective practice to

be successful definitely requires complete understanding of patient behaviour. This article is about a nurse in health-related behaviour change. (Holloway, Watson, 2002)

5. Impact of legislation and policies on the health and wellbeing of individuals in health or social care settings

Human Rights Act 1998:

Human rights are the lower rights and freedoms that every person in the world have. In the United Kingdom, these rights are under in the **Human Rights Act 1998**. If someone does not respect your human rights, you can take action under the Act. (Citizens Advice, 2022)

Care Act 2014:

- Empowerment.
- Protection.
- Prevention.
- Proportionality.
- Partnership.
- Accountability.

Legislation is connected to general health and safety in health and social care. The main and most important reason for health and safety legislation is to protect human at work and those who are connected by work activities. (Health and Safety)

The combination between legislation and policy is very important of our health life. Without working together nothing will be how we know it. So easy and protective.

6. Ethical considerations

- Informed consent
- Voluntary participation
- Do no harm

- Confidentiality
- Anonymity
- Only assess relevant components

“COVID-19 poses an extraordinary threat to global public health and an effective vaccine could provide a key means of overcoming this crisis. Human challenge studies involve the intentional infection of research participants and can accelerate or improve vaccine development by rapidly providing estimates of vaccine safety and efficacy.”(Jamrozik, 2020, pp. 198-203)

7. Recommendations

My recommendation will be based on what I have learned during the classes and the research that I did for this report.

We are living in hard times, with all regulation and policies which I do not say is bad or good. As for some people changed completely their life. Many people could not have been able to be with their loved one during their experience with covid-19. And that is just the biggest part where they reflect on or mental health. Now we are scared to go out and meet new people. More than ever we stop living a free life.

However, my recommendation is to start living our life even with this pandemic behind us.

Conclusion

To conclude all above. As I was talking about a covid-19 and we all know that the situation is the same everywhere I did not want to mention another specifically country as the information where all the same only the number of dead is different. However, I started with history of the most popular news at the last few years. To what

organisation and what low is use to control us of being victims of the deadly disease to how is effecting our health wellbeing.

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