

Faced with COVID-19, personal care to take care of others

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Introduction

Publications have been made related to the current epidemiological situation that affects the world. The current outbreak has come to demonstrate what has been warned on other occasions: prevention is essential in pandemic stages.

Part of the authors of this article had previously called attention to the need for epidemiological control that should be carried out with travelers who would arrive at borders, with the intention of enjoying a New Year's Eve with family and friends, some and others. to know the pleasures of nature. ⁽¹⁾ The need for strict and responsible compliance with the oriented sanitary hygienic measures was another topic previously addressed. ⁽²⁾

This letter, which could be part of a trilogy of articles, would be much more encouraging if your body dealt with the desired control of the epidemic in the territory. Without a negative sense and much less defeatist, but the current situation in which all the territories find themselves, some more than others but all affected, was not as expected.

The numbers of positive cases are increasing at the national level, the tendency to disperse cases is evident, the condition in the population under 20 years of age and in children under one year of age

has been seen with a representativeness that was not previously available. The figures show that the control of the health effects caused by COVID-19 is still far from the desired reality. ⁽³⁾

The confidence that the population has today in the scientific strength of health professionals, the unmatched commitment to guarantee the right to medical care and that it be of quality, often influences the loss of risk perception in the face of this disease. by that population that trusts in health systems. Social indiscipline related to non-compliance with biosafety measures is observed daily.

Despite the continuous effort to provide the most up-to-date information to the people by government, partisan, and health organizations, the disciplined response to compliance with the oriented measures is not always the best. Proper distancing continues in areas for the sale of basic necessities, part of the population ignores the call not to hold parties or activities that lead to crowds, among other actions that are not compatible with the current situation.

Isolation has been chosen as one of the most effective measures to try to cut off transmission. For this, centers have been established for each of the categories of those affected, ranging from positives, through suspects and their contacts respectively. The

expense that has been taking is millionaire, in each center medical care, food, medication, supplies are guaranteed.

The implementation of decrees that include the sanctions that can be applied for violations committed due to non-compliance with sanitary measures for the prevention and confrontation of COVID-19 have been approved. ⁽⁴⁾ The imposition of fines is an educational method that comes when persuasion fails to meet the objectives set.

When these sanctions are imposed, the disagreement belongs to those affected. But if one takes into account that there are many cases that derive from family parties, extended to friends, which leads to large medical care expenses that include the transfer and stay in isolation centers, treatment that is applied, hospital stay, Among others, these fines would not be large if, due to imprudence, the life of a person could be put at risk.

Higher medical education has had to implement various strategies in the educational teaching process during the current pandemic. ⁽⁵⁾ Students and teachers have joined the research work as Integrated Community Work through which early detection of patients with presumptive symptoms of the disease is achieved. ⁽⁶⁾

But to be self-critical in the sector, it is pertinent to point out that this research is not always carried out in the most optimal way. It is necessary to detect a greater number of suspects, people who are asymptomatic with the disease, define contacts beyond those who live with the positive or suspected person, among other actions.

The most objective integration of the masses is lacking. The health sector cannot be seen as solely responsible for controlling this situation; intersectoral relations and action by all are necessary. It is essential to comply with the measures that prevent the appearance of outbreaks in work, educational or health centers. The production of goods and services and industry on all fronts must continue their work to guarantee the sustainability of the country's economy, which will be the one that guarantees insurance to face this health contingency.

Discipline, the joint action of all factors and unconditional support for the guidelines given by the country's leaders will be essential factors to win this battle. Only with proper personal care, you can take care of others.

Conflicts of interest

The authors declare that there are no conflicts of interest.

Author contributions

Juan Carlos Mirabal Requena: conception and design of the work, review of the bibliography, writing of the manuscript, critical review of the manuscript and approval of its final version.

Belkis Alvarez Escobar: drafting of the manuscript, critical review, correction of the manuscript and approval of its final version.

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