

Coronavirus Disease (COVID-19): A pandemic emergency

Edmond Puca^{1*}, Elda Qyra¹, Pellumb Pipero¹, Migena Qato¹, Entela Puca²,
Rozeta Kamberi¹, Ina Rezhdo¹, Najada Como¹

1 Service of Infectious Diseases, University Hospital Center, Tirana, Albania

2 Service of Endocrinology, American Hospital, Tirana, Albania

Abstract

At the end of 2019, a cluster of pneumonia caused by unidentified virus emerged in China. Through the analysis of sequence, this new disease was considered to be caused by a novel coronavirus (CoV) named 2019-nCoV. This new virus looks to be very contagious and has quickly spread from China land borders, infecting people throughout the whole world. On March 11, the WHO made the assessment that COVID-19 can be characterized as a pandemic. The mechanism of COVID-19 infection is not yet known. The most common form of spread of the COVID-19 has been from human to human transmission. After exposure to an infected individual, or less likely a contaminated surface, the mean incubation period of COVID-19 is about from 5 up to 24 days. Management strategies for

COVID-19 patients are in a rapidly evolving therapeutic challenge, and the optimal agents to treat or prevent infection or progression to critical illness remain non-well defined. Although certain agents listed and non-listed in this review are encouraging, the evidence remains inconclusive and changes almost daily. Although the pathophysiological mechanisms are still not understood, it has been observed that most severe and fatal cases with COVID-19 have occurred in: elderly patients, patients with comorbidities like cardiovascular diseases (CVDs); diabetes mellitus; chronic lung pathologies; renal disease, hypertension, and cancer. Hand washing for at least 20 seconds after visiting public spaces, avoid touching, avoiding contact with people, are recommended.

Address for correspondence: Edmond Puca* Service of Infectious Diseases, University Hospital Center, Tirana, Albania. E-mail: edmond_puca@yahoo.com

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