

The Status of and Response to COVID-19 in the Republic of Kazakhstan: Multidisciplinary Cooperation in the Republic of Kazakhstan and Cooperation from Japan and Other Countries Around the World is Needed to Respond to and Contain SARS-CoV-2

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Abstract

Background: A year after its emergence in 2020, COVID-19 has continued to spread around the world. People are constantly worried and concerned. Countries are threatened by COVID-19, but effective responses and measures have yet to be identified. The situation is the same in the Republic of Kazakhstan.

Aims: The aim of this study is grasped the progress and status of COVID-19 in the Republic of Kazakhstan, and necessary correspondence and collaboration system are considered about the disease in the country based on the results.

Study Design: This study is summary of progress and epidemiological trends on COVID-19.

Therefore, this is descriptive design based on

these items.

Methods: We have previously examined studies on and responses to COVID-19 and COVID-19 trends. In light of those findings, the current report discusses what measures the Republic of Kazakhstan should take to deal with COVID-19.

Results: The response to COVID-19 in the Republic of Kazakhstan is currently in dire straits. Detailed epidemiological trends on COVID-19 need to be verified in the Republic of Kazakhstan as well as elsewhere around the world, and responses that appear effective need to be identified so that they can be adapted to the Republic of Kazakhstan.

Conclusion: Multidisciplinary cooperation in the

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Republic of Kazakhstan and collaboration with Japan and other countries around the world and implementation of a wide range of responses is crucial to containing COVID-19.

Keywords: COVID-19, Republic of Kazakhstan, measures, care

INTRODUCTION

On December 31, 2019, the WHO China Country Office officially announced an initial outbreak of pneumonia of unknown etiology in the City of Wuhan, the capital of Hubei Province, China (1). Since January 10, 2020, the WHO has published a number of guidelines for all countries and technical documents on how to prepare for cases of COVID-19 in their territories, including methods of treating the infected (2,3). Since January 21, the WHO has published daily reports of pneumonia caused by SARS-CoV-2 from the Emergency Committee under international health regulations; these reports contain information on the number of confirmed cases, deaths, risk levels, as well as recommendations for infection control and other relevant information (4).

MATERIALS AND METHODS

This report mainly examined the trends of and response to 'COVID-19' in the Republic of Kazakhstan so far. Based on those findings, this work cites the need for a specific response in the future.

RESULTS AND DISCUSSION

On January 27, 2020, the Ministry of Healthcare of the Republic of Kazakhstan adopted a set of measures to prevent the import and spread of COVID-19 in Kazakhstan (5). The Ministry of Healthcare of the Republic of Kazakhstan posts information about respiratory hygiene, proper hand washing, and other measures to prevent COVID-19. On February 25, the Ministry of

Healthcare of the Republic of Kazakhstan published a Resolution of the Chief State Sanitary Doctor 'on further enhancing measures to prevent COVID-19 in Kazakhstan' (6).

On March 11, the WHO declared COVID-19 a pandemic (7). In Kazakhstan, the first cases of COVID-19 were recorded on March 13 in two Kazakhs who arrived from Germany. The pandemic has attracted the attention of health professionals and people around the world, as previous coronavirus infections in humans did not exceed the acceptable level of biological risk. However, mutations in these viruses can lead to a public emergency (8).

The total population of Kazakhstan as of January 1 was 18,632,169 (9). At the beginning of April, there were 380 confirmed cases of COVID-19 in Kazakhstan, including 184 cases in Nur-Sultan, 86 cases in Almaty, 15 cases in the Karaganda region, 16 cases in the Atyrau region, 19 cases in the Akmola region, 3 cases in the Zhambyl region, 3 cases in Shymkent, 2 cases in the East Kazakhstan region, 9 cases in the Almaty region, 4 cases in the Aktobe region, 5 cases in the North Kazakhstan region, 1 case in the Pavlodar region, 1 case in the Mangistau region, 25 cases in the Kyzylorda region, 2 cases in the West Kazakhstan region, and 5 cases in the Turkestan region. With the support of the United Nations Children's Fund (UNICEF), the Republican Scientific and Practical Center for Mental Health of the Ministry of Healthcare of the Republic of Kazakhstan created a website on April 4 to provide psychological assistance and support to

the population. This site provides answers to questions and, when requested, an online consultation with a psychologist or psychotherapist. On April 6, Kazakhstan launched a service for online self-diagnosis of COVID-19 in three languages (Kazakh, Russian, and English) (10).

A new type of infection, COVID-19 is a serious disease. The disease is caused by SARS-CoV-2 in the coronavirus family. It can vary in severity, from mild to severe. People of retirement age are at high risk, they are highly susceptible to the virus, and in most cases they have a severe form of the disease. Serious chronic diseases such as diabetes, problems with the heart and lungs, and hypertension also play a key role in the

development of the disease. An infection can develop in conjunction with these conditions and eventually lead to death. The most susceptible to the virus are all people who do not have acquired immunity. The infection is transmitted by airborne droplets. For this reason, the main protection for people is considered to be protective masks, as well as personal hygiene rules and social distancing (11).

Figure 1 shows the number of confirmed cases of COVID-19 in Kazakhstan by days since the collection of official statistics started. As of November 17, 121,653 cases of COVID-19 were recorded in Kazakhstan. The day prior, the number of infected increased by 602. There have been 1,899 total deaths from COVID-19 in

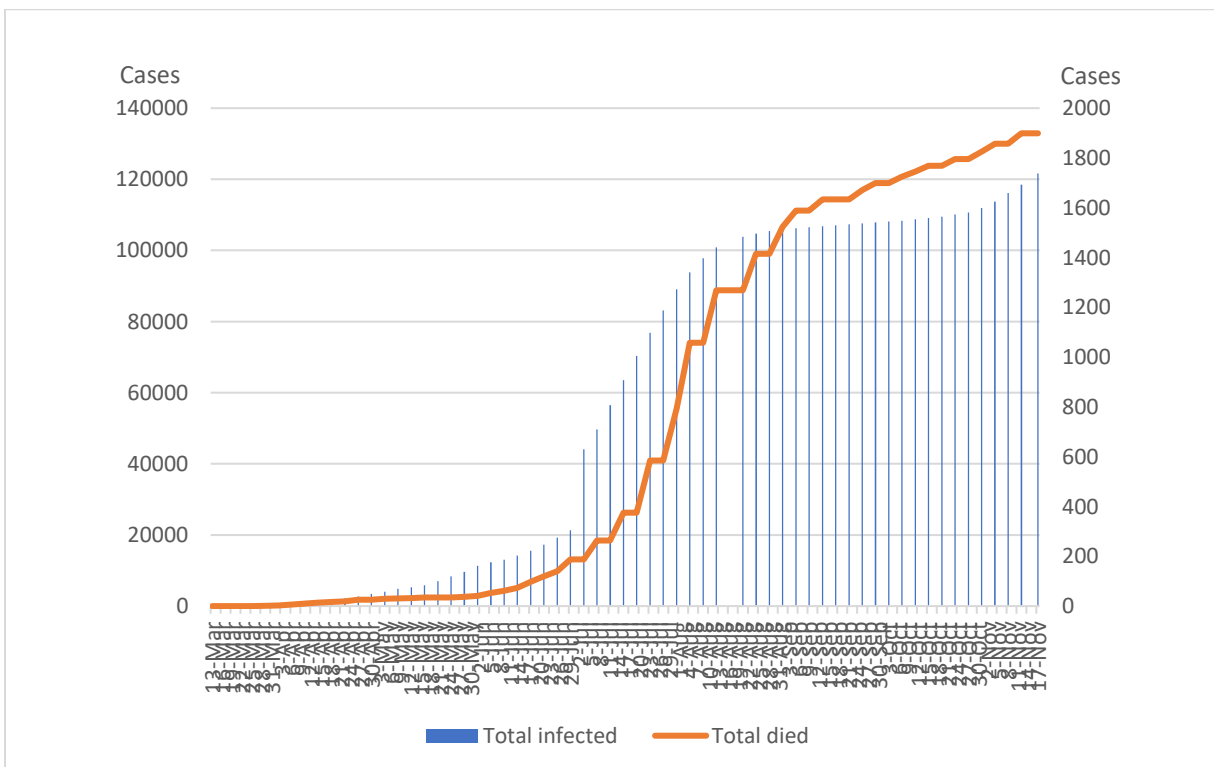


Figure 1. General epidemiology of COVID-19 in the Republic of Kazakhstan from 13 March 2020-17 November 2020

Kazakhstan. Nine thousand three hundred and seventy-two people have active disease, and 221 of them are in critical condition. The fatality rate is 1.56%. As of November 17, 2020, there were 110,382 confirmed cases of a complete cure of the virus in Kazakhstan (10).

Like all other negative processes on a global scale, the current pandemic increases anxiety, distress, and other reactive states in people. In society, there are and have been negative reactions that were generally expected: denial, avoidance, aggression, and suspicion. The main problem is that these negative reactions can contribute to the spread of infection and lead to certain neurotic disorders. The first is the denial of the disease itself, that this disease does not exist, and that no precautions should be taken. The current pandemic is accompanied by the spread of an 'infodemic', where the spread of false news and rumors is no less harmful than the virus itself. The second is avoidance. This is when a person starts avoiding contact with the outside world, which includes even watching TV. A person tunes out from everything and is in a form of information void, which leads to asthenia, sleep disorders, etc. The third reaction is aggression, where the threshold of excitability is very low. In this state, the reaction to any remark is aggression, accusations, and blame-seeking. Fourth, suspicion is also common: 'someone was responsible for this' or 'we are victims.' These 4 negative reactions are always present everywhere, whether it be in Kazakhstan or some other country (12). All of these reactions

lead to a denial of the epidemiological norms that need to be followed. Experts have also noted economic problems in a number of countries, as well as rising unemployment. Government support during a pandemic is very important to all citizens. The Ministry of Industry and Infrastructure Development of the Republic of Kazakhstan has developed a mechanism to help citizens in regions under lock-down. During the state of emergency, the government makes monthly payments to people who lost their income due to the state of emergency, and various benefits have been provided to small- and medium-sized businesses (13). Kazakhstan was one of the first countries to take drastic measures in response to the pandemic. The number of infected would be many times higher if prompt measures were not implemented.

CONCLUSIONS

The response to COVID-19 in the Republic of Kazakhstan is an uphill battle. As COVID-19 trends are being meticulously studied in the Republic of Kazakhstan, the situation in Japan and elsewhere around the world is being carefully considered, and COVID-19 measures that appear to be effective should be tailored to the Republic of Kazakhstan. In addition, various disciplines in the Republic of Kazakhstan need to work together to implement COVID-19 measures as needed. In medicine, clinical medicine, social medicine, and basic medicine must coordinate their response to COVID-19. The Republic of Kazakhstan should work with Japan and other

countries around the world to respond to and control COVID-19.

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