

## Editorial Article

## The second wave of COVID-19 is knocking at the doors: have we learned the lesson?

Saad Ahmed Ali Jadoo<sup>1\*</sup>

### Abstract:

In light of escalating rates of COVID-19 cases, the world stands stunned. The health, social, and global economic situation continues to deteriorate. The seriousness of the situation became evident to most people, yet no one had a radical solution. Scientifically, there is no sure treatment for viral infections other than strengthening the immune system. Therefore, the idea of a vaccine is the most appropriate to reduce infections. However, vaccines will not be accessible to everyone, considering the genetic changes that the virus may create later. The idea of re-imposing a global quarantine, with international leadership for a limited period, is emerging as a strategic alternative, on the condition that it should be launched simultaneously in all countries of the world. To ensure the quarantine's success, all countries must adhere to the comments of the World Health Organization and the Centers for Disease Control and Prevention.

**Keywords:** COVID-19, Lesson, Second Wave, Pandemic

### Background

Are we in a dream or a nightmare? A question that resonates in our ears every day in the past several months when the first cases of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) announced in December 2019 among the Chinese people in Wuhan city [1]. SARS-CoV-2 or COVID-19 belongs to the coronaviruses' family, including SARS and MERS, causing respiratory tract infections [2]. The world was not ready to receive the unwelcome visitor (COVID-19) [3]. In ten months, COVID-19 infections exceeded 35.5 million and more than a million deaths worldwide [4]. Scientists categorize COVID-19 as a professional killer [5], and we should be on guard against him, but they did not tell us who had recruited him for our destruction. The World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) recommend wearing a face mask, leaving social distance, avoiding mixing, and using sterilizers to prevent viral infection [6]. At the national level, the lockdown was a successful measure that significantly reduced the pandemic outbreak's speed [7]. However, almost all countries have failed to contain the virus radically; on the contrary, the virus extensively spread again once the quarantine restrictions are eased. So, the question arises here: is there something wrong?

As said previously, the best battle plan is to attack the enemy in their own home; thus, the scientists suggest vaccination as a preferable option [8]. Therefore, the world's attention is directed towards the disease and treatment makers to save humanity. Given that the virus's incubation period has been known (2-14 days), the potential distance of transmitting the virus between the host and the victim may exceed the 6 feet, depending on several variables, including the area, ventilation, and commitment to preventive measures [9].

Like most respiratory diseases, infection occurs by spreading droplets by coughing or sneezing when the appropriate environmental factors are available to transmit this virus [10]. In other words, humans are the undisputed active carrier, yet humans are a temporary vector unless mixed with each other. In short, the determinants of the spread of the coronavirus are the mobile host (human) and the incubation period of the disease (Figure 1). This explains why quarantine measures are not successful in most countries of the world. The COVID-19 disease is a biopsychosocial crisis [11], and perhaps it is time to abandon the idea that our planet is one village and return to live in different villages.

Given the increase in the number of daily Polymerase Chain Reaction (PCR) tests, the provision of more intensive care beds, and the production of sufficient quantity of face masks, the technical, logistical, and psychological preparations are closer to a successful response to reduce the impact of the virus.

In light of the international preparations to combat the second wave of the COVID-19 pandemic, we propose an

\*Correspondence: [drsaadalezzi@gmail.com](mailto:drsaadalezzi@gmail.com)

<sup>1</sup>Department of Public Health, Faculty of Medicine, Bezmialem Vakif University, Istanbul, Turkey

**Keywords:** COVID-19, Lesson, Second Wave, Pandemic

alternative plan to reduce the virus's spread. The plan proposes to re-impose international led quarantine, including all travel, unless necessary, for a period not exceeding 45 days (figure 1). In this time, the quarantine must be launched simultaneously in all countries of the world. All governments are obligated to undertake the examination and separation of all infected and suspected cases and provide daily reports to the competent authorities. COVID-19 pandemic is moving fast and knocking on doors worldwide, and hopefully, the day will not come when we miss someone who suppose there to open the door.

#### Abbreviation

SARS-CoV-2: Severe Acute Respiratory Syndrome Coronavirus 2; COVID-19: Coronavirus; WHO: World Health Organization; CDC: Centers for Disease Control and Prevention

#### Declaration

#### Acknowledgement

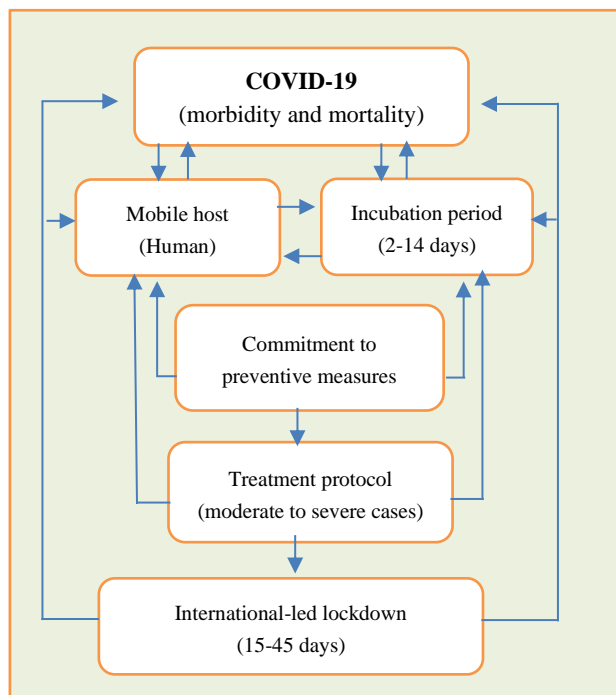
None

#### Funding

The author received no financial support for the research, authorship, and/or publication of this article.

#### Availability of data and materials

Data will be available by emailing drsaadalezzi@gmail.com



**Figure 1:** International-led lockdown plan

#### Authors' contributions

Saad Ahmed Ali Jadoo (SAAJ) is the principal investigator of this manuscript (Editorial). SAAJ is the responsible author for the study concept, design, writing, reviewing, editing, and approving the manuscript in its final form. SAAJ has read and approved the final manuscript.

#### Ethics approval and consent to participate

We conducted the research following the Declaration of Helsinki. However, Editorial Articles need no ethics committee approval.

#### Consent for publication

Not applicable

#### Competing interest

The author declares that he has no competing interests.

#### Open Access

This article is distributed under the terms of the Creative Commons Attribution 4.0 International License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated.

#### Author details

<sup>1</sup>Department of Public Health, Faculty of Medicine, Anbar University, Anbar, Iraq.

#### Article Info

Received: 11 September 2020

Accepted: 08 October 2020

Published: 08 October 2020

#### References

- World Health Organization, Novel Coronavirus 2019-nCoV) SITUATION REPORT –1, 21 JANUARY 2020. Available from: <https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200121-sitrep-1-2019-ncov.pdf> [Accessed on 08 October 2020].
- Fani M, Teimoori A, Ghafari S. Comparison of the COVID-2019 (SARS-CoV-2) pathogenesis with SARS-CoV and MERS-CoV infections. *Future Virol.* 2020;10.2217/fvl-2020-0050. <https://doi.org/10.2217/fvl-2020-0050>
- Ali Jadoo, SA. Was the world ready to face a crisis like COVID-19? *Journal of Ideas in Health*2020;3(1):123-4. <https://doi.org/10.47108/jidhealth.Vol3.Iss1.45>
- Worldometer, Coronavirus Cases. Available from: <https://www.worldometers.info/coronavirus/> [Accessed on 08 October 2020]
- Cyranoski D. Profile of a killer: the complex biology powering the coronavirus pandemic. *Nature*, 04 MAY 2020. Available from: <https://www.nature.com/articles/d41586-020-01315-7> [Accessed on 08 October 2020].
- CDC, Centers for Disease Control and Prevention. Considerations for Wearing Masks Help Slow the Spread of COVID-19. Available from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html> [Accessed on 08 October 2020].
- Atalan A. Is the lockdown important to prevent the COVID-9 pandemic? Effects on psychology, environment and economy-perspective. *Ann Med Surg (Lond)*. 2020; 56:38-42. <https://doi.org/10.1016/j.amsu.2020.06.010>.
- Gewin V. On the front lines of the coronavirus-vaccine battle. *Nature*; 2020 Apr 16. Available from: <https://www.nature.com/articles/d41586-020-01116-y> [Accessed on 08 October 2020].
- Lauer SA, Grantz KH, Bi Q, Jones FK, Zheng Q, Meredith HR, Azman AS, Reich NG, Lessler J. The Incubation Period of Coronavirus Disease 2019 (COVID-19) From Publicly Reported Confirmed Cases: Estimation and Application. *Ann Intern Med.* 2020;172(9):577-582. <https://doi.org/10.7326/M20-0504>.
- Acter T, Uddin N, Das J, Akhter A, Choudhury TR, Kim S. Evolution of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) as coronavirus disease 2019 (COVID-19) pandemic: A global health emergency. *Sci Total Environ.* 2020; 730:138996. <https://doi.org/10.1016/j.scitotenv.2020.138996>.
- Ali Jadoo SA. COVID -19 pandemic is a worldwide typical biopsychosocial crisis. *Journal of Ideas in Health*2020;3(2):152-4. <https://doi.org/10.47108/jidhealth.Vol3.Iss2.58>.