

The Second Wave

Leading pulmonologist Dr. Shazli Manzoor says a new COVID-19 strain does not show up in tests, is very severe and lasts longer than in the previous wave. “The virus has mutated and its lethality has increased in Pakistan. Self lockdowns and minimal interactions must be observed and standard operating procedures must be followed without the loss of even a moment.”



Pakistan has reported its highest daily coronavirus cases and deaths in the past three months. It has recorded nearly 15,000 cases the month of October/November alone, giving credence to health experts’ warnings about a second wave of the coronavirus.

The impact of the second wave is known to be disastrous and can only be alleviated to some extent by taking precautions. In the past few days, an unprecedented spike in the number of coronavirus patients has been recorded, beds are filling up fast and ventilators are in short supply. In this wave there is no age limit for the patients as children as young as one year, the old and young, men and women were now falling victim to the pandemic.

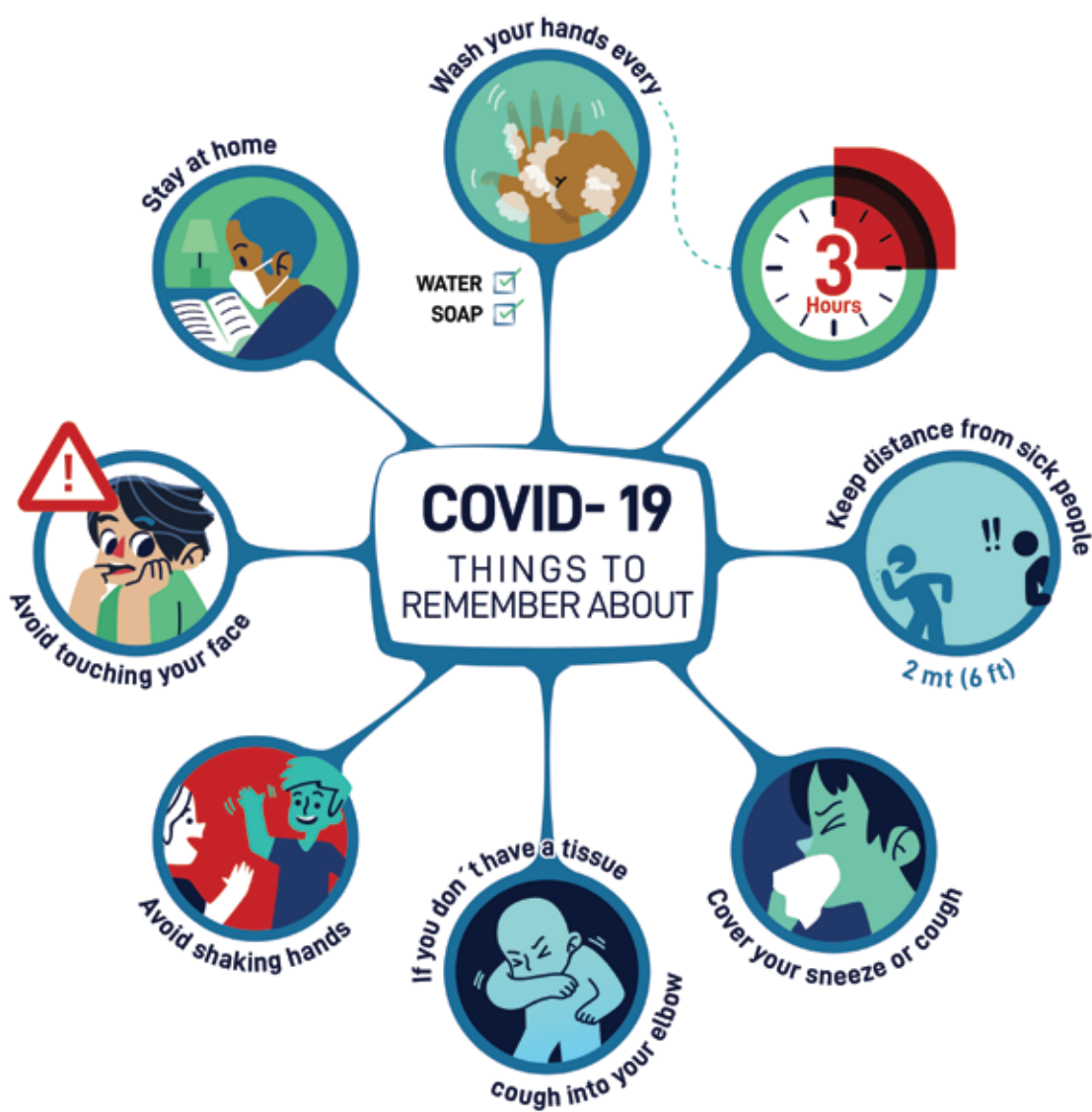
Pakistan is currently under the flu season, and a COVID-19 attack along with the flu becomes a very deadly combination. The next eight to ten weeks are very critical and it will be a great challenge for the health system to bear the brunt of new coronavirus patients. During this time, preventive SOPs have to be enforced to the maximum possible extent.

To save peoples lives there should be a mere smart lockdown in different areas and not only social but physical distancing of three-four meters should be maintained again to avert the spread of Covid-19. This has to be enforced quickly considering the pace of the spread of the virus.

Some specialist say that working from home, virtual meetings and online activities must be encouraged during this crucial period. Also the opening of schools, colleges and universities is not a great idea and will help the spread of COVID-19 as almost one-third of the patients have been found to be young.

Businesses like shopping malls, restaurants etc., have to be discouraged to a considerable degree in view of the fast-spreading scourge. Few specialists say that the only way to save oneself from COVID-19 is to avoid attending weddings and other parties, avoid going to shopping malls and restaurants and not engaging in activities where a lot of people get together. The most essential thing is to wear masks and hands should be frequently washed.

In the month of July the situation had improved, the experts had predicted that there would be an upsurge after a few months. According to statistics the second wave hit several countries, including the European states, before it struck Pakistan somewhat late. The good news was given in August that Pakistan had been successful against Covid-19 but experts had warned us about a second wave.”



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