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Knowledge And Awareness Of The Need To Continue Safety Practices After Covid-19 First Wave Among The General Public- Cross Sectional Survey

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ABSTRACT:

AIM: To assess the Knowledge and awareness of the general population about the need to continue safety practises even after The COVID-19 outbreak subsided.

BACKGROUND : New coronavirus causes COVID-19, an infectious disease that causes respiratory illness. Experts have indicated about the second and third wave of coronavirus which is said to have aggressive effects than the first wave, which will have even more fatal outcomes, so that is why the safe practices such as wearing masks, using sanitizers, social distancing has to be continued.

MATERIALS AND METHOD: A cross-sectional study was conducted employing a self administered questionnaire to the general population. This study was conducted by assessing responses to 10 selected questions through Google forms. The data collected were tabulated and statistically analyzed using SPSS software version 23.0(IBM,Chicago, USA).

RESULTS: The study consisted of 162 participants. Among them, 56.79% of participants were males and 43.21% of them were females. About 52.47% of the participants wear masks regularly but 47.53% do not wear masks regularly . About 58.64% of the participants use sanitizer after exposure,41.36% do not use sanitizer after exposure. Majority 45.68% of the participants did not prefer getting vaccinated,33.33% of the participants preferred getting vaccinated,20.99% of the participants may get vaccinated. 11.73% of males and 12.96% of females were not aware of the consequences of not following post COVID-19 first wave safety measures (chi-square, p value= 0.000).

CONCLUSION: The present study records moderate levels of awareness regarding the continual of preventive practices in the post COVID period. Since there is a higher risk of spreading COVID-19, there is a need for greater awareness about the post-COVID-19 practices and to spread awareness to get vaccinated.

KEYWORDS: Coronavirus, outbreak, pandemic, practices, awareness.

INTRODUCTION:

New coronavirus causes COVID-19 which is an infectious disease is a respiratory illness there is no special treatment for the people to recover people who are aged or with comorbidities such as cardiovascular diseases ,diabetes ,cancer are more prone to Covid ,Covid is spreading through the droplets of saliva discharge from nose when an infected person coughs or sneezes the infection is spreading through the droplets the symptoms are fever ,dry cough ,tiredness .these are RNA viruses belongs to the ortho coronaviridae on 30 January 2020 world health organisation (WHO) declared the coronavirus disease as a public health emergency coronavirus outbreak was announced as a pandemic on 11th March 2020(1)

There were lots of measures taken to prevent COVID-19 the novel coronavirus raised from Wuhan city, Hubei, China. This Covid has caused numerous death (2),the factors that causes the aggregation of rapid spread of COVID-19 are one case of Covid found then another four will get infected(3) ,the asymptomatic transmission (4) (5) ,the incubation period is 5.2 days and varies (2) ,the COVID-19 is also called to be “unprecedented crisis” (6),coronavirus is of four genera namely alpha ,beta, Delta ,Gama (7) .the coronavirus was later named SARS-COV2 ,recently corticosteroids, dexamethasone are the drugs (8) that helped the people who are ill due to COVID-19 (9) , (10)

To prevent getting prone to COVID-19 there are certain practises that has to be followed such as wearing masks, following social distancing, being hygienic, using warm water that is micro free take taking medication such as Ayush, ayurveda,yoga and exercises will also help in building up the immunity and to get less prone to COVID-19 breathing exercises, pranayama, meditation, morning walk, balanced nutrition diet ,adequate rest, avoid smoking, avoid consumption of alcohol, monitor self health, gargling

with salt water, steam inhalation, will help you to build up immunity against COVID-19. There is no treatment or cure found for COVID-19 there is no treatment only that we can do is to build the body's immunity and strength against COVID nowhere .Vaccination is available.Vaccines save millions of lives each year and especially the only relief in this covid time . Vaccines work by training and preparing the body's immunity. The natural defense system will recognize and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease-causing germs, the body is immediately ready to demolish them and prevent illness. As of 18th February, 2021, at least seven different vaccines across three platforms have been rolled out in countries. Vulnerable populations in all countries are the highest priority for vaccination.

Experts have indicated about the second wave of coronavirus which is said to have aggressive effects than the first wave, which will have even more fatal outcomes, so that is why the safe practices such as wearing masks, using sanitizers, social distancing has to be followed, Despite the arrival of vaccinations, the risk of second and third wave of COVID cannot be ruled out.Our team has extensive knowledge and research experience that has translate into high quality publications 2020)

Our team has extensive knowledge and research experience that has translate into high quality publications(11),(12),(13),(14),(15),(16),(17),(18),(19),(20),(21),(22),(23),(24),(25),(26),(27),(28),(29),(30). Thus the study aims to assess the Knowledge and awareness of the general population about following adequate safety practices even after daily infection rates of coronavirus subsides to the lowest levels.

MATERIALS AND METHOD:

The cross-sectional study was conducted by using a pre-validated questionnaire containing 10 close ended questions. Online platform (Google forms) was used to prepare and distribute the questionnaire to the study participants. A convenience sampling method was employed. The participation of the subject was voluntary, and their identities were kept anonymous. The internal consistency of the questionnaire using Cronbach's alpha was found to be 0.71.

This study was conducted by assessing responses to 10 selected questions pertaining to POST COVID-19 Practices among dental students through Google forms with a sample size of 163 from the general population .Only people who are accessible to the internet and mobile phones and who can understand english have participated. The email id of all the undergraduate students was obtained from the students office and a link to google forms was sent. A reminder mail was also sent for non-respondents.Statistical analysis was performed using Statistical Package for the Social Science (SPSS)

software version 23.0(IBM,Chicago, USA). Descriptive statistics was performed to present the frequency distribution of the options of the question items.

RESULTS:

From the results,it is evident that Majority 56.79%of participants were males , and 43.21% of them were females who responded (Figure 1). About 52.47% of the participants wear masks regularly but 47.53% do not wear masks regularly (Figure 2). About 58.64% of the participants use sanitizer after exposure,41.36% do not use sanitizer after exposure (Figure 3). Majority 45.68% of the participants did not prefer getting vaccinated,33.33% of the participants preferred getting vaccinated, 20.99% of the participants may get vaccinated (Figure 4). Majority 47.53% of the participants are still in fear of COVID-19 and 52.47% are not in fear of COVID 19 (Figure 5). Majority 51.85% of the participants will follow social distancing,48.15% will not follow social distancing in post covid time (Figure 6). Majority55.56% believe that they could live a normal life again ,44.44% of the participants are not having the confidence that they could live a normal life again (Figure 7). Participants prefer buying from restaurants that are about 41.36% prefer that,27.78% prefer dine in,30.86% prefer deliveries (Figure 8). Majority 53.70% of participants prefer going to public places post covid first wave,46.30% prefer to stay indoors after the subsiding of active corona positive cases.(Figure 9) .75.31% of the participants are aware about the consequences of not following the post covid-19 practices, and 24.69% of the participants were not aware about the consequences. (Figure 10). 45.06% of males and 30.25% of females are aware of the consequences of not following safety practices after subsiding of COVID-19 first wave. 11.73% of males and 12.96% of females were not aware of the consequences of not following post COVID-19 first wave safety measures(p value=0.000).(figure 11). 33.3% of males and 20.37% of females prefer to go to public places and 22.84% of females and 23.4% of males have not preferred to go to public places(p value=0.000).(figure 12). 19.14% of females and 14.20% of males have inferred that they will get vaccinated for their safety. 16.67% of females and 29.01% of males have inferred that they will not get vaccinated. 13.58% of males and 7.41 % of females are not sure about getting vaccinated.(p value=0.000) (figure 13). 30.86% of males and 21.60% of females have inferred that their fear of covid has reduced and 25.93% of males and 21.60% of females have inferred that they are still in fear of covid.(p value=0.000) (figure 14).

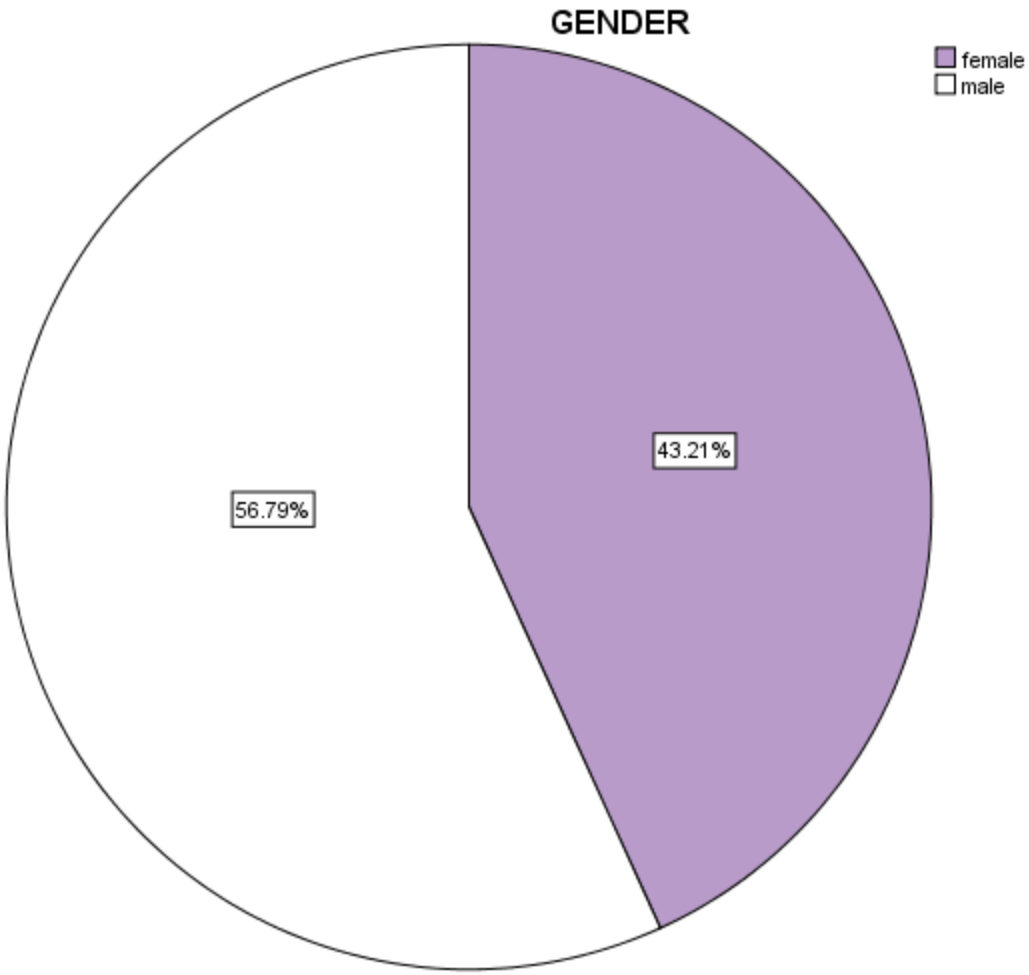

Figure 1: Pie Chart depicts the gender distribution among the participants. Lavender colour represents females and white colour represents males. 56.79%of participants were males , and 43.29% of them were females.

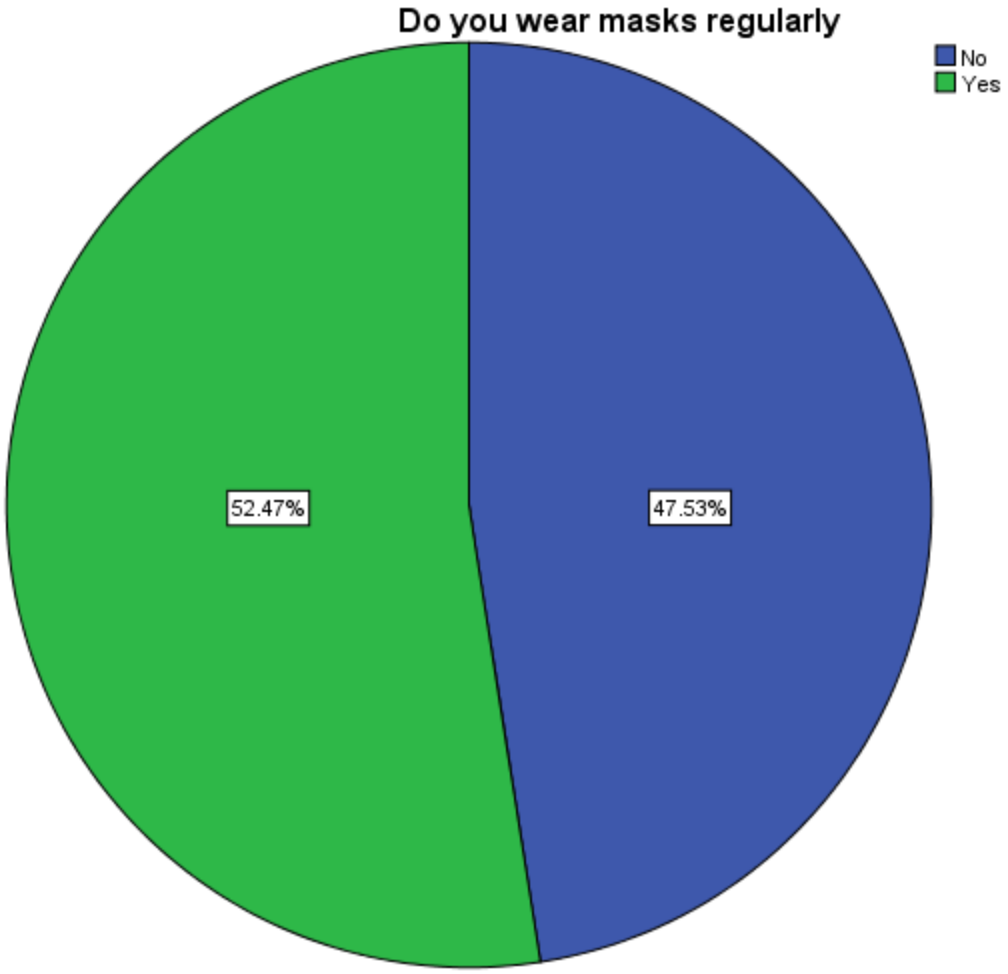

Figure 2: Pie Chart depicts the response of participants regarding regular wearing of masks even after the first wave of the corona subsiding. Green colour indicates yes and Blue colour indicates no.52.47% of the participants wear masks regularly but 47.53% do not wear masks regularly.

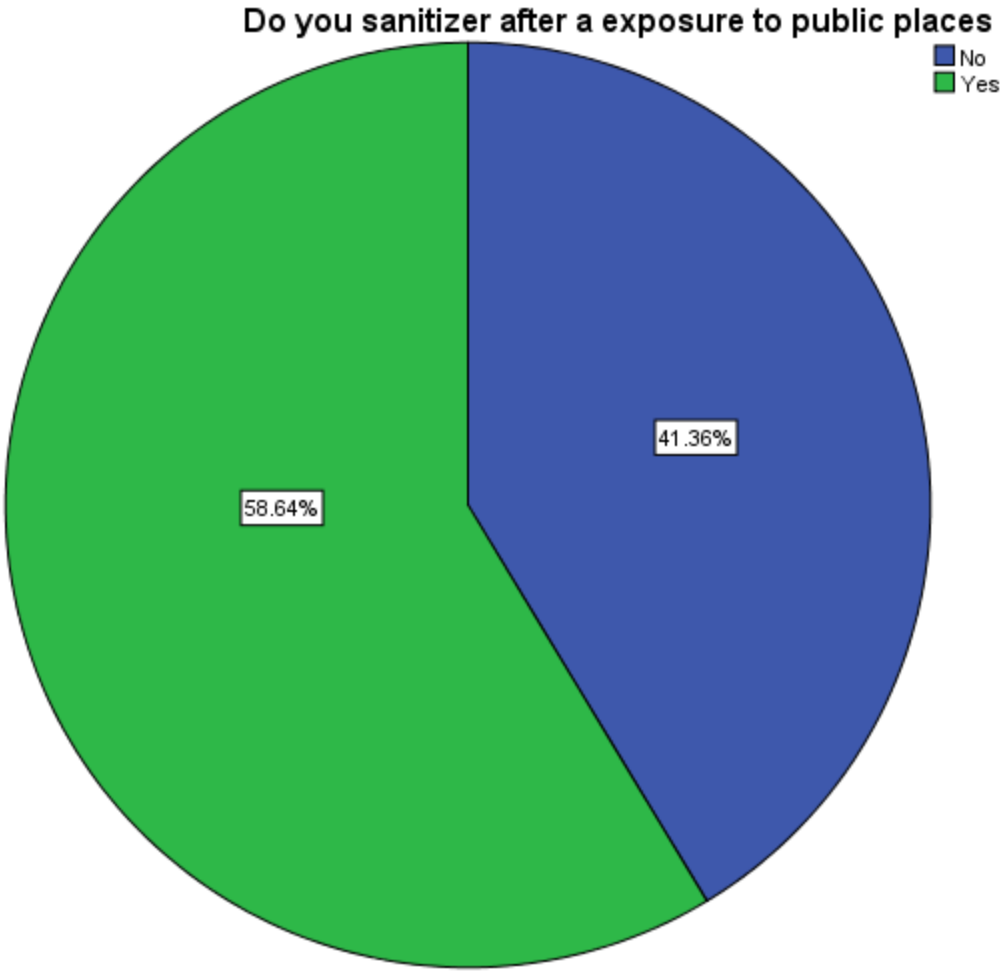

Figure 3: Pie Chart depicts the responses of the participants on using sanitizer after touching free surfaces in public places.Blue colour indicates No and green colour indicates Yes. About 58.64% of the participants used sanitizer after touching surfaces in public places, 41.36% did not use sanitizer exposing themselves to public places.

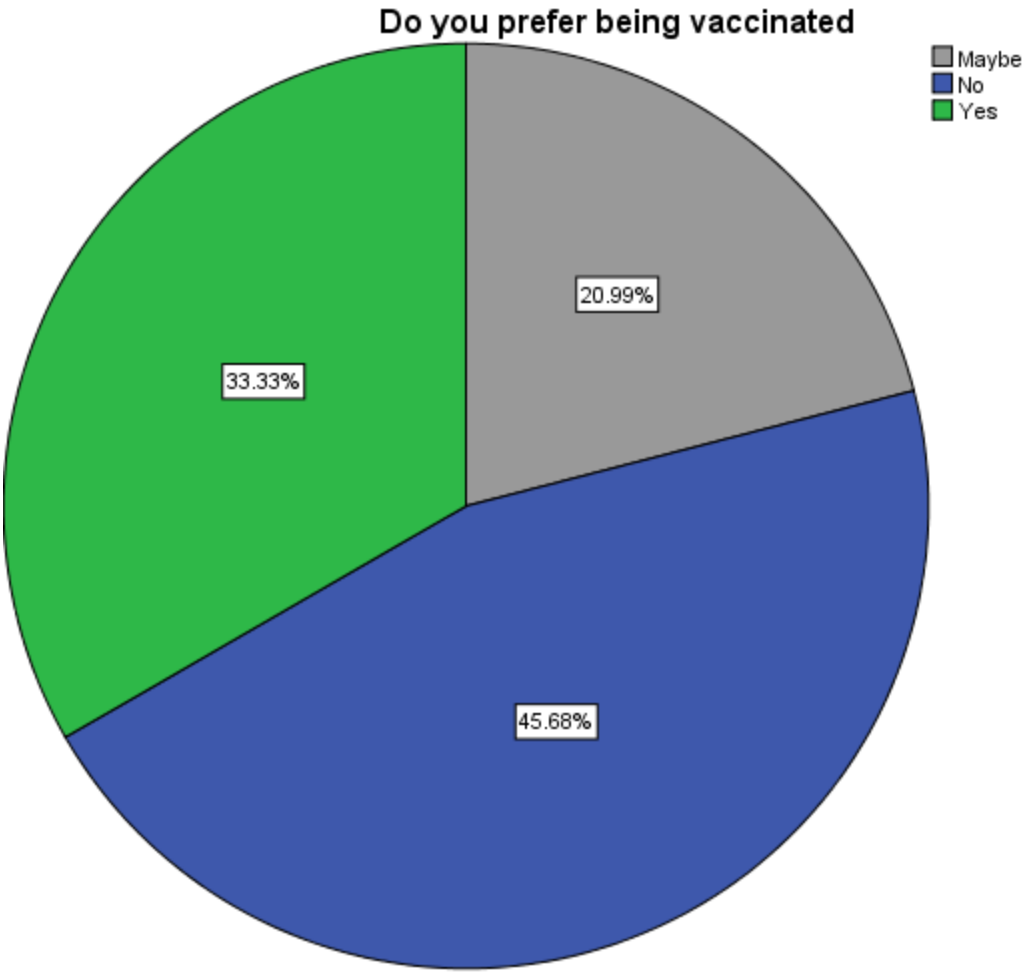

Figure 4: Pie Chart depicting the response of the participants to get vaccinated. Green colour indicates Yes, Blue colour indicates No and grey colour indicates maybe. 45.68% of the participants did not prefer getting vaccinated, 33.33% of the participants preferred getting vaccinated,20.99% of the participants were not sure of getting vaccinated.

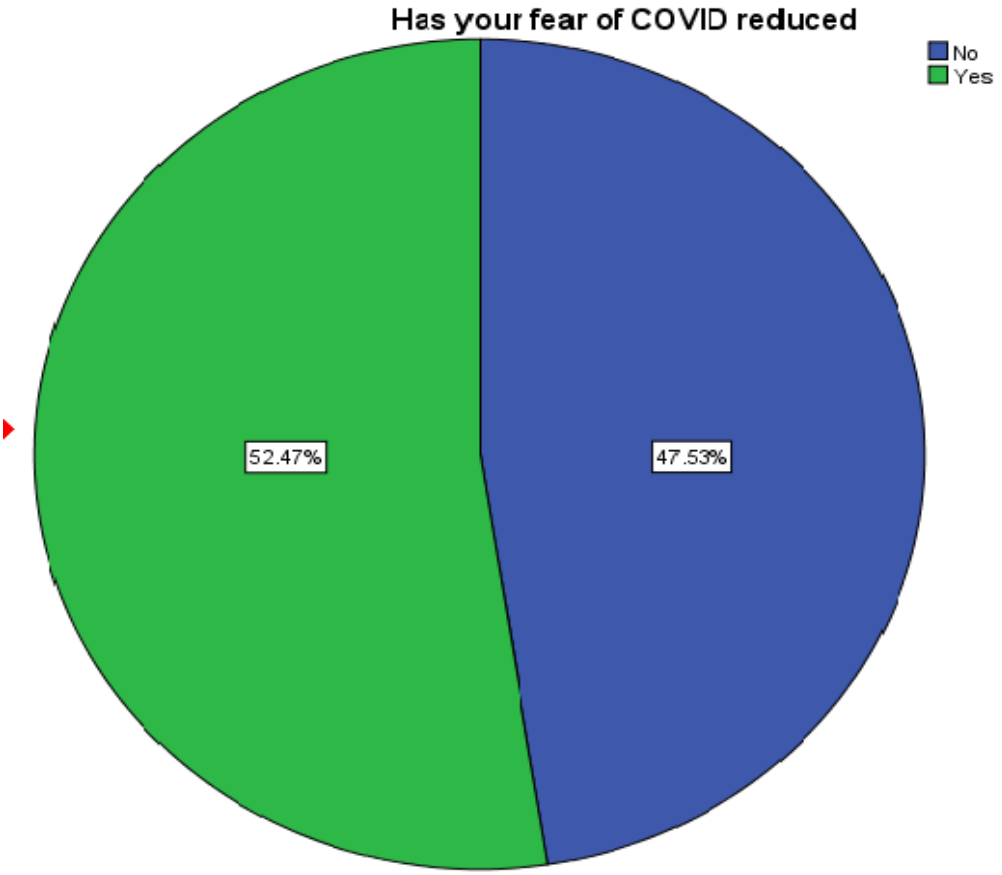

Figure 5 : Pie Chart depicts the response regarding the fear of COVID among the participants. Blue colour indicates No and Green colour indicates Yes. 47.53% of the participants are still in fear of COVID-19 and 52.47% were not in fear of COVID 19.

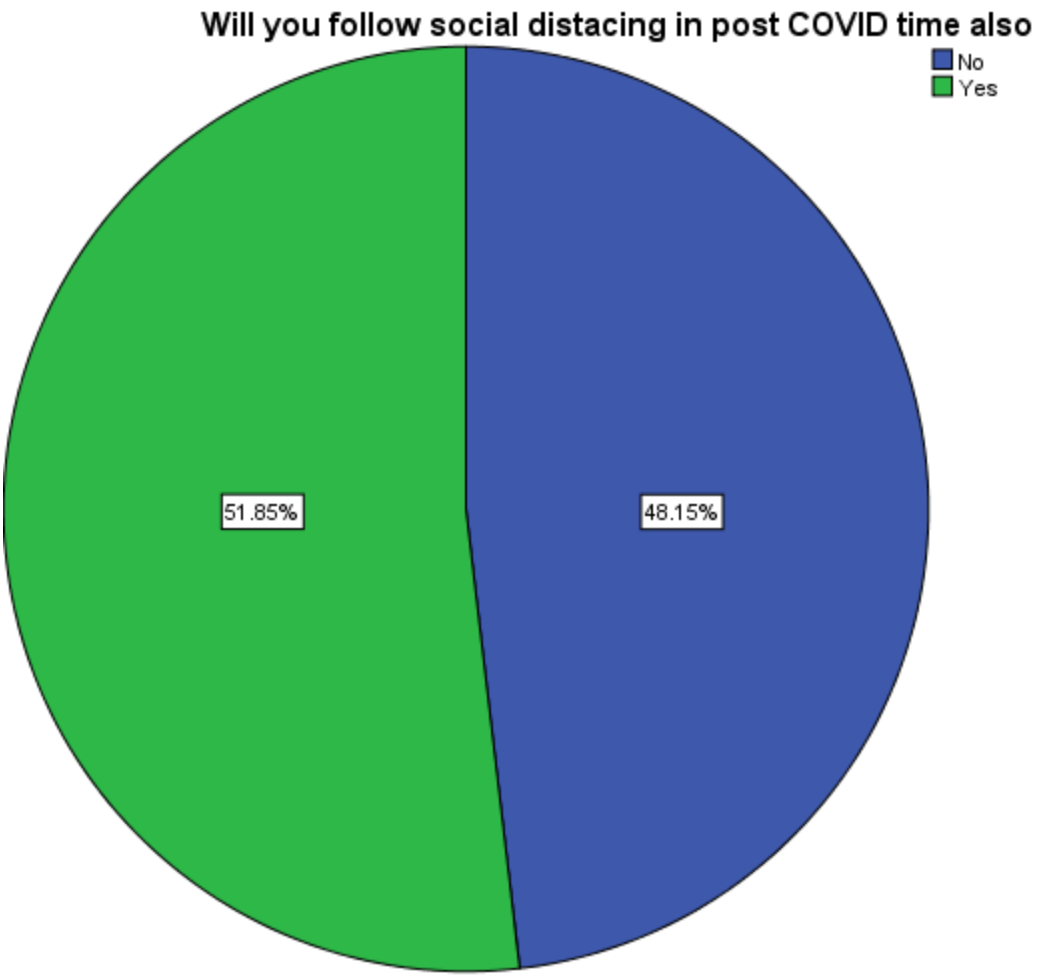

Figure 6: Pie Chart depicts the response on following social distancing among the participants. .Blue colour indicates No, Green colour indicates Yes. 51.85% of the participants were willing to follow social distancing whereas 48.15% were not willing to follow social distancing in post covid time .

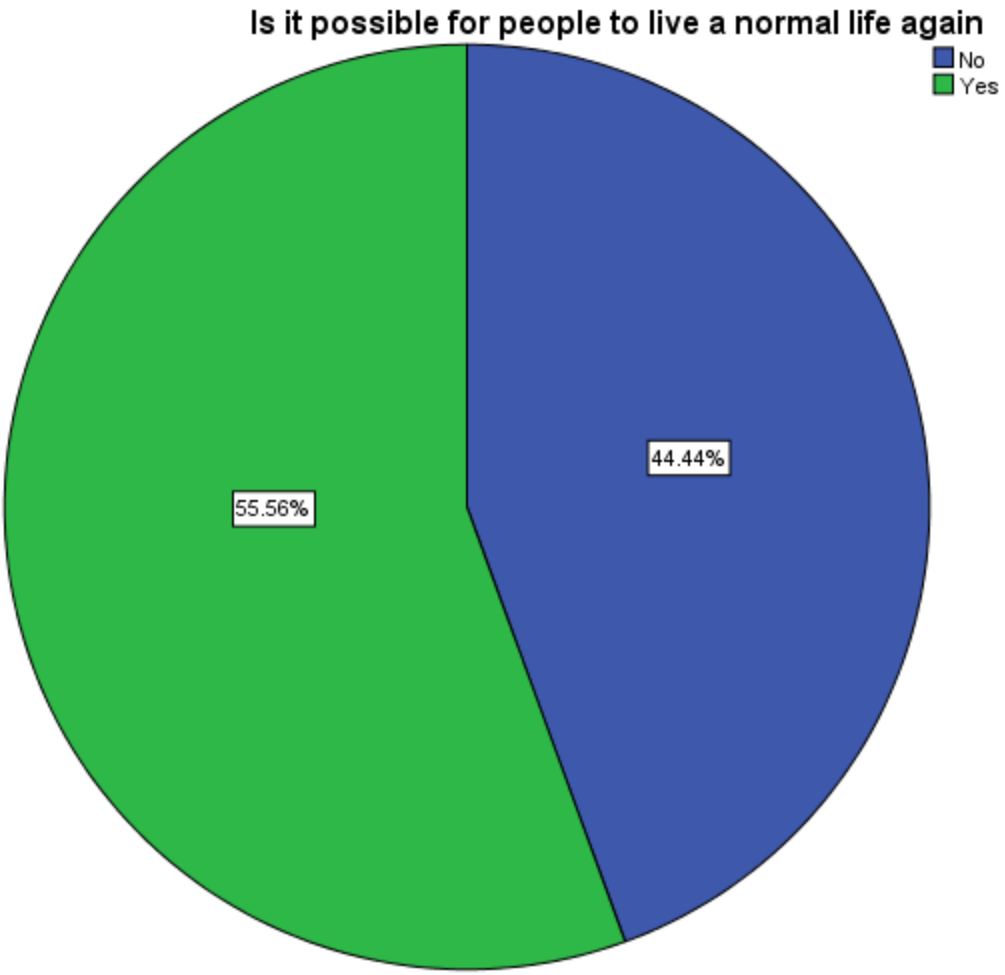

Figure 7: Pie Chart depicts the response to the possibility to live a normal life again among the participants. Blue colour indicates No, Green colour indicates Yes. 55.56% believe that they could live a normal life again ,44.44% of the participants are not having the confidence that they could live a normal life again. .

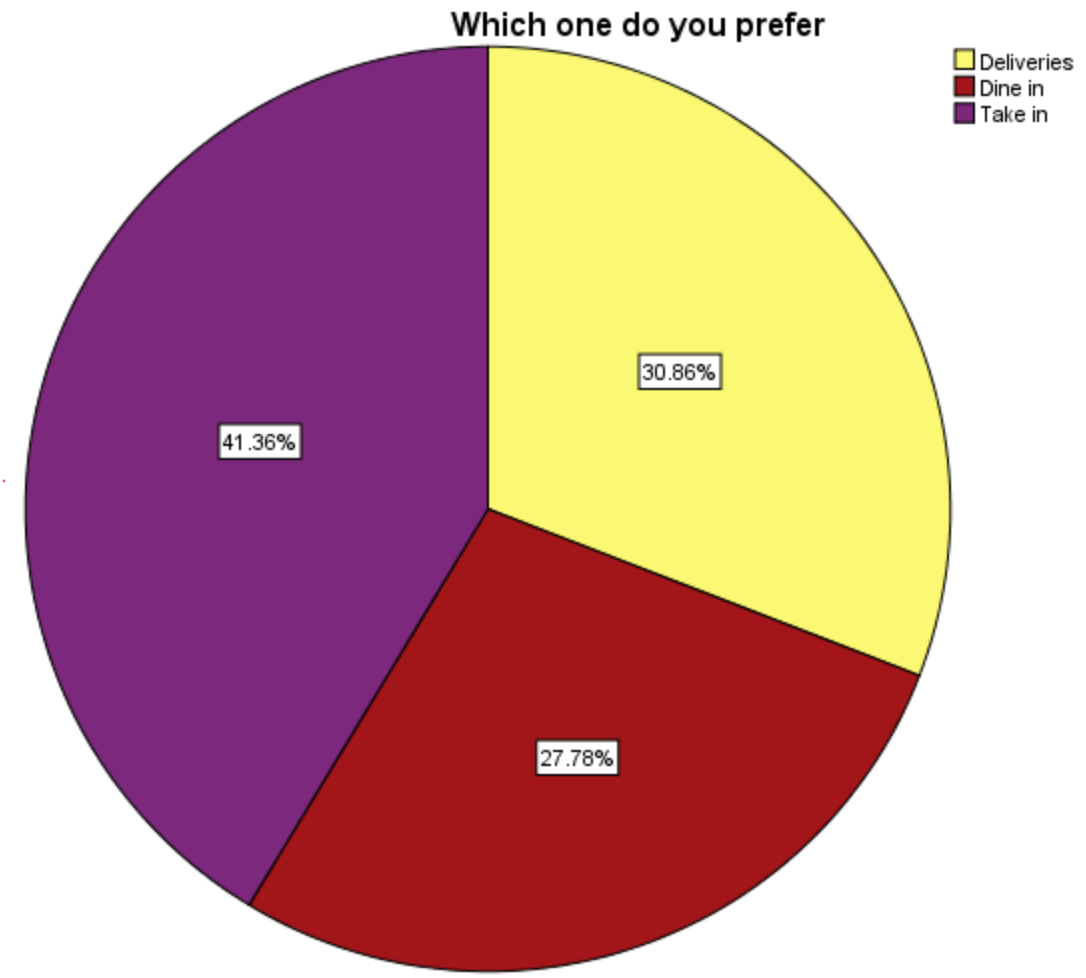

Figure 8: Pie Chart depicts the response to preferences among the participants. Yellow colour indicates deliveries, purple colour indicates buying from restaurants, brown colour represents dine in. 41.36% of participants prefer buying food from restaurants and taking it at home, whereas 27.78% prefer to dine in the restaurant , 30.86% prefer food deliveries through various apps .

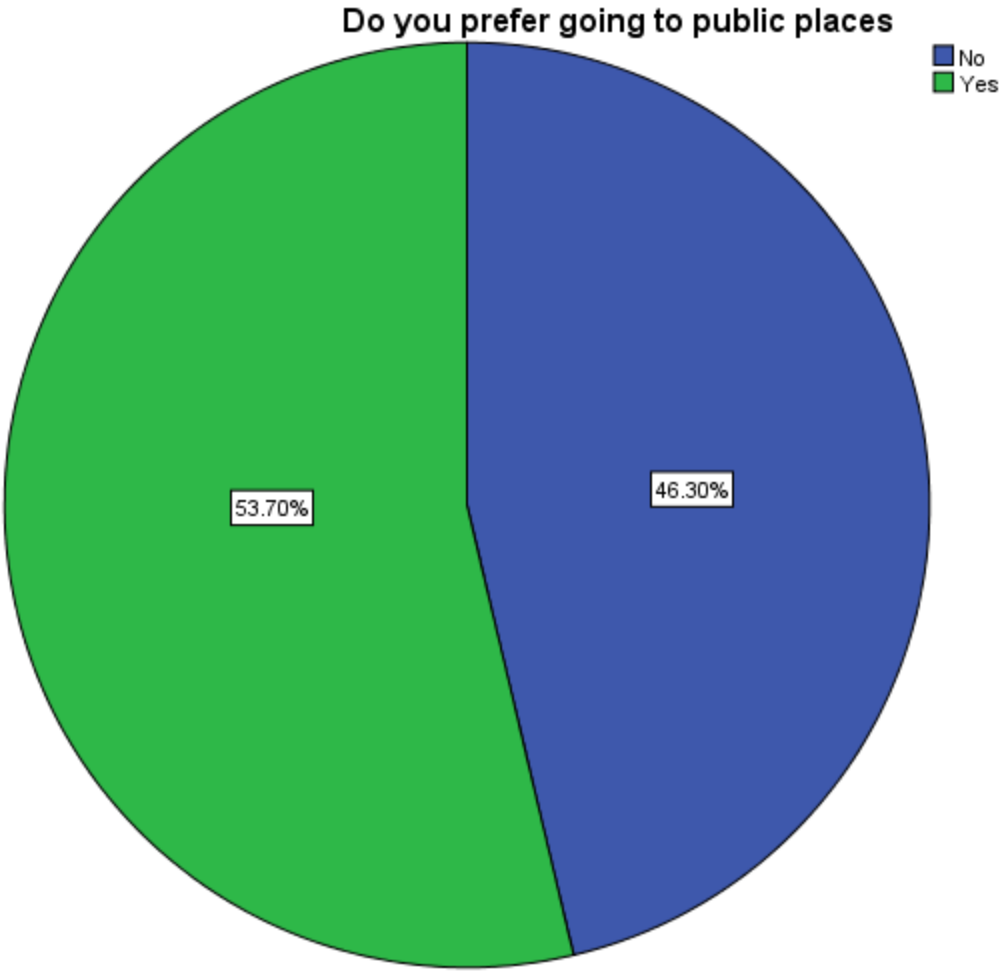

Figure 9: Pie Chart depicts the response to preferring to go to a public place among the participants. Blue colour indicates No, Green colour indicates Yes. 53.70% of participants prefer going to public places post covid first wave,46.30% prefer to stay indoors after the subsiding of active corona positive cases.

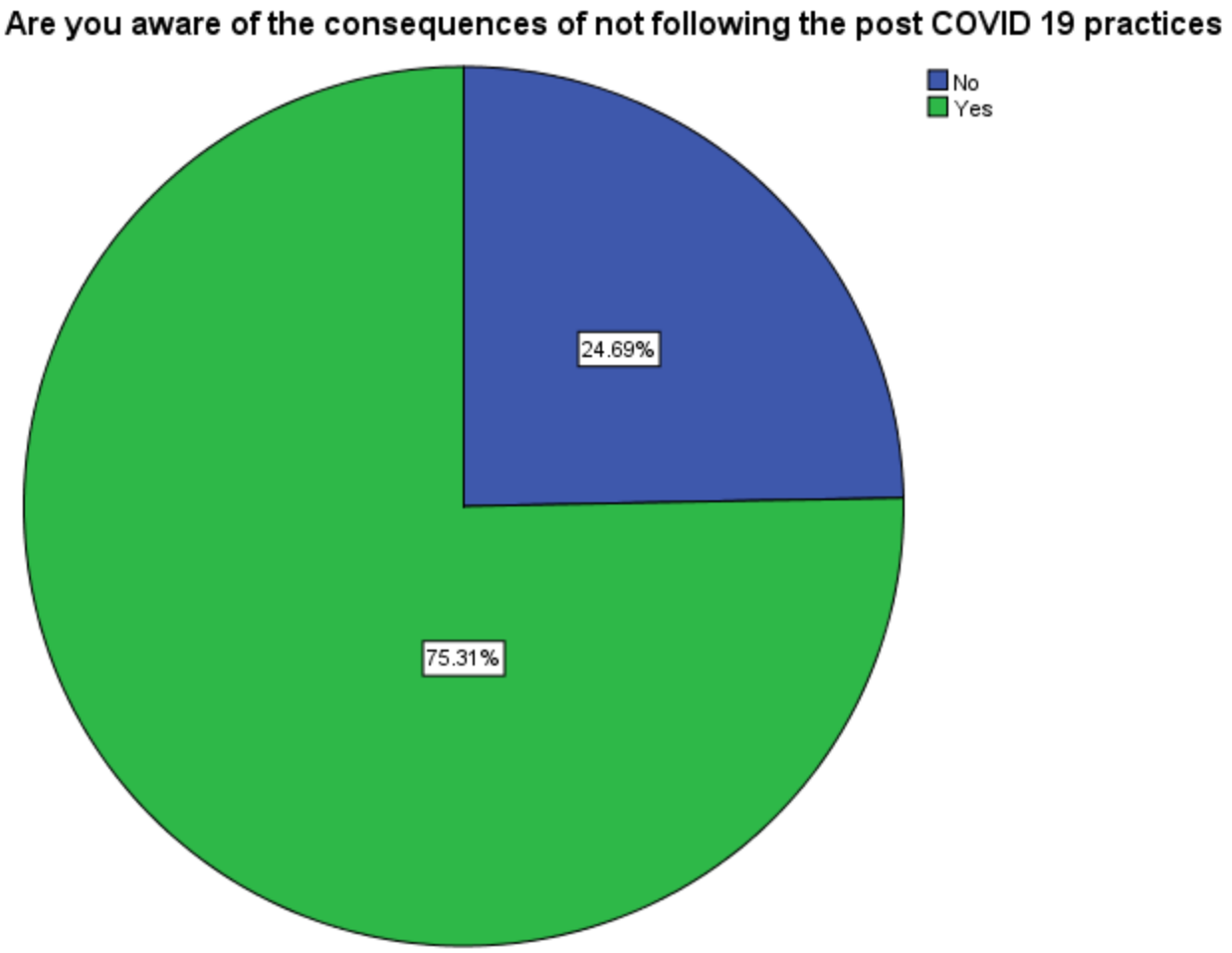

Figure 10: Pie Chart depicts the response of the awareness on the post covid practices among the participants, Green indicates yes and blue colour indicates No.75.31% of the participants are aware about the consequences of not following the post covid-19 practices, and 24.69% of the participants were not aware about the consequences.

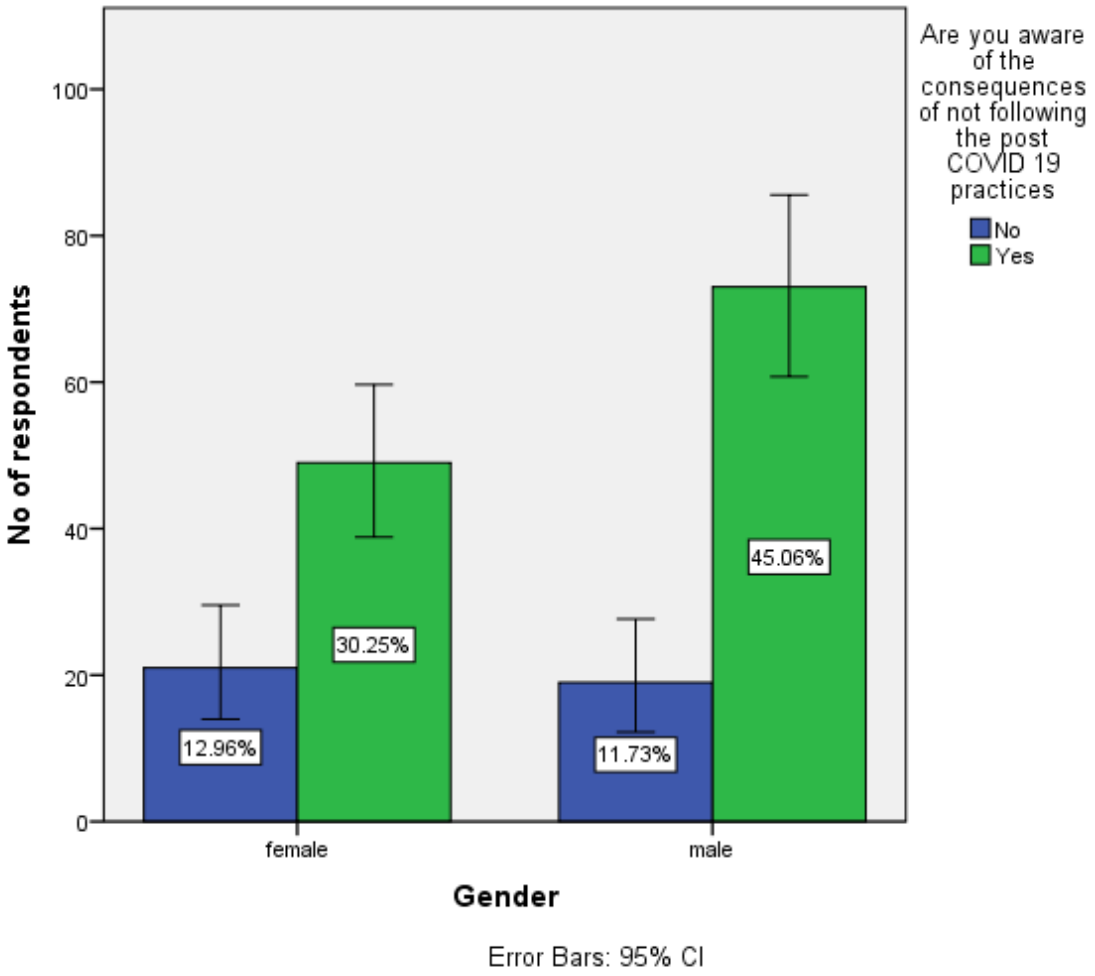

Figure 11: Bar graph depicts association between the gender of the participants and the awareness of the consequences of COVID-19. X axis represents the gender of the participants and Y axis represents the number of respondents. Green colour denotes Yes and Blue colour denotes No. 45.06% of males and 30.25% of females are aware of the consequences of not following safety practices after subsiding of COVID-19 first wave. 11.73% of males and 12.96% of females were not aware of the consequences of not following post COVID-19 first wave safety measures.The differences between the groups were statistically significant (Chi-square test, p value= 0.000).

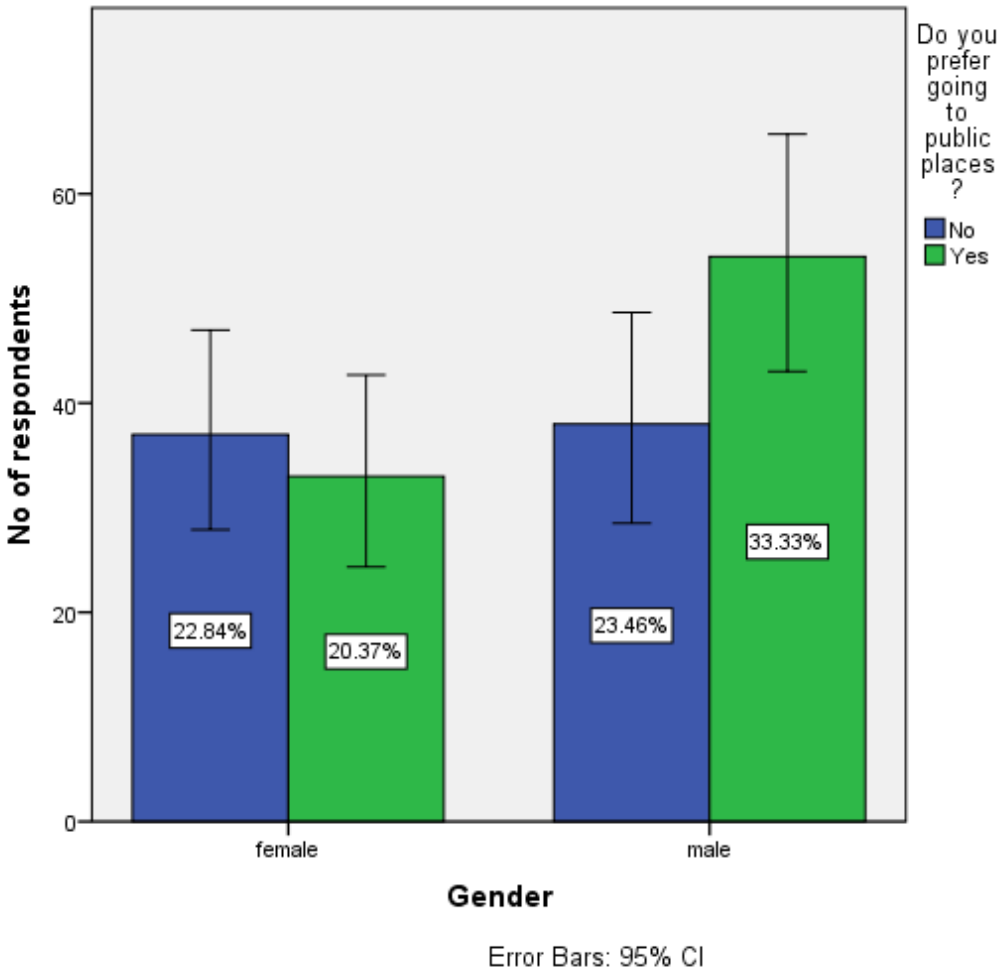

Figure 12: Bar graph depicts association between the gender of the participants and their preferences on going to public places . X axis represents the gender of the participants and Y axis represents the number of respondents . Green colour denotes Yes and Blue colour denotes No. 33.3% of males and 20.37% of females prefer to go to public places and 22.84% of females and 23.4% of males have not preferred to go to public places.The differences between the groups were statistically significant (Chi-square test, p value= 0.000).

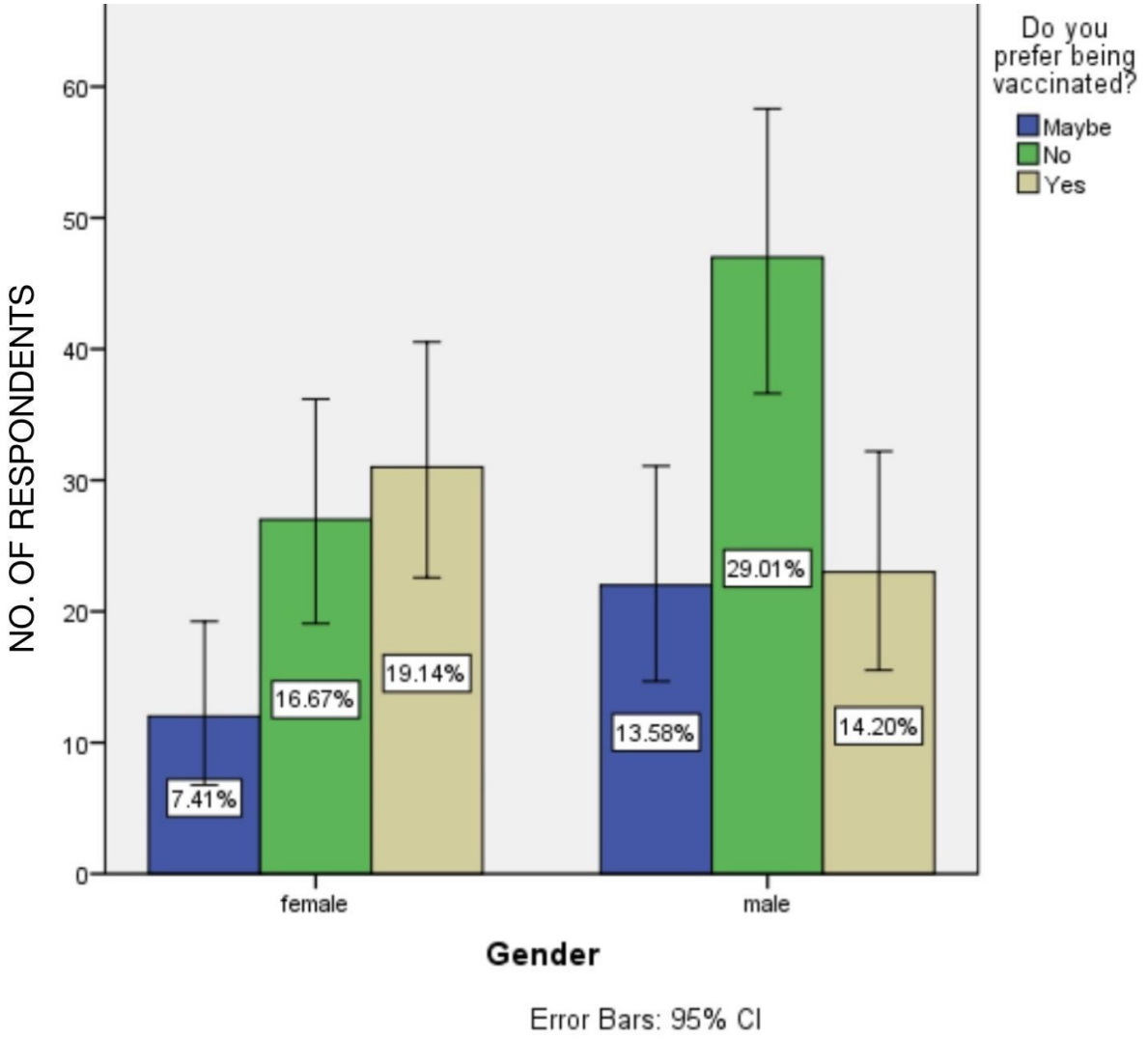

Figure 13: Bar graph depicts association between the gender of the participants and their preferences on getting vaccinated. X axis represents the gender of the participants and Y axis represents the number of respondents. Green colour denotes Yes, Blue colour denotes No , sandal colour denotes maybe. 19.14% of females and 14.20% of males have inferred that they will get vaccinated for their safety .16.67% of females and 29.01% of males have inferred that they will not get vaccinated. 13.58% of males and 7.41 % of females are not sure about getting vaccinated..The differences between the groups were statistically significant (Chi-square test, p value= 0.000).

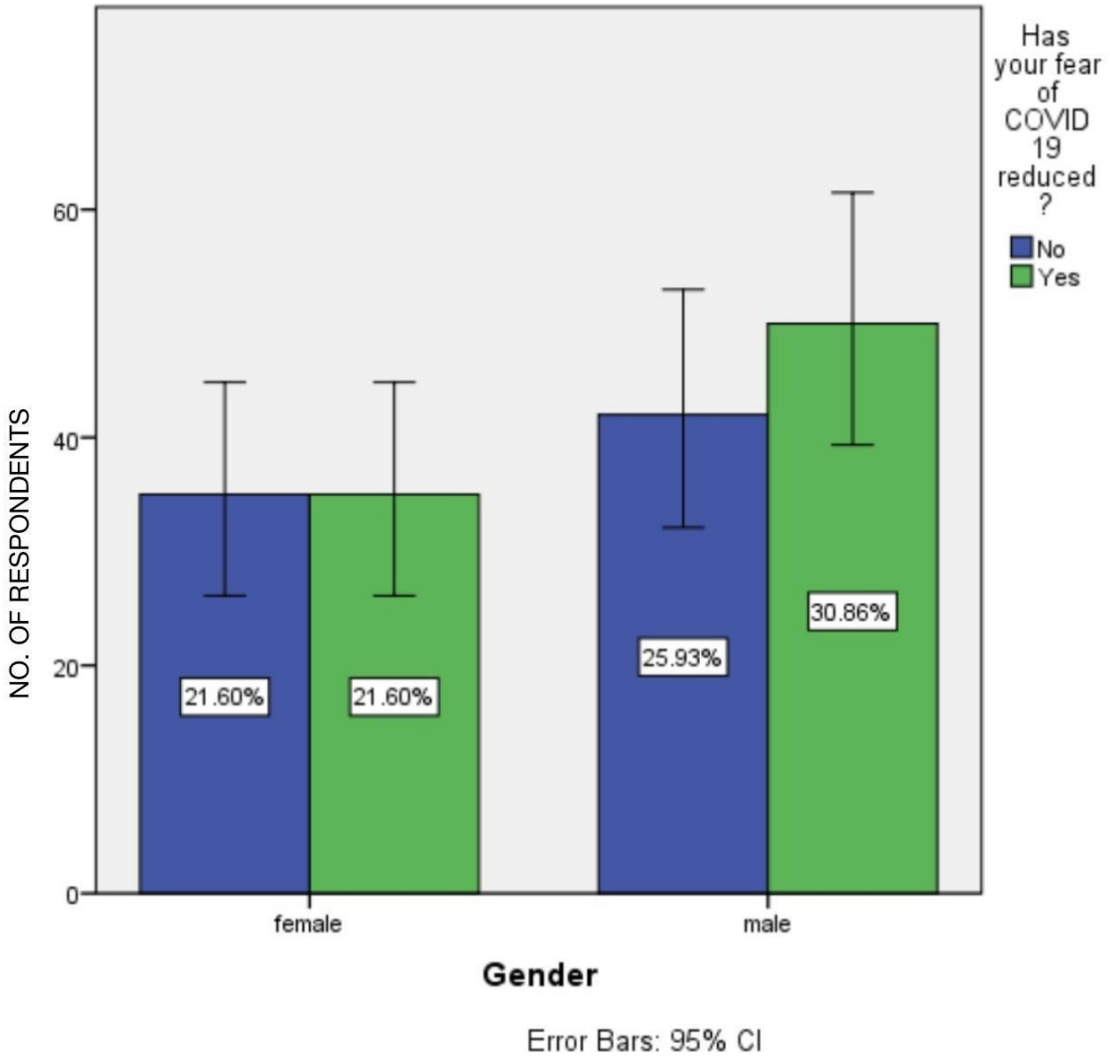

Figure 14: Bar graph depicts association between the gender of the participants and the fear of covid 19. X axis represents the gender of the participants and Y axis represents the number of respondents. Green colour denotes Yes and Blue colour denotes No. 30.86% of males and 21.60% of females have inferred that their fear of covid has reduced and 25.93% of males and 21.60% of females have inferred that they are still in fear of covid.The differences between the groups were statistically significant (Chi-square test, p value= 0.000).

DISCUSSION:

Knowledge on post Covid 19 practises: About 75% has inferred that they knew the consequences of not following post-COVID-19 practises, 24 % of people has inferred that they don't know the consequences of not following the post-COVID-19 practises, 55% of people has inferred that they could live a normal

life again and 44% has disagreed with that , people knew the consequences of not following the practises such as wearing mask, social distancing ,using sanitiser frequently but still the confidence in people that we could live a new normal life has to be builded up by this kind of study and survey. People didn't have that much knowledge because of illiteracy, carelessness,overconfidence and such factors.

Awareness on post-COVID-19 practice : Around 45% of people didn't want to get vaccinated 33% wanted to get vaccinated .Vaccinations for Covid has been launched in the society but still people have some false beliefs on the vaccination which has to be changed by the help of awareness and the celebrities and the government officials should be an initiators in getting vaccinated so that the people would trust the vaccinations and come forward to get vaccinated. 52% has no fear of Covid and 47% has the fear of Covid. "72.4% of people are afraid of Covid 19 was denoted in previous studies (31) ."the results in this study is in accordance with the other studies

Practices on post-COVID-19 : About 52 % of the people wear masks 47% do not wear masks regularly ,58 %of the people use sanitiser after exposure 41 %of the people does not use sanitisers after exposure, On a scale of 1 to 10 people feel protected at a level of 4, 25 % of the people will follow social distancing in post-COVID-19 time and 23 % do not follow social distancing in post-COVID-19 time , people prefer take in over dining and deliveries , people prefer going to public places that is 53 % prefer that 46 percentage do not prefer , people support at a level of four on reopening of schools , 87.5 % of people sanitise their hands after exposure,92.1 percentage has told that wearing masks is effective in previous studies (31).the results in the study is in this accordance with other studies people in developing countries are not that protective so there is a need to create awareness among the people "77.3 %of the people wash has 53.8 % avoid shaking hands was denoted in the previous study " this study has only 20 to 25% of people washing or sanitising hands (32) . which is in this accordance with other studies

In previous studies the COVID-19 which is a global pandemic arised from Wuhan of China infected all the people's lifestyle, they collected 522 responses from India. There was adequate awareness present in India, there was adequate awareness present in India. 98%of COVID is due to spreading and 95% is due to causative agent (33) ,Vaccination is launched so the false belief on vaccinations has to be changed. The confidence of people in the government will be increased, to make people follow the measures properly by making them understand the consequences of COVID-19 ,to make people aware

about the new normal life. In developing countries like India it is very important to intensify the fact that we have to be protective and build up our immunity against COVID

Limitation of the study is that it is conducted in a very small population only people who are accessible to internet and mobile phones have participated , it didn't reach the remote areas , the people in remote areas if they have answered the results may have changed the results , sampling size was very less, the study has to be done in a wider population and in a wider geographical area and the Google forms can also be printed and given to people for easy access and also to type in Tamil for the people who don't know English.

CONCLUSION:

People are aware about the consequences of not following the post-COVID-19 practices but there is practical lack of the protective practices such as regular sanitization, and wearing of mask, people show reluctance to get vaccinated because of the rumours spread around, hence there is a higher risk of spreading COVID-19, there is a need to educate people about the post-COVID-19 practices and to spread awareness to get vaccinated.The COVID-19 vaccines work with our immune system so that our body will be ready to fight the coronavirus if we are exposed to it. As the COVID-19 pandemic continues, getting the vaccine is a powerful step in taking charge of our health. When given as directed, the FDA-authorized vaccines can prevent severe COVID-19 and death. And, even if we are vaccinated, we should continue to wear a mask, wash our hands and practice physically distancing ourselves until the pandemic gets completely resolved.

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Saveetha dental college and hospitals

Saveetha Institute of Medical and technical sciences

Saveetha university

CONFLICT OF INTEREST:

All the authors declare that there was no conflict of interest in the present study.

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AUTHOR'S CONTRIBUTION:

Rasveya S: Literature search,data collection analysis, manuscripts drafting

Dr.Gheena S, Dr.S.Sandhya: Data verification, manuscripts drafting

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