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STRENGTHENING PREVENTION OF OMICRON INFECTION

Fuyong Jiao , Juyan wang & Chen Wang

Children's Hospital, Shaanxi Provincial People's Hospital, XI'AN, CHINA

Since The Omicron variant was reported in South Africa, Botswana and many countries in November 2021, the rate of prevalence has increased significantly^[1]. This variant is found in most U.S. states. As of 22 December 2021, Omicron variants have been identified in 110 countries in all six WHO regions. As of 17 January 2022, 118 countries had submitted 374,314 omicron virus genome sequences, according to the relevant virus database. At present, omicron variant strain has become the dominant epidemic strain in the world^[2]. What is the transmissibility of the Omicron variant? Multi-country epidemiological data suggest that the transmissibility of omicron variant strains is enhanced compared with other variants^[3]. A world Health Organization briefing on Omicron dated 23 December 2021 showed that the household renewal rate was 15.8%, higher than delta's 10.3%. Between 19 and 20 December 2021, 90% of COVID-19 cases in London and 76% in England were infected with the Omicron variant, according to the HEALTH And Safety Agency. According to the CDC website, in the week from December 26, 2021 to January 1, 2022, 95.4% of COVID-19 cases in the us

mainland were infected with the Omicron variant. Studies have also confirmed that the omicron variant is two to three times more transmissible than the Delta variant. Infection with the Omicron variant causes mild clinical symptoms.

Infection with the Omicron variant causes milder or asymptomatic clinical symptoms, with a higher proportion of patients with milder symptoms and a lower rate of hospitalization^[4]. Omicron is more likely to infect the upper respiratory tract. An in vitro experimental study from The Hong Kong Special Administrative Region of China showed that the omicron variant replicates 70 times faster than the Delta variant in the human bronchi and 10 times slower than the Delta variant in the human lung tissue, which may be one reason for the lower inflammation of the disease. Omicron is highly contagious and has mild symptoms, but it is unclear whether it has any after-effects^[5].

Despite the large number of mutations, the Omicron variant showed similar sensitivity to the eight most important 2019-NCOV drugs and drug candidates. Existing drugs remain effective against the Omicron

variant, especially those targeting non-spike proteins.

How to prevent and control - common 6 simple and effective prevention methods

The global epidemic is not evenly distributed, with priority countries accounting for 60% of the global total, of which 10 countries at most account for more than 150 million, or 60% of the global total. Mathematical models show that Omicron is more infectious than Delta and that it spreads faster, but it is clear that our public health measures are effective regardless of the mutation. Public health measures such as wearing masks and social distancing are effective against all mutant strains.

We recommend that countries strengthen surveillance, reporting and research on THE COVID-19 virus and take effective public health measures to stop the spread of the virus.

1. Wearing masks is still an effective way to block the spread of the virus, which is also applicable to the Omicron variant. Wearing a mask in indoor public places and on public transport is also necessary even after full vaccination and booster shots have been completed.

2. In addition, wash your hands frequently and do a good job of indoor ventilation. Also avoid going to poorly ventilated or crowded places,

3. Do a good job in personal health monitoring. Monitor your body temperature and seek medical advice when you have suspected COVID-19 symptoms, such as fever, cough and shortness of breath.

4. Reduce non-essential travel. Try not to travel to high-risk countries or regions and, if necessary, strengthen personal protection during travel to reduce the risk of infection with the Omicron variant strain.

5. At present, all variants may cause severe illness or death. Preventing transmission of the virus is therefore always key, and the Novel Coronavirus vaccine remains effective in reducing severe illness and deaths.

6, improve the body immunity, reasonable diet, more sunshine, supplement vitamin D

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