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## Middle East respiratory syndrome coronavirus (MERS-CoV)

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MERS-CoV is a new novel coronavirus that caused severe acute respiratory infection, first identified in Saudi Arabia in September 2012. Current incidence rate reports 1625 infected, 585 died and 36% case fatality rate worldwide. MERS-CoV is a type of coronavirus, similar to the one that caused SARS (severe acute respiratory syndrome). It has been detected in camel meat, organs, milk and urine. Initially, the illness resembles influenza with fever and a mild cough followed by breathing disorder often progresses to severe dyspnoea and hypoxia. MERS can be detected in any age group. Elderly people and people underlying medical conditions such as diabetes, heart diseases and liver diseases are at risk of severe infection. The progression may be rapid, or may take several days. Severely affected people develop a potentially fatal form of respiratory failure, known as adult respiratory distress syndrome (ARDS). In addition to attacking the alveoli in the lungs it also causes kidney failure, pericarditis and disseminated intravascular coagulation. Although most cases of MERS have occurred in Saudi Arabia and UAE, cases have been reported in Europe, USA and Asian people who travelled from Middle East or their contacts. Recent travellers returning from the Arabian Peninsula and neighbouring countries should be tested for MERS-CoV. MERS-CoV is detected using a reverse transcriptase polymerase chain reaction (PCR) test. Frequent hand hygiene using soap and water, an alcohol-based hand sanitizer, avoidance of close contact with sick people and avoidance of touching one's eyes, nose and mouth can prevent the spread of viruses. No vaccine is commercially available till date.

### Biography

Mehul Derick Lal is pursuing his GNM (General Nursing and Midwifery) from Christian College of Nursing, Faculty of Health Sciences, SHIATS Allahabad, U.P, India. He has participated in various health camps and various health care activities in the community.

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