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**ORIGINAL ARTICLE**

# Epidemic of Coivid-19 Contagion in Pakistan (Asia): a Perspective Assessment

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## ABSTRACT

**Background:** On November 18, 2019, a 57-year-old man from China's Hubei province got COVID-19, the first instance of coronavirus. It takes physicians in China more than a month to identify additional instances in Wuhan, China. Within a week, the coronavirus appeared in a Chinese seafood and meat market and swiftly expanded to at least 180 nations, killing over 125,000 people and infecting over a million.

**Method:** Our data comprised the overall number of coronavirus cases, cases reported, repeated cases, and fatalities caused by the outbreak. For pandemic coronavirus, content method was used to analyze data from March 27, 2020, to May 24, 2020, in Pakistan.

**Results:** COVID-19 had an impact on both developing countries and developed countries, according to the findings. Likewise, coronavirus active cases and fatalities have been documented in all parts of Pakistan.

**Conclusion:** Coronavirus originated in China and now affects 180 nations, includes Pakistan. Pakistan is an impoverished country that is unprepared for a pandemic. As a result of this coronavirus Outbreak, Pakistan could confront a slew of difficulties in the future.

**Keywords**: Coronavirus. COVID-19, Pakistan, health, Pandemic, Developing countries

## INTRODUCTION

On November 18, 2019, a 57-year-old man from China's Hubei Province received COVID-19. Initially people working in seafood market in Hubei province reported Pneumonia like symptoms. But later on, same patients were reported in other areas also. The clinical findings among most patients were dry cough, dyspnea, and fever. Soon many people were affected, therefore the centers for disease control and prevention designate the pathogen as "sever acute respiratory syndrome coronavirus 2. Later on, research found that it belongs to SARC family and it was named as COVID-19 or coronavirus disease in 2019. On November 18, 2019, a 57-year-old man from China's Hubei Province received COVID-19.

Although rest of the world was ready to control this outbreak in their countries but in short time it spread to rest of the world through travelling and physical contacts. Now at least 177 countries are facing the corona virus pandemic. Till date around 144,683 people have been died and 216, 2408 are sick. Throughout the world the number of sick people is increasing which can leads to further deaths. Not only the developing but developed countries such as USA, Spain, Italy, France, Germany and UK reported large number of deaths.

On February 26, 2020, Pakistan announced the first two cases of coronavirus. First case was reported in Karachi in a 23-year-old male with the traveling history of Iran, while second case was reported in Islamabad. After that many cases were reported from all the provinces of Pakistan. In Pakistan due to insufficient coronavirus testing kits, number of coronavirus cases are 8,418 and 176 people have been died. However, health minister stated that, number of cases may be more than lakh. This number may also increase with passage of time and after the major lockdown in Pakistan. Therefore, this paper highlights the current stats and figure on coronavirus disease in Pakistan. The implication of this paper is discussed.

After the spread of coronavirus from China to rest of the world. To prevent the spread of the pandemic, the government of Pakistan has also adopted stringent steps such as designing specific hospitals, laboratories for testing, segregation and quarantine facilities, information campaigns, and lockdowns in all areas. However, the population of Pakistan is high and current situation of Pakistan is not satisfactory. Pakistan is facing financial problem to invest in health and secure the lives (Waris, Khan, Ali, Ali, & Baset, 2020). In another study conducted by (Iqbal et al., 2020) find that coronavirus belong to SAARC family spread very quickly. The virus spread through interaction with an infected person, sneezing, coughing, touching and air inhaling of aerosol droplets. There is no vaccine available therefore it can only be control through social distancing using protective gear such as masks and gloves, avoiding gathering and handshakes, hugs or any other form of social contact. Similarly, (Ahmad, Khan, Khan, & Hui, 2020) find that Pakistan is a developing country and due to lack of facilities such as testing and diagnosing kits, and other resources in the form of doctors and hospitals, Pakistan is not ready to control any trauma associated with Covid-19, which may result in crises by the number of increases in cases and deaths.

Pakistan is in higher risk of COVID-19 due to intra country traveling and lack of health facilities. Due lock down, people were traveling from their destination to various parts of the country. Therefore, cases were reported in all parts of the country. The researchers suggest that corona outbreak can be control through social distancing and restrictions on traveling (Inamullah, Nasir, Rehman, Rehmat Ullah, & Ashraf Uddin, 2020). In a study conducted by (Qureshi, Imdad, & Abbas, 2020) find that, in Pakistan healthcare workers have insufficient knowledge of preventive measure and infection control. Therefore, not only the other people but doctors are affecting from this pandemic. The government need to increase awareness both in general public and health care workers to combat the covid-19 in Pakistan. (Mukhtar & Mukhtar, 2020) Highlighted that corona virus is a pandemic and it can be control through care. World health organization is offering online training courses to interested individuals to fight the virus. Similarly, people can be safe from this disease through simple precautions such as washing hands, social distancing and avoiding contacts. (Ali & Gatiti, 2020) highlighted the role of librarians and informational professional in the control Covid-19 in Pakistan. This research conclude that Pakistani librarian support public health awareness, support research teams, research and faculty and provide routine core services for regular library users. (U. U. R. Qureshi et al., 2020) highlighted that, the main reason behind spread of coronavirus in Pakistan is the traveling from China to Pakistan. As the pandemic was first identified in China, Wuhan city, therefore many people were affected. To control this disease, Pakistan needs to check airports and test the people coming from other countries on airports and borders.

Likewise, (Khan, Siddique, Ali, Xue, & Nabi, 2020) Suggested that poor countries such as Pakistan, India and

Bangladesh are already facing many issues and due to poverty and economy they cannot go for lock down and health emergencies. Therefore, these countries need to invest their energies on the primary level of prevention. (Ahmed et al., 2020) Find that Covid-19 need further research and studies to control the pandemic. However, it is advised to keep distance and avoid gathering which will reduce its spread. Similarly, (Durrani & Zaheer, 2020) highlighted that, currently no vaccine is available for this pandemic. Currently for the screening purpose of Covid-19, RT-qPCR based test are used as an initial detection. However, for massive people these tests are expensive and time taking. The new development in the form of Immunoassay procedures (liquid Phase tests or bed side test which takes only 10-20 minutes can help and accelerate the treatment. Pakistan facing difficulties in diagnosis, and treatment need to adopt the immunoassay procedure for mass scale screening and confirmation of Covid-19 Pandemic. (Saqlain, Munir, Ahmed, Tahir, & Kamran, 2020) Highlighted that Pakistan is located between two main coronavirus centers, one is Iran and the other one is China. However, in comparison to china and Iran Pakistan is not prepared to fight this pandemic. As Pakistan have not sufficient technology, healthcare workers, hospitals, quarantine units and economy to feed its people in lock down. Coronaviruses affect animals and birds all throughout the globe, but some of these viruses infect humans, causing respiratory illnesses and, in rare cases, severe disease (Ullah, 2020).

## METHODOLOGY

Researcher screened and analyzed data from World health organization and government of Pakistan data bases on Covid-19. Because the first incidence of coronavirus was confirmed in Pakistan on February 26, 2020, researchers examined data from that date through September 24, 2021. After collection and analysis researcher present the data in the form of tables. This research applied quantitative method in the form of content analysis.

## RESULTS

This section of paper present results in the form of tables.

Table 1: World Top Five Most Effected Countries in the World

| RANK | COUNTRY | TOTAL DEATHS |
|---|---|---|
| 1. | United States | 589,402 |
| 2. | Brazil | 381,475 |
| 3. | Mexico | 213,597 |
| 4. | India | 184,657 |
| 5. | United Kingdom | 127,577 |

After the outbreak of COVID-19 from China, at least 177 countries are affected. Not only have the developing but developed countries faced many problems. Among them are USA, Spain, Italy, France and Germany. These countries report massive deaths and cases, for example USA report 792,938 active cases, 42,518 deaths and other 13,951 are critical. Similarly, Spain, Italy, France and Germany reported large sum of cases and demises owing to COVID-19, Pandemic.

Pakistan is also affected by the COVID-19 pandemic. Coronavirus first case was reported on 26 February in Pakistan. So far Pakistan report 1,236,888, confirmed cases, 52042 active cases, 27524 deaths and 1,157,322 recoveries. However as reported by the health department of Pakistan, the active cases in Pakistan may be more than a Lakh in Pakistan. But due to lack of resources and testing kits, a small number of people were tested in some first months.

Table 2: Total Covid-19 Cases in Pakistan

| Country | Confirmed Cases | Active cases | Deaths |
|---|---|---|---|
| 1,236,888 | 52,042 | 27,524 | 1,157,322 |

Similarly, Pakistan reported cases and deaths from every corner of the country, starting from Northern areas to Sindh and Baluchistan. Among the provinces Punjab report 4195 number of confirmed cases, 3407 active cases 45 deaths. However, it should be noted that Punjab is the largest province of Pakistan by the size of population. Likewise, Sindh report 61 deaths, KPK report 74 deaths and Baluchistan report 6 deaths from COVID-19.

Table 3: Province Wise Covid-19 Cases in Pakistan

| Province / City | Confirmed Cases | Active cases | Deaths | Recovered Cases |
|---|---|---|---|---|
| Punjab | 427,583 | 20,125 | 12,535 | 394,923 |
| KPK | 172,766 | 5750 | 5488 | 161,528 |
| Sindh | 454,510 | 22,372 | 7327 | 424,811 |
| Baluchistan | 32,837 | 230 | 346 | 32,261 |
| GB | 10,293 | 189 | 184 | 9912 |
| Islamabad | 104,913 | 2512 | 910 | 101,491 |
| AJK | 33,990 | 860 | 734 | 32,396 |

Mostly cases were reported in males because in most cases women stay at home while male members go outside the home for earning money to feed his family. Similarly, very few cases were reported in Youngers which show that COVID-19 virus had less effects on the Youngers. Table number 4 show that among the most effected people are those who are aged and male.

Table 4: Covid-19 Demographic Deceased (%)

| AGE | DEATH RATE (Confirmed) | DEATH RATE (All Cases) |
|---|---|---|
| 82+ years Old | 22.8% | 15.9% |
| 71-81+ years Old | - | 7.1% |
| 61-70+ years Old | - | 4.7% |
| 51-60+ years Old | - | 2.4% |
| 41-50+ years Old | - | 1.5% |
| 31-40+ years Old | - | 0.3% |
| 21-30+ years Old | - | 0.4% |
| 11-20+ years Old | - | 0.3% |
| 0-10+ years Old | - | No fatalities |

Table 5: COVID-19 Fatality Rate by SEX:

| Sex | DEATH RATE (Confirmed Cases) | DEATH RATE (All Cases) |
|---|---|---|
| Male | 5.8% | 3.9% |
| Female | 3.9% | 2.8% |

## DISCUSSION

Phylogenetic analysis suggested that SARS-CoV0-2 is comparable to corona virus circulating in horseshoe bats, that was independently originated from animal and introduced in to humans. SARS-CoV-2 may have originated from seafood market in Wuhan and related with contaminated substance in market region (Lai, Shih, Ko, Tang, & Hsueh, 2020). Like other viruses, SARS-CoV-2 infect lung alveolar epithelial cells. Studies suggested that combination of antiretroviral therapy might improve the clinical outcome of SARS-CoV-2 patients and can also be the option for Covid-19 patients (Delavan & Meyer, 2020). Though contagion is supposed to be controlled in China over severe public health control measures, but in Iran cases have been increased (more than 8000) and take two months to prepare for the response (Moussa-Basha et al., 2020). Iran and Italy show high rate of deaths (Macintyre, 2020). Pakistan borders states infested with Covid-19, including China and Iran show mortality rate of (3161, 291). In comparison to China and Iran, Pakistan has a poor health-care system and a weak administration. The current situation necessitates a high level of readiness and a long-term solution. Pakistan's possible measures for reducing the number of cases include active monitoring, early discovery, quarantine, clinical care, and tracking of close contacts (Saqlain, Munir, Ahmed, Tahir, Kamran, et al., 2020). The economic growth of Pakistan with layoff 18.53 million of those employed in different sectors and this cost would increase if this lock down would extend. Moreover Covid-19 virus in Pakistan was compared with other countries virus to see

the alignment, similarity and found maximum similarity with Vietnam, USA, Italy and china and least similarity were found in Indian corona virus. Currently has spread to 181 countries and region and caused 62784 deaths globally and Pakistan will poor health care facilities are at great risk (Qasim, Ahmad, Zhang, Yasir, & Azhar, 2020). The simulation results are quite disturbing, even after social distancing and house quarantine the spread of covid-19 would be significant. Seasonal influenza are the pathogens of pneumonia include different types of virus adenovirus, human bocavirus, parainfluenza virus and corona virus.

## CONCLUSION

According to the epidemiological data presents, a huge number of populations is susceptible to be infected with Covid-19 infection. Scientists, researchers, and doctors are looking for an effective antiviral treatment alternative that is presently being evaluated. What we can do today is take precautionary measures to disseminate Covid-19 across the environment. The more we know about this new virus, the more we will be able to respond. Globally it has become clinical threat for healthcare workers and general population and least information is present to understand this novel corona virus.

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