

Evaluation of high risk behaviors related to exposure to the virus in patients with Covid 19 in two weeks before the onset of symptoms in patients admitted to Imam Khomeini Hospital in Ardabil in September 2020

Abstract

Background: Coronavirus 2019, also known as coronavirus in general, is an infectious disease caused by the coronavirus Acute Respiratory Syndrome 2 (SARS-CoV-2). The disease has caused epidemics in 2019 and 2020. Common symptoms are fever, cough, shortness of breath, and anosmia. Due to the nature of this disease, high-risk behaviors such as not using a mask and not washing your hands frequently and not observing social distance cause its rapid spread and now There is no effective drug treatment or preventive vaccine and the only way to prevent this disease is to follow the health protocols announced by the World Health Organization.

Aim: In this study, we intend to ask the patients who were admitted to Imam Khomeini Hospital in Ardabil in September 2020 due to acute respiratory symptoms about the observance of health protocols, especially during the mourning days of Muharram 99 and the assess the rate of observance of masking and hand washing and the observance of social distance.

Material and Methods: In this project, patients with acute respiratory symptoms and suspected coronary CT scan who have been admitted to Imam Khomeini Hospital in Ardabil with the discretion of an emergency physician will be interviewed and after completing the questionnaires from SPSS software will be used to analyze the data.

Results: After collecting the data, the results showed that patients did not observe social distance effectively, so that about 60% of patients had participated in periodic meetings at least once in the last two weeks before the disease. Also, about 73% of patients did not wear masks at home. The rate of hand washing in patients was low and about 72% of patients washed their hands only after defecation and before eating, and 20% of people washed their hands regularly.

Conclusion: The results indicate that patients do not adhere to health protocols effectively and need incentives to spread health behavior and create strict restrictions for people who violate health protocols to reduce human-to-human transmission of the virus. The first priority to reduce the incidence of the disease is to prevent family cycles.

Keywords: Covid 19 - Health protocols – Mask wearing - Social distance - Hand washing