

## COVID-19 Course of Infection and Disease

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Dear Editor,

COVID-19 course of infection and disease. World Health organization declared COVID-19, a global pandemic on March 11, 2020. This has had far reaching impact on lives of the people, health care systems, community and economy of all countries worldwide. COVID-19 is a multisystem disorder primarily affecting the lungs transmitted mainly through droplet infection.<sup>1</sup> The estimated range of incubation period for COVID-19 is 2-14 days from the time of exposure, with a median incubation period of 4 to 5 days.<sup>2-3</sup>

Based on the severity of illness, adults with COVID-19 are grouped into five categories, even though the criteria in each category may overlap; asymptomatic/pre-symptomatic infection, mild illness, moderate illness, severe illness and critical illness.<sup>3</sup> As per Center for Disease Control and Prevention (CDC) USA, around one third of the patients infected with COVID-19 may remain asymptomatic but can transmit the disease while among the symptomatic, around 80% develop mild to moderate disease, while 15% develop severe lower respiratory tract infection, 3-5% develop critical illness and 0.5-1% of patients die.<sup>4</sup>

Frequently cited estimate is that most people recover from 'mild' infections within two weeks and more serious disease within three weeks.<sup>3</sup> Patients who had recovered from COVID-19, majority reported the persistence of one or more symptoms, particularly fatigue and dyspnea.<sup>4</sup>

Various names have been given to these post recovery presentations such as "Long Covid" or "Long Haul Covid" "Ongoing Covid19". It is yet to be proven whether the symptoms of all of these people are due to the same phenomenon or any other explanation for these presentations is there.

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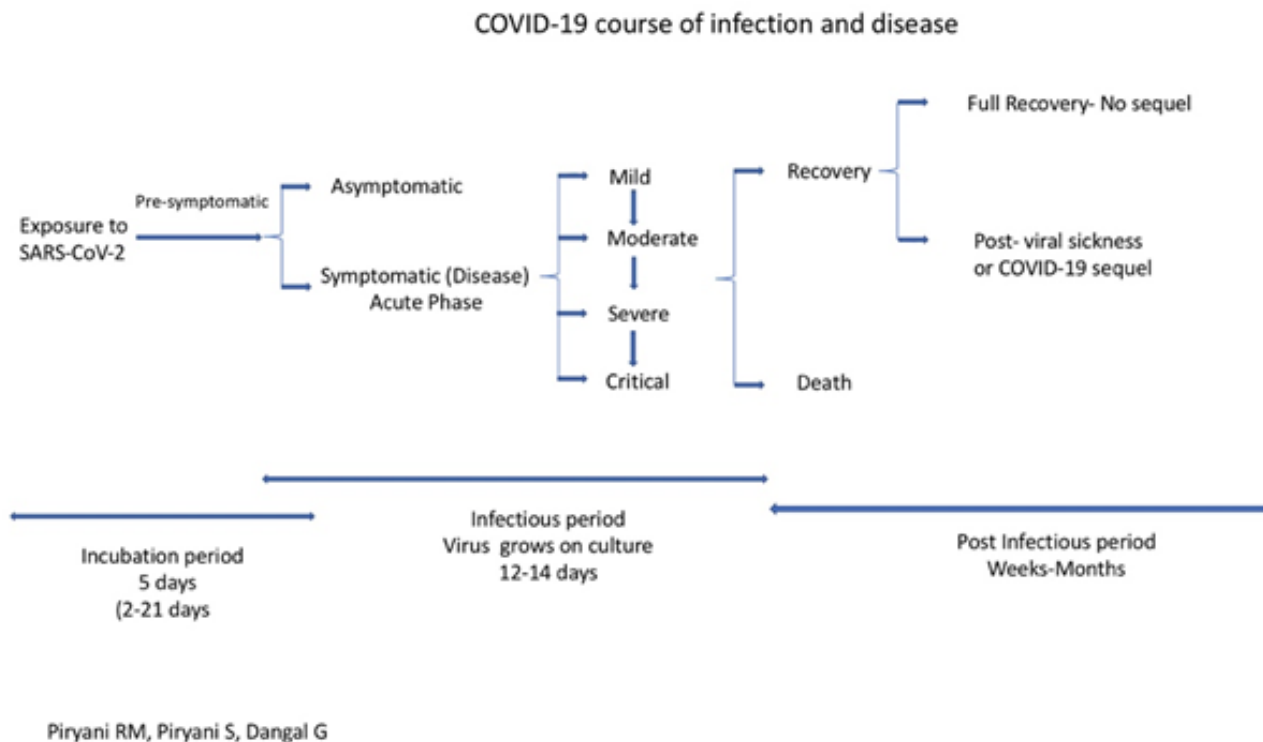


Figure 1: COVID-19 course of infection and disease

Healthcare community are still in process of understanding the pathogenesis of disease in depth, hence there is need to be cautious in drawing conclusions hastily.<sup>1,5</sup> We have framed the COVID-19 course of infection and disease based on the mentioned facts. In this we have mentioned the sickness of this group of patients as post viral sickness or COVID-19 sequel. (Figure 1)

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