

## Moving Forward During COVID-19 Pandemic

Armando Montesinos F

*Orthodontics Department, Division of Postgraduate Studies and Research, Dental Faculty, National Autonomous University of Mexico, Mexico*

At the end of 2019 (December in Wuhan, China) a new disease was identified (Coronavirus Disease 2019 COVID-19) caused by the Severe Acute Respiratory Syndrome Coronavirus SARS-CoV-2 [1,2]. The world was about to change completely; it became a public health emergency of international concern in January 2020 and in March 11 The World Health Organization (WHO) declared COVID-19 a pandemic. The COVID-19 Pandemic is ongoing and this highly infectious viral disease has claimed thousands lives worldwide, has caused the disruption of economics and social activities; religious, sports, political and cultural events have been cancelled. Social distancing, general hygiene measures and the use of face masks help prevent people from spreading COVID-19 and also protect wearers from being infected themselves. All activities have been impacted, how we live and interact with each other, family, friends, colleagues or strangers, how we work and communicate, how we move around in daily life and travel; COVID-19 pandemic has changed the world.

The virus is highly contagious during its latency period and in asymptomatic patients; it is a clear danger alarm of potential hazard in spreading infection within dental practice: doctors, staff and patients [3]. Reinforcing infection control measures, minimizing personal contact and aerosols production are keys to prevent contamination in dental practice [4-6].

Oral health professionals, dental associations and regulatory bodies are facing diverse challenges to continue providing dental care and promoting the oral health of the population, while at the same time protecting patients and practitioners from the health threat posed by SARS-CoV-2 [7].

The world is lockdown and pinned until scientists get the disease under control, there is a chance that a vaccine will be available for next year but there is no certainty; meanwhile we need to stay focused and alert following the expert recommendations and restrictions.

Science has never stopped, every challenge humankind has faced is a step forward, COVID-19 pandemic is a challenge to humanity; everybody has changed their lifestyle from toddlers to the elderly population. It is a time for reflection on different aspects from

### \*Corresponding author

Armando Montesinos F, Orthodontics Department, Division of Postgraduate Studies and Research, Dental Faculty, National Autonomous University of Mexico, Mexico

Submitted: 29 Sep 2020; Accepted: 03 Sep 2020; Published: 07 Oct 2020

spiritual matters, family, work, friendship, etc. A time to value the greatness of life and everything it implies, we need to adapt an keep on going, may be the world will never be the same again, may be we will never be back to “normal”; depression, anxiety, fear and uncertainty rise as breaking news happen but also there is a light of hope when someone reports good news about the COVID-19.

As oral health care practitioners, researchers and scientists, we need to move forward to protect ourselves, staff, patients, colleagues, and loved ones, make our best effort to contribute to the fight against coronavirus by playing our part, and keep on with our research work.

### “Godspeed and Keep Safe”

### References

1. “Naming the coronavirus disease (COVID-19) and the virus that causes it” World Health Organization (WHO).
2. “Novel Coronavirus-China” World Health Organization (WHO).
3. Jin YH, Cai L, Chen Zs, Cheng H, Tong Deng, et al. (2020) A rapid advice guideline for the diagnosis and treatment of 2019 novel coronavirus (2019-nCov) infected pneumonia (standard version). *Mil Med Res* 7: 4.
4. Peng X, Xu X, Li Y, Cheng L, Zhou X, et al. (2020) Transmission routes of 2019-nCoV and controls in dental practice. *Int J Oral Sci* 12: 9.
5. Chan JFW, Yuan S, Kok KH, To KKW, Chu H, et al. (2020) A familial cluster of pneumonia associated with the 2019 novel coronavirus indicating person-to-person transmission: a study of a familial cluster. *Lancet* 395: 514-523.
6. Turkistani KA (2020) Precautions and recommendations for orthodontic settings during the COVID-19 outbreak: A review. *Am J Orthod Dentofacial Orthop* 158: 175-181.
7. FDI World Dental Federation COVID-19 Resource Library.

**Copyright:** ©2020 Armando Montesinos F. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.