

## PREVENTION IS BEST ESCAPE TO COVID-19

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**ABSTRACT :** COVID-19 is an infectious outbreak which has been declared as pandemic diseases by World Health Organization. This disease caused by SARS-CoV-2 virus transmits through droplet infection. Recent research highlights the airborne transmission of this virus. Since at present there is no vaccination against COVID-19, therefore the only escape route or prevention is to follow the preventive measures suggested by government and boost one's immune system. Natural herbs, yoga, meditation and mild exercise are known to act as immunity boosters.

**Key words :** *COVID-19, SARS-CoV-2, Immune system.*