

EFFECTIVENESS OF MASK WEARING DURING THE COVID-19 PANDEMIC

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Introduction. During the COVID-19 pandemic wearing a mask in public places became more relevant than ever. But people still do not fully understand the benefits of wearing them. Some people have doubts about masks benefits. Others argue about which mask is best to use. For some people the right way of wearing the mask is an open question.

Aim. To analyze the scientific literature data, as well as the recent researches concerning statistics on masks wearing and its efficiency.

Materials and methods. PubMed, Medline and Medscape resources have been applied for search and analysis.

Results and discussion. Based on the analysis of hundreds of COVID-19 cases, protective masks are the most effective in specific conditions, such as the case when a person has been exposed to COVID-19 for more than three hours or has been inside an enclosed space. The study shows that some measures known as non-medicinal measures, such as distancing and wearing masks, help to prevent the transmission of SARS-CoV-2. Earlier studies have provided proof that masks wearing helps to protect against infection, but the latest works shows that it is useful even when other measures, such as distancing, are not used. It should be noticed that studies were conducted before the Delta high-intensity strain spread, and comparing infected people with control participants is challenging.

The statistics comparing mortality from coronavirus disease in the United States, the United Kingdom and South Korea is impressive. In South Korea, the figures are significantly lower. This result was obtained thanks to the habit of wearing masks. The lesson was learned in fighting the pandemic "swine flu" in 2009 and the MERS epidemic in 2015. Moreover, the important things were establishing PCR tests for everyone, quarantine, wide coverage of testing from the very beginning of the pandemic, extensive and fast tracking of contact persons for further testing, and, if necessary, isolation. Preventing of COVID-19 spread also was contributed by voluntary registration of citizens in public places by QR code; ventilation in public transport, usage of HEPA filters in public places.

Conclusions. The findings fill the gap in knowledge about the efficacy of nonpharmaceutical interventions and, therefore, may help in the development of policies to control the spread of viruses.

EXPERIMENTAL STUDY OF DRUGS IN MODERN THERAPY OF ANXIETY DISORDER

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Introduction. Anxiety disorders are among the most common mental health problems in the world. In addition, among all medical problems, anxiety also holds the leading position in terms of