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**CORONAVIRUS - WHAT IS IT?** S. Yuldasheva, M. Yuldasheva

**Abstract:** Health is the sum of a person's physical and mental characteristics. His longevity and the implementation of his creative plans are a prerequisite for the happiness of our society - high productivity, a strong, harmonious family. It is now called the coronavirus (COVID-2019), which has shaken the whole world and killed thousands of people. In the short name COVID-19, "CO" means corona, "VI" means virus (virus), and "D" means disease.

COVID-19 is a new virus that belongs to the family of viruses that cause severe acute respiratory syndrome and some types of acute respiratory viral infection (ARVI). As a result of the inspections, the coronavirus was detected in mid-December 2019 in the local population involved in the Huanan Animal and Seafood Market in Wuhan, Hubei Province. The market sells seafood, dog meat, snakes and even bats. The coronavirus is thought to have mutated in animals and transmitted to humans. Experts say that the disease was transmitted by bats and then by snakes.

**Keywords:** health, virus, disease, pneumonia.

The virus is transmitted directly through the air, droplets, coughing and sneezing. It can also be transmitted by touching surfaces contaminated with the virus. The COVID-19 virus retains its strength on the surface of items for several hours, but simple disinfectants can kill it. Symptoms of coronavirus include high body temperature, cough, and shortness of breath. In more severe cases, the infection can lead to pneumonia or difficulty breathing. In rare cases, the disease can be fatal.

These symptoms are similar to influenza or ORVI, which are more common than COVID-19. Therefore, a medical analysis is needed to confirm that the person is infected with COVID-19. To date, no vaccine or drug has been developed to protect against the virus. This is because the vulnerabilities of the virus have not been fully studied.

The geography of virus spread is expanding. The virus was first reported in Uzbekistan on March 15, 2020. A lot has been done by our government.

Since that day, the quarantine system has been introduced in our country. Higher, secondary and pre-school education institutions, enterprises and a number of factories were closed due to quarantine. Weddings, family and public events, and public gatherings are strictly forbidden. Our compatriots infected with the virus are receiving free treatment by the state. Currently, despite the pandemic in all countries, charter flights have been organized to bring our compatriots abroad who intend to return to Uzbekistan, and 14-day quarantine zones have been established for our compatriots.

Coronavirus was originally detected in our compatriots in the quarantine center, who came to our country through charter flights, and now the number of cases among the population is growing. The head of state and the government are developing a number of measures to reduce the number of these indicators, including the spread of the disease, treatment of patients, prevention of the spread of the virus among the population, health, law enforcement agencies, state security service, national guard. Its employees work day and night to serve the citizens of our country. All we are required to do is strictly follow the quarantine rules.

To do this, wash your hands frequently with soap. Wash your nose before eating, especially when you blow your nose, cough or sneeze, and after using the toilet. In the absence of soap and water, use a hand sanitizer that contains at least 60% alcohol. It is important to follow respiratory hygiene. When coughing, cover your mouth and nose with a bent elbow or paper towel, then throw the napkin in a sealed container. Influenza vaccine is also helpful. It is therefore important to remember to vaccinate yourself and your child in a timely manner. Stop going to crowded places, and don't go outside unless you have something to do.

And when you go out, don't forget to wear a mask and use antiseptics.

The Prophet (peace and blessings of Allaah be upon him) said in several hadeeths that if a plague spreads somewhere, he should not go there, and if it appears in the place where he is present, he should not run away from it. The so-called "siege" of quarantine carried out by modern medical experts today also reflects the content of this hadith.

After all, a virus of any epidemiological nature spreads very quickly, and then dies very quickly. After the outbreak of the epidemic is over, over time, the nature of the virus changes and people become less susceptible to it.

In conclusion, man is a great miracle of nature. Man can save nature and longevity only if he takes care of his health. Therefore, it is obligatory and obligatory for everyone to think about themselves, take care of their health and self-esteem. In the words of our President, let's take care of our God-given health. Because only a healthy person can be truly happy, because only a healthy people, a healthy nation can do great things.

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**ABILITY AND TALENT,**  
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**Abstract:** Over the years, differences and similarities in abilities and talents have caused many problems and controversies. This article summarizes the differences.

**Keywords:** ability, talent, upbringing, psychology, thinking, understanding, idea, elements, qualities, ability.

The formation of abilities and talents, the achievement of any success, is more closely linked to human psychology. Many psychologists believe that a person is capable of anything and achieves a lot if he is satisfied with his mood and working conditions.

Well, now let's talk about this talent and ability, let's learn it with young children. Nowadays, in the age of scientific and technological progress, children have to store a lot of things and information in their memories. In addition, modern demand requires it.