“AN A.P.P.L.E A DAY WILL KEEP THE COVID AWAY”

by: 
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More than a year has passed and we are all still in a battle to survive the pandemic caused by the Corona Virus, also known as COVID-19. The transmission of the Covid-19 virus can be by physical contact through surfaces. When a person subjected to a virus opens a door or picks up a piece of silverware, and someone touches one of those contaminated objects, it is not impossible to catch the virus, especially when it enters the entry points of the body, which are the eyes, nose, and mouth. A virus can also be transmitted by interacting with other individuals. Unlike before, interacting with anyone is probable, and there’s nothing much to be worried about. However, in our today’s time, interacting with people outside the house is not safe anymore because of the threat the virus has and the possible transmission of the virus through droplets of saliva. These inconveniences we are experiencing from the Covid-19 virus affect us in multiple ways. One of the inconveniences the pandemic brought to our lives is how it reshaped our education, from traditional face-to-face classes to distant learning. The pandemic made things tough for families that were already struggling financially. The stability of the Internet connection is not always the same all the time. Thus, students need to buy a load to be able to attend classes or watch online videos. As well as providing up-to-date gadgets like computers, laptops, tablets, cellphones, etc., it is hard to meet their high price range. This leaves students to settle for what they have and find ways to be able to have an internet connection or charge a phone. Getting the modules from schools is also risky and threatening, because parents need to leave the house to be able to get their children’s modules. The communication between teachers and students is difficult, especially when the student doesn’t fully understand the lesson. Coping with the pandemic is indeed hard and tiring. But if we keep on looking at the inconvenience and worst side of the pandemic, we will miss the good side of the situation.
We will not be stuck in this terrifying pandemic unless we take action and follow all the rules and regulations our government has implemented. There is still hope and an end to all these storms. Whenever we go out to get our modules, wearing face masks should be followed to avoid catching the droplets of saliva from other people. There are different kinds of face masks available over the counter, like the commonly used surgical mask. N95 masks and KN95 are used for intensive protection and to filter out at least 95% of the particles in the atmosphere. Bringing alcohol sanitizers whenever leaving the house has become a routine and practice for all. Sanitation is now required and a must to ensure that we will not carry any bacteria or virus on our way home. School establishments now have their own social distancing signage to remind everyone that it is important to maintain a 6 ft. distance from the people around us. Because of the threat of transmitting viruses through coughing or sneezing, being 6 feet away from the person can give one security. Since we are in a pandemic, leisure and recreational activities in schools like family day, Christmas parties, Honors assembly etc. are temporarily banned to avoid social gatherings. One of the objectives of community quarantines is to make people stay at their homes to contain the spreading of the virus from different areas. Thus, making some school events happen online using video conferencing apps. And lastly, having control of the foods we eat can also be a great contributor to protecting ourselves from the contagious virus. Drinking a lot of water and taking vitamins every day is one of the best examples. In times of crisis like this, we must prioritize ourselves, especially our safety. Following all these safety protocols will not only protect us from the virus, but will also save a lot of lives. The Covid-19 virus can affect us big time, but if we work smarter and remember the A.P.P.L.E. rules, which are: Always wear your mask, Protect yourself by bringing alcohol sanitizer, Practice social distancing, Limit going outside, and Eat healthy, will surely give us the victory we aim for in this battle. Let’s all be disciplined so we can all meet again and learn together inside the classroom, because an A.P.P.L.E a day will keep the COVID away.
References:

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