HELPING TEACHERS STAY HEALTHY IN THE MIDST OF VIRUSES

by:

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COVID 19 virus is the most dreaded in this time of pandemic. One most common symptom is contacting the flu. With this situation in addition to the concerns and stress faced by teachers today, it is of utmost importance that teachers stay healthy and fit.

The flu virus seemed to has been a part of pandemics experienced in the world. It was even the cause of 9.1% deaths in the planet, a rough estimate of 716 direct flu deaths. The fight for flu is ongoing and in the midst of the COVID 19 pandemic, more than ever, every person should be protected and aware of its deadly effects. Teachers are not exempted in those who need to be protected against it.

Flu vaccine should not be dreaded, instead should be encouraged among both teachers and all school personnel, and even school children even though the modality is distance or online learning. One can never be too sure especially for viruses which the bare eyes cannot even see. That is why being protected should be a priority. The administration can also initiate programs geared towards maintaining health and well-being of the teachers and other school personnel.

In addition, constant information about the fight against viruses is also vital. Keep informed of the updates on the fight against the illness and its cause. Be safe at all times. Boost the immune system by proper diet, eating healthy and nutritious foods, adequate fluids especially water, daily exercise, complete hours of sleep, and adequate rest. It is also important to take care of the other aspects of the person including psychological, mental, and emotional well-being. Relaxation and rest should always be considered. All
these can greatly help the teachers, thus each one should be aware of the benefits of being rightly informed and doing their own share to stay healthy and virus-free.

References:

