LESSONS COVID-19 PANDEMIC TAUGHT US

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During the previous years, the COVID-19 pandemic has turned our lives upside down, changing not only how we live and work, but also how we think and conduct. Everyone in the world, as well as every faces of life have changed. Our regular routines came to a screeching halt, and all sense of normalcy fled with it. While we take a moment to observe the scene around us, we were struck by how much we used to take things for granted. Perhaps there are some life lessons to be learned from this epidemic.

We tend to think of each country as a distinct entity that is vastly different from the others. Within a few months after its discovery, the virus had spread to practically every country on the planet, prompting the declaration of a global pandemic. Despite the disparities in geography and distance, we are all fighting the same illness and facing the same challenges. It serves as a reminder of how intertwined our global economy and culture are on multiple levels, including supply chains, communications, technology, and travel.

The COVID-19 pandemic has pushed social interaction and human contact to the forefront of almost every aspect of our lives, including education, employment, entertainment, and recreation. Efforts to stop the virus from spreading, such as physical separation, quarantine, and stay-at-home orders, have worsened social isolation and loneliness.

Hospitals and health-care facilities were short on personal protective equipment (PPE) during the start of the outbreak, and many health-care workers were reusing the same disposable mask for days or weeks at a time. The public came together right away...
to donate masks, face shields, and hand sew masks for health care workers. Restaurants provided meals to hospital staff and first responders. People even started community pantries. These gestures of generosity and gratitude from the community have kept health care workers going day after day during this pandemic.

The served as a reminder to enjoy the little things in life, which we often overlook. With so many people dying every day. We should be grateful for our family and friends, even if it means video chats and text messages when we can't see each other face to face. Given how many others are sick, we should be thankful for our good health. With so many people losing their jobs and becoming homeless, we should be thankful for the food in our refrigerator and a safe place to call home. This pandemic has caused us to re-evaluate our life and prioritize our priorities, as well as act as a reminder of how valuable life is and how much we should appreciate the little things in life.

References: