LIFE LESSONS FROM COVID-19

by:

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We are currently in the midst of a worldwide threat that has changed our lives. A global health crisis that pushed the world to the edge of recession. A global pandemic called Corona Virus Disease 2019. According to World Health Organization (WHO), COVID-19 is an infectious disease caused by a new strain of coronavirus. On 30 January 2020, the Philippine Department of Health reported the first case of COVID-19 in the country with a 38-year old female Chinese national. On 7 March, the first local transmission of COVID-19 was confirmed. The outbreak quickly spread all over the world.

The Philippines are working on different actions as precautionary measure in response to the pandemic including a community quarantine which expanded to Luzon as well as the other parts of the country headed by the Interagency Task Force (IATF) on Emerging Infectious Disease with the assistance of Department of Health (DOH) and the national government as well. Eventually, President Rodrigo Roa Duterte declared a public health emergency and enacted the Republic Act No. 11469 or the Bayanihan to Heal as One Act.

COVID-19 has changed our lives- people are in lockdown, unable to visit our family and friends and even to attend gatherings, church, school or go to work, etc. We are confronted with uncertainties that unexpected things might happen. We asked more questions and lead us to different insights and point of views. The pandemic became a catalyst of change since Mother Nature is striking back from destroying, polluting and poisoning our means of survival and well-being. We are restoring our natural environment. We should also avoid misinformation, fake social news and alienating
political propaganda. At this time of the global pandemic, self-discipline is a matter. As a socially responsible citizens, let’s comply with the IATF protocols such as social distancing, self-isolation, good personal hygiene, wearing face mask and the likes. The Bayanihan Spirit reigns from the various organizations through donations and sponsorship of food, PPEs, personal hygiene kits, free transportation and accommodations, etc. to essential healthcare and security front liners even to localities of the community. Indeed, the outbreak invokes the communal unity of every Filipino. We also need to consider that saving is the smartest thing to do in a pandemic. Finances have been cut by the effects of the corona virus. Let’s do more on the frugal side and buy only essentials. The quarantine also has brought our family close together. It could be a blessing for families that never found enough time to bond. We should also consider the heroism of the frontliners- medical workers, policemen, soldiers, supermarket staff and owners, pharmacists, bank employees, food delivery crew and volunteers. They would risk the danger of getting the disease just to keep us safe, to keep us fed, providing us a life-saving medicine, gives care for those who are vulnerable, etc. We should be forever grateful for them. And lastly, life is too short, no replay and rewind so live it to the fullest. Live it now, love truly, pursue your dreams, forgive someone who made a mistake because your soul deserves peace. Our time is limited so be a blessing to others, quit complaining, know your inner self and discover your life purpose.

References: