THE FEAR THAT GRIPS US ALL

by:
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The coronavirus disease (CoViD-19) is an infectious disease caused by a new strain of corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

On January 30, 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 WHO is working closely with the Department of Health in responding to the COVID-19 outbreak.

As of the time of writing, the Philippine Department of Health reported an almost 200,000 cases since the first case was accounted. The government has implemented numerous approaches to curving the pandemic and arresting its spread. To some extent, the efforts prove effective, but other measures resulted in confusion and subsequently, more active cases.

However, there will never be an effort to stop fear in everyone’s hearts, not even the fake news posted on our walls every day discounting the dangers this virus presents. Almost everyone is afraid for self, for their loved ones, for their work and sources of income, and for those infected.

This fear results in irrational reactions towards the CoViD patients. They are often discriminated and insulted and ridiculed. The local government is often blamed for inaction and incompetence. Heated arguments leading to misunderstanding ensued between friends, relatives and family members.
What everyone does not know is that the person most afraid are the patients who got the disease. They fear they will die sooner than they expect. They are afraid of transmitting the disease to a loved one. They dread the idea of having someone infected through them and dying, while they are surviving. It will be a lifetime of regret and guilt.

So what shall we do when we knew of a neighbor who got infected? Here are the few things I think will help us and the patient.

First stay away. This is not to discriminate but to avoid the transmission of the disease, because that is their worst nightmare, so keep distance. Second, send messages online to encourage them and not to condemn. Third, send them medicines, foods and necessities if possible. Finally, keep them in our prayers, which is the best thing we can do for them.

When we know what we are fighting against, we do not need to fear. We are not fighting against the patients, we are fighting the virus.

References:
