TOWARDS A BETTER NORMAL

by:

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Since last year, we have been fighting an invisible enemy. Governments from all over the world have implemented different rules and guidelines to help control the spread of the virus. Many articles have been written as guides for people not only to help fight the virus but also to cope with our current situation. We are mandated to wear face masks and face shields, sanitize our hands regularly, and observe physical distancing. Most offices have humidifiers and air filters while some people even wear portable air purifiers around their necks hoping these would lessen their chances of contracting the COVID-19 virus.

But are these measures enough? Shall we be contented with our present situation? Shall we just wait for things and events to unfold? Shall we wish for the COVID-19 to just disappear and not do anything about it? Time and time again, our government and all the other governing bodies of the world are trying their best to look for ways to address this pandemic. Various studies have been conducted and a number of vaccines are already made available to the public, but all these endeavors will be futile if we don’t cooperate.

Watching the news, seeing the data on available vaccines, and looking at the number of people who already participated in the Department of Health’s Resbakuna Program, one can’t help but ask, what hinders people from getting vaccinated? The main reason is being misled or worse, uninformed. Fake news has been circulating on social media claiming that people don’t need the vaccine or that it is unsafe for people, or it will only alter the immune system. These false claims only proliferate fear and mistrust among other things which further negatively impact our society. But according to DOH’s Fake vs Facts Issue
001 (2021), studies from around the world show that COVID-19 vaccines “can protect us from symptomatic disease and subsequently prevent hospitalization and death.” These vaccines underwent a series of tests and certifications to ascertain their safety and they can help boost the immune system to protect the body from the virus.

Likewise, according to Dr. Sherita Golden, chief diversity officer at Johns Hopkins Medicine, in getting the vaccine, “time is of the essence” since the longer we hesitate, the more time we allow the virus to spread in our midst. Though getting the vaccine is a personal choice, it will also have a positive impact on our community as this would give us a chance to return to normal. All of us want and deserve a better situation. Let us not be passive and just accept that our current condition is the ‘new normal’ because we can actively work together to move closer to normal life. The first powerful step in taking charge of our health and our lives is getting vaccinated. By themselves, the vaccines cannot end the pandemic. They can only work when we receive them.

References:


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