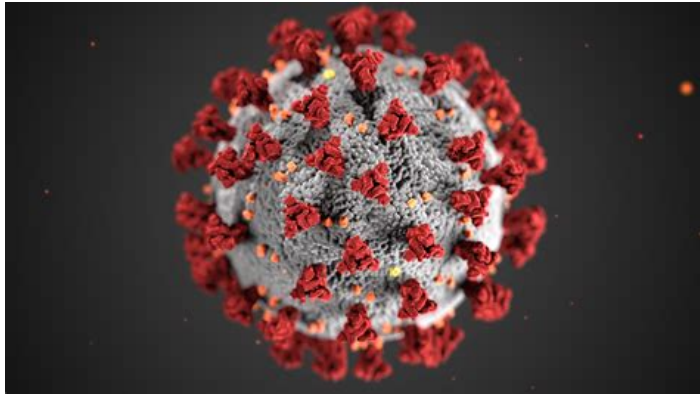


COVID-19 vs The People

In this article, our new social media consultant- distills some salient points about a deadly pandemic that will not go away just yet... (ref. Anyi Nkohkwo, Team Carita October 2020).

Initially detected in the Chinese city of Wuhan in mid-November 2019, Corona Virus, also known as Covid-19, rapidly spread from China to various parts of the world. The highly contagious and often fatal disease quickly became one of the largest global pandemics in history, forcing the world into social lockdowns. So far, there have been over 800,000



confirmed cases in the UK alone, many of these recorded during the lockdown between March and June 2020. Unfortunately, over 44,000 of these confirmed cases led to death. With the number of cases still increasing the government are continuously sharing information to help people detect and stop the spread of the virus.

A few of the key symptoms of Covid-19 include: continuous dry coughing, high fever, fatigue and a loss or a change to your senses of taste and smell. If you notice any of those you must register to take the corona virus test and isolate for at least 10 days. Not to worry though because the NHS covid-19 app would make this a lot easier for you. All that you would need to do is you put in your symptoms and it will tell you all that you need to do from there. This includes whether you should take a test and how long to quarantine for, making self-isolation a whole lot easier.

What to do if I have tested positive?

Checking these things off the list, doesn't mean that you will be completely immune to it. You need to take the test. And, if unfortunately, you test positive for corona virus, try not to panic- the situation can be well-managed. The first thing to do would be to self-isolate at home, immediately. Ideally, you would have



been self-isolating from the moment you noticed symptoms, but sometimes that is not possible, especially if you have essential work to do or other responsibilities. However, if your symptoms escalate, you should definitely go to a hospital to get professional medical help.

To prepare for self-isolation, make sure you have enough paracetamol and citrus tea to help treat the symptoms and build your immune system at home. As much as you would want to stay in bed all day every day and have a two-week long 'sick day', try to stay as active as possible, since it will reduce the risk of post-corona fatigue (an increasing need or want for

sleep). Don't forget to reach out to people and stay in contact with friends; take time out for yourself by watching a film or try to learn new skills and pick up new hobbies at home to help with mental health and keep your isolation productive.

Definitely, make sure you have enough food and supplies, but there is no need to raid the nearest supermarket! There are others who need to shop or self-isolate too and there will always be enough of necessities in stock.

How do I prevent the spread of Covid-19?

As at now, there is no cure for Covid-19. So, prevention is the not just the best but the only advice. Preventing the spread of Covid is just as easy as catching it. As you should already know, first things first is to wear a mask when you go out, since it prevents the spread and contact of germs through your nose and mouth. Next would be to wear gloves but that's a bit of a challenge when you need to use your phone. So, the alternative would be to regularly use anti-viral gels or anti-viral soaps when washing your hands. When coming in from work or meeting friends, changing into fresh clothes is very effective in preventing the virus from entering your household. Social distancing is strongly advised, keeping at least a metre away from the next person who is not a family member you usually live with.

Generally, adhering to the Covid-19 guidelines would help stop the spread. These include meeting in groups no larger than 6 from outside of your household, keeping to social distancing and keeping to the 10pm curfew, where and when advised.

What about older family members, how do I protect them this coming winter?

Though Covid-19 may not have such a serious impact on most young people around the ages of 13-30, it proves a greater risk to the lives of older members of the community around the ages of 45-90, especially those with other medical condition likely to weaken their health and so make them vulnerable. This means that if you are still living with or in contact with your parents, grandparents or anyone of that age group, you should take huge precautions in trying to prevent the virus from entering the household or coming into contact with them.



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Especially, coming up to this winter when their immune system gets a lot weaker and many of the elderly are deeply affected by the common cold and of flu. This winter will be the world's second winter with the Corona virus and since we are currently going through a second wave of the virus, we may be pushed into a second lockdown, where all non-essential businesses close again. So, apart from having the best interest of your parents, grand parents, the vulnerable members of the community in general, it is advisable that they also take the flu jab. This will protect them from the additional infection which would otherwise make them even more vulnerable to Covid-19.

Currently, there is a lot of talk about young people being selfish and spreading the virus leading us into a second wave. Slogans like 'Don't kill granny!' have been put out there by the government to encourage us (the young ones) to stay inside and protect the elderly member of our family, even though this is what we are all trying to do.

Though this article doesn't go into detail about the Covid-19, it should help with protecting our loved ones and act as a very short refresher course on all of the Corona virus basics. All in all, the aim is to keep safe and prevent the spread of the corona virus. Even if you have had it once, it seems, we are told, that will not completely stop you from catching it again. So practise prevention and stay safe please! Here's to as good a Christmas as will be ! For more help and information about Covid-19, go to <https://www.gov.uk/coronavirus> .