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Life Lessons of the Pandemic Covid - 19

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ABSTRACT

"A lesson learned the hard way is a lesson learned for a lifetime." Every bad situation hurts; however, it sure does teach us something – a lesson. In the same manner of a new lesson for Human lifetime, history is observing 'The Novel COVID-19 coronavirus', a very horrible and strange situation created due to fighting with a microscopic enemy. WHO on 11 February 2020 has announced a name for new covid disease as covid- 19 and has declared covid as a global public health emergency and subsequently as pandemic because of its widespread. This began as an outbreak in December 2019, with its centre in Wuhan, the People Republic of China has emerged as a public health emergency of international concern. Coronavirus is the group of a virus with non-segmented, single-stranded and positive RNA genome. This bad situation of pandemic creates new scenes in the life of people in a different manner, which will be going to be life lessons for them. Such lessons should be kept in mind for the safety of living beings and many more things. In this narrative review article, reference was taken from a different article published in various databases which include the view of different authors and writers on the "Lessons to be learnt from Corona".



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INTRODUCTION

"There is a crack in everything, that's how the light gets in" by a Canadian Poet Leonard Cohen fits perfectly in the Corona pandemic crisis. In the words of one humanitarian worker: "COVID-19 is making the already vulnerable more vulnerable, and it hasn't even hit yet."

It is a challenge on the global level – for the G20, the WHO and other international bodies – since the Coronavirus does not respect national boundaries (Snower, 2020). It is more of a challenge on the national level, where many of the policy decisions in response to the pandemic are made, and at the local levels, where people decide on whether to comply with government guidelines and whether to support one another in times of need.

We must apply the lessons of past pandemics in our response to COVID-19, including paying heed to the indirect health effects of the disease, to reduce mortality. The rapid global spread of a novel coronavirus has taught us that we are all interconnected in terms of our health and well-being (Zaki, 2020). The health of one is the health of all (Shiel, 2020). In the age of COVID-19, protecting the most vulnerable among us is not just a moral imperative but a primary public health objective. Pandemic control relies on community engagement and trust. Every

bad situation even though hurts, it teaches us a lesson. The Coronavirus or Covid-19 has shattered the world and is threatening the humankind, but it also highlighted some critical life lessons for us ([The Economic Times, 2020](#); [Zugaro, 2020](#)).

It taught us the difference between individual rights and public safety, give us a view of appreciating and respecting others especially those who are working hard for our safety – Doctors, Police force and the neglected working class. It teaches us the importance of Personal hygiene and necessary facilities ([Zaki, 2020](#); [The Economic Times, 2020](#); [Zugaro, 2020](#)). Also, we get to know the right to the Internet which should be considered as a human right ([Goudarzi, 2020](#); [Environmental Protection by Google, 2020](#)). Teaches us humility and everything will come to an end, and thus, we should be grateful for all we have ([Lue et al., 2020](#)). Another positive impact of Corona pandemic is the healing of Planet earth ([Plum and Metrics, 2020](#)).

Aim

1. To review the published articles on covid-19 and lessons to be learned from it.
2. To spread awareness regarding the severity of covid-19.

Objective

1. To find out the critical views on lessons to be learned from pandemic covid-19.

METHODOLOGY

This study is a narrative review designed to collect the information of published article on lessons to be learned from the effect of covid-19. In this review, all the possible material has been searched, which are published in the various database. The abstract and result of the entire article were analyzed, and the essential things have been summarized.

DISCUSSION

The first lesson we can take from this pandemic is to have a broader picture in mind and think about the greater good over the individual's interests. A balance between individual rights and public safety should be maintained. However, one should understand the seriousness of the situation. The resistance of people in following government regulations has been a helping hand for the spread of disease ([Zaki, 2020](#)).

This brings us to realize another important lesson of appreciating and respecting others, especially those who are working hard for our safety – Doctors, Police force and the neglected working class. The outrage shown by the people towards police and doctors is unacceptable. The society should be grateful for the work these people are doing while putting their own lives in danger and sacrificing their mental and physical health. Instead of being grateful, the people are seen disrespecting the police, pelting stones on doctors and nurses, spitting on them to spread the infection. In this scary time, the doctors and researchers are the people who can take us out of this mess, and we should cooperate and support them. Also, the government has taken up several methods to control the problematic pandemic situation and being grateful and respectful towards the people working for us day and night is an important take away from this crisis ([The Economic Times, 2020](#)).

Personal hygiene should never be compromised in critical learning. Washing hands, covering your nose and mouth while coughing and sneezing, not touching your face often are some of the basic hygienic practices one should follow even in the absence of a deadly virus in the environment ([Ghosh, 2020](#)). The corporate industries should also understand the need for approving sick leaves to their employees when in need. Also, the employees should not appear like martyrs in their offices to portray their dedication; instead of taking a day off and maintaining the health of one's colleagues would be a wiser option to go for ([The Economic Times, 2020](#); [Zugaro, 2020](#)).

As per the study undertaken by the University of Birmingham, the right to the Internet should be considered as a human right. The lockdown has proved this study, making the Internet a basic necessity in one's life. During times like these, when people are cut off from their loved ones and society, the Internet has ensured to be an essential medium of communication amongst people. Its also been used to enable the continuation of the IT industry by providing work from home to the employees. Another positive aspect of working from home is to maintain a proper work-life balance, and the lockdown situation has proved that it is very much possible for the IT industry to provide this opportunity to their employees. Many Government offices have also been using the Internet facility to get their work done. The Internet has helped a lot in the smooth working of the economic and social essence of the country ([Zugaro, 2020](#)).

The government is providing necessary facilities to

all the citizens during this lockdown situation. However, in many countries, including India and Germany, people have been stocking up things to last for about a month, creating a shortage of essentials for others. Some have reached to the extent of stealing and hoarding of hand sanitizers and medicines, adding to the misery of unprivileged. In times like these, solidarity is more important than ever. Humans are the most fragile beings, and our strength comes from our numbers. Thus, it is crucial to help and stand together with the community and not against it. It would be an incredible sight to see how the entire human community holds together in the time of crisis (Zugaro, 2020).

The humans have labelled themselves as the 'Crown of Creation.' Right from the domestication of animals to genetic modifications, a man has done everything; however, the humans are reminded of their place by the Corona pandemic, where the Conqueror of the Universe cannot even step out of his own house without being dreaded of Covid-19 infection. This teaches us humility, and everything will come to an end, and thus, we should be grateful for all we have (Osherson, 2020). Another positive impact of Corona pandemic is the healing of Planet Earth. The satellite images of Italy have shown a considerable reduction of air pollutants. It is an irony that the cities majorly contributing to the deterioration of the environment have fallen prey to the Corona pandemic and slowed down. It is an unfriendly but genuine reminder that the humankind has been pushing too long, neglecting the severe consequences and warnings given by the atmosphere. Thus, it teaches us to slow down and let the planet breathe along with us (Goudarzi, 2020).

CONCLUSION

With this review, it can be concluded that one should understand the seriousness of the situation of this pandemic and thus should be willing to trade one's freedom for the greater good of the society. Everyone one of us – from heads of state to ordinary citizens to refugees – bears significant responsibility for the health and well-being of others. The Corona pandemic has shown the worst to the world; however, we should not give up. Optimism is precisely what we need at this moment because if you change the way you look at things, the things you seek will change.

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Conflict of Interest

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