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Tourism Heritage

### **The Life Changing Impact of Covid-19**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus which was first discovered in Wuhan, China. Coronaviruses are a large family of viruses that are common in people and many different species of animals, this includes camels, cattle, cats, and bats. It is rare however, that the disease spread from the animals to humans with only three exceptions, which includes the new COVID-19. The World Health Organization (WHO) who have since listed this virus as a pandemic warns individuals to stay at home and avoid leaving their home unless they are going to get essentials. Coronaviruses are respiratory viruses and are generally spread through respiratory emissions (droplets from coughs and sneezes) of an infected person to another person. It is advised that to protect yourself and others around you, one should know the facts and take the necessary precautions to stay safe. It is also best to follow the advice provided by your local public health agency. I have listed a few steps that the government has given the public to help prevent the spread of this horrendous pandemic.

To prevent the spread of COVID-19, public health officials have instructed the public to; wash your hands often by using soap and water, or an alcohol-based hand rub; Maintain a safe distance from anyone who is coughing or sneezing (Social Distancing – 6ft apart); Avoid touching your eyes, nose or mouth; Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze and stay home! Some people have avoided these simple instructions and thus the spread of this deadly disease continues to create havoc on the public. Simple things

to keep everyone safe is being overlooked by a few and this leads to the destruction of nations. The sooner these steps that were put in place to ensure the safety of individuals, it allows the virus to disperse and we can all go back to our daily lives. With a major impact on the horizon, many lives will forever be changed, including mine.

This new pandemic has forever impacted the living status of many as everyone is in fear, the virus attacks the respiratory system of humans. People at the age of 65 and older are mostly those who are affected by the virus, which makes them priority when it comes to care. This puts fear into my mind when I think about my grandmother who has already endured a stroke this year. This means if she contracts the virus it will be very difficult for her to make a recovery as her immune system is already weak. My first encounter with this virus came while at Framingham State, where I thought one of my suitemates who is enlisted in the army and was taking care of patients with the virus at the time showed symptoms of the virus. This drove fear into my mind as we live in the same suite, hence I had to take the necessary precautions and endured that anything that was used had first been disinfected. The days leading up to spring break, there was no news regarding the closer of school as the virus had just started to increase in the amount of cases that were confirmed in the state of Massachusetts. However, with spring break and lots of travelling done by students, I had taken the necessary steps to move out most of my belongings out of the dorm because I had the gut feeling that the school would not allow the students to return due to the health risk factor that would occur.

With the closure of school, classes were move to online in order to achieve the end of semester objectives. With a new system for students and teachers, an extra week of spring break was given, this provided the opportunity for the teachers to grasp the concept on how they would teach online. With this new learning in place, I had my doubts but so far everything has been

okay. However, with the increase in schoolwork, homework and quizzes, some students still find it difficult to meet the needs of their classes. After returning from vacation during spring break, I had to self-isolate for the required 14 days. This was done in order to ensure that I did not contract the virus while visiting family members in New York, the state which has the most confirm cases along with the most deaths from the virus. Even though, I did not show any symptoms of the virus the safety measure was taken to ensure that I did not pass along the virus to my mother, who works as a nurse that works in the elderly homes. Quarantine has been relatively boring, with being inside all day but with school started something to occupy my time throughout the day and keep me busy.

The virus has played its part on society, this goes from cancelling sporting events across the World to cancelling spring sports at all levels – this ranges from middle school to college. Social events are no longer possible as restrictions prohibits any event that contains more than 6 people. Graduations, proms and school events have all been cancelled due to the virus. This pandemic however has benefitted the Earth, the same place that humans time and time again has taken for granted has been recovering from all the pollution. In Italy, the canals in Venice are rid of taxi and tourists' boats for the first time in forever, this has led to the reduction of the water pollution, which have allowed the fishes to return. The strict laws that were consigned by the Italian government on its' people is benefitting the country's environment, but the economy will struggle as many has lost their jobs. For myself, I am still without work as my workplace has to remain close for the time being as the governor of Massachusetts have banned the opening of businesses unless they are essential. The United States government has issued stimulus checks worth \$1200 to citizens that have paid their taxes, this was done so that people could still afford a living. However, some people have used the funds as a means to help combat the disease that

continue to terrify Americans. The government have also temporarily suspended mortgage payments and halt tenant eviction in some parts of the country because of failure to pay their bills for the next few months. This was a good gesture that was created in order to keep people from becoming homeless.

My days are spent looking forward to the next, it is important that during this time, it is not taken for granted. Most of my days are spent on my studies but that also allows me to self-reflect. After this has passed, I envision writing a book including all the stories I have throughout my life. Life changes and people change too, I have created a routine in order to think less about the virus but to focus more on what I want to accomplish after all of this. With approximately 5 hours spent on social media each day; browsing back and forth between Instagram, Snapchat and Twitter while also making TikTok videos to keep myself occupied and relieve the stress from schoolwork. The quarantine can be dreary as an only child with no cousins around to talk to but with FaceTime it is always good to contact friends and family that are near and far. I have recently launched an e-sports gaming team in FIFA and currently looking to create a new team for my Call of Duty campaign. With all the activities it makes staying inside more interesting than the usual.

Furthermore, it is predicted that the pandemic is almost at its peak and will begin to disperse as long as the rules are followed. Scientists are still working on cures, but this does not stop people from creating assumptions that the virus was created in a lab with some countries already having the cure. Some countries have made remarkable steps in attempt to find the cure for the virus, while some still struggle due to the lack of economic finances. By following the rules, I aim to finish the spring semester and look forward to what should be a shrill summer, with states partially removing stay at home bans and reopening businesses. Life in COVID-19 is

taking a toll on the human mind but the goal is to remain positive and come out of the pandemic sounder and more united than ever. Mentally it is draining to know that a person has to be cooped up inside all day for something that they had nothing to do with, but everyone should remain physically active. The current situation has led to stressful eating, but it is always best to find indoor activities and keep active. Also, celebrities have taken to *'Instagram Live'* to share words of encouragement, some have started charity campaigns to raise funds to help combat the virus and spread hope to those that are likely to suffer mental health setbacks from all that is happening in the World. So to end my essay I leave words of encouragement that like all things this too shall past.

**STAY HOME AND STAY SAFE!**