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Corona Virus: The Pandemic that Threatens the World

The coronavirus, popularly known as COVID-19, began its reign of terror in Wuhan, China during December 2019. It is a respiratory disease that affects the lungs causing mainly fever and dry cough with less common symptoms like fatigue, phlegm production, loss of sense of smell, shortness of breath, muscle and joint pain, sore throat, headache, vomiting and diarrhoea.

Although the disease itself only has an estimated mortality rate of 3.4%, what makes it frightening is the speed at which it spreads. The coronavirus is spread through small droplets that linger in the air or on surfaces making it easy for passerby to easily inhale these droplets and become infected. When a person becomes infected the symptoms of the disease do not manifest until several days after they are infected during which they can infect several others before knowing that there is an issue.

People with underlying health issues, low immunity or the elderly are most susceptible to the disease as their immune systems are weaker than most so they will have a harder time combating the virus. That being said it is best not to take any chances as there are recorded cases of healthy people losing the battle to this novel disease.

In order to combat the spread of the virus, borders have been closed and curfews imposed. Many commodities to curb the general spread of diseases like face masks and hand sanitiser became highly demanded commodities as the virus began spreading to countries like the United Kingdom and Italy and as at the time this report is being written there are 2 319 066 confirmed cases, 157 970 confirmed deaths spreading over 213 infected countries.

These are trying times with the pandemic loose and people being forced to stay at home. Those who rely in businesses as their main source of income will be at a disadvantage, the general morale of the populace will be at an all time low and the mental and social health of people will slowly deteriorate but the only way we can fight back against the virus is to slow down its spread as much as possible by staying in our homes.

However, in a more positive light, our mother Earth has seized the opportunity to nurse itself. With most of the worlds travel being halted, the carbon emissions have also been greatly reduced, and with less people polluting the environment our carbon footprint is slowly being erased. So while we wait for the pandemic to pass, we can take solace in the fact that our mother Earth is healing.