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### Pandemic (Covid-19) Reflection

Reflecting on the pandemic we are currently experiencing is rather important. Many of the reflections the world is producing of the 2020 Covid-19 pandemic will become very relevant in perhaps 20-30 years from now when the history of these unprecedented times is written. With my reflection, I intend to provide valuable insight into how this pandemic affects the everyday life of a college student, college athlete, and someone who currently lives with a compromised individual. The Covid-19 pandemic will be evaluated in 20-30 years based upon the way we are currently reacting to the situation, as well as the way we continue to assess and handle the situation in the near future following the pandemic. These times are very uncertain and are ultimately uncharted territory for a lot of humans; therefore, the many valuable lessons we learn from these difficult times must be assessed in our future lives to help prevent such events from occurring again.

This pandemic has taken away so much from my everyday life. In a normal scenario, I would be attending classes in person on the beautiful campus of UCLA. I would currently be playing baseball at UCLA; practicing and playing games with my teammates on an everyday basis. However, both of these glorious privileges have been stripped from me and many others as we try to navigate the unprecedented times surrounding the pandemic. As much as I want to feel angry and negative feelings about my baseball season ending, not

being able to attend classes in person, as well as not being able to spend tons of time with my friends/roommates, I know there are many people in a lot tougher situations than the one I am currently experiencing. These feelings of anger and resentment quickly become feelings of gratefulness and appreciation for the many men and women who are putting their lives in danger everyday in order to provide the much needed support to those who may be dealing with the coronavirus. It is hard to feel negative when you know you are fortunate enough to be attending UCLA, while many risk their lives everyday protecting the wellbeing of our globe.

However, in my personal life as well as family life, this pandemic has added much more stress. That stress stemming from living with my mother who currently has her health compromised. Knowing all of the horrible things this virus can cause, it has been particularly stressful due to my mom having breast cancer and going through chemotherapy during much of the time this virus has been occurring. On a daily basis, my dad and I have to be very aware of the things we touch and the places we go. All of these actions must be done with extreme caution because of my mom having her health significantly compromised while this pandemic occurs. Since she is currently going through chemotherapy for her breast cancer, she has a drastic decrease in white blood cells than she normally would. This doesn't necessarily put her at any higher risk than anyone else to contract coronavirus, but it does hinder her ability to fight the virus if she were to contract it. These reasons are why my father and I have been limiting our exposure to the outside world as much as possible. It is also very stressful because she has to go into a cancer treatment facility every 2 weeks in

order to complete her chemo treatment, which obviously puts her at risk when she exposes herself in any environment other than our house.

At the current time of writing this reflection, I am very unsure what the future holds. It seems as if the restrictions and shelter in place orders are very dependent on the specific county you live in as there is no specific consensus on the orders amongst the United States and in the world. Each state has different guidelines for what the residents can and can't do while in that state. It could be more than a year from now until a potential vaccine is administered. As uncertain as things are, I'm confident that the many individuals who value their health and families well being will practice much of the same techniques that are being suggested at this current time. I would hope to see many people continue to practice social distancing, the use of masks, as well as general hygiene practices such as, washing your hands, not touching your face, as well as the disinfection of household items and personal belongings on a consistent basis. I believe these health practices should be considered by all humans across the globe, until the pandemic is well in the past. Also, I have been reading many articles, watching press releases, and scrolling twitter to gather as much information as possible from a wide variety of sources. Obviously some sources are a lot more reliable or established than others, but it seems as if many believe that these practices will continue to be encouraged for many years to come. It could become common practice to use these techniques for years in the future in order to try and be as preventative as possible so no future pandemics occur at the disposal of humans.

Being a history major allows me to reflect on other pandemics I have learned about in relevance to the current pandemic. I think the most significant pandemic that is extremely relevant to this one is the 1918 pandemic of the Spanish Flu. Nearly 500 million people were affected at the time, which was by far one of the largest pandemics in human history. Much like the pandemic we are currently experiencing, people were ordered to wear masks, and many of the social gathering environments were all significantly restricted in order to prevent the further spread of this pandemic. Much like we see with this pandemic, it is sometimes out of human control on the basis of preventing the spread. Obviously we can do our part by following the guidelines presented to us by the World Health Organization, as well as our local and federal governments, but sometimes the timing and deadly nature of these viruses is too much to handle for what we have prepared up until the point of exposure. The future of this virus is still unknown because we are still very much engulfed in it. However, I do think there are takeaways from this pandemic that humans should reflect on in the many years to come in order to prevent such a pandemic from occurring anytime in the near future, but also to prepare ourselves as best as possible in case something like this does occur again. I think one of the biggest takeaways is having readily available products such as disinfectants and protective wear at our disposal. These products should be produced and stored only for the use of something to the nature of an epidemic or pandemic. They should also be prioritized quicker in the future to the frontline workers who essentially rely on them. Finally, one of the most significant takeaways is that of using only what is essential to us and

not wasting anything. Someone may need some items that you are being greedy with or wasting. Be helpful and share things with others in which you don't need every bit of.

Overall, these times have been very uncertain and stressful to many across the globe. I still feel as if there are positives to take away from this pandemic, as being negative never allows you to progress in any regards. We must be appreciative and helpful in the future for those who provide the everlasting support that is needed during the times surrounding a pandemic. The frontline workers are the heroes, and we must treat them and respect them as such. One thing I'm extremely grateful for is my time I have been able to spend with my mom and dad during this pandemic. Normally I would be playing baseball and attending classes on a daily basis at UCLA. My parents live approximately 3 hours North of UCLA; therefore, we typically only occasionally see each other at my baseball games or if they happen to visit. However, during the pandemic, with the closure of just about everything, I have been able to spend months with my parents that I normally would not get to spend with them. I am forever grateful for this time, as it is very uncertain what the future might bring post pandemic. It is key to be grateful and understanding of whatever is to come. The only thing we can control is our personal hygiene and preventive measures, as well as our attitude and feelings of positivity or negativity. We must remain vigilant but also confident in mankind to escape these dark times and persevere as a global society.