

Reflection Paper on Covid-19

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Coronavirus outbreak has cost students financially and rendered a large number of adult populations economically unstable due to the shutdown of non-essential businesses. The disease

has also negatively affected people with poor health conditions, especially those suffering from other ailments such as asthma. The need to stay at home and keep social distance has made the situation even more unfortunate and unpleasant because patients with other such health complications cannot access medical care in time. The coronavirus pandemic necessitated the closure of many businesses, entertainment joints, and higher learning institutions to slow down the spread of the virus. All normal activities were disrupted, and learning crippled. When the number of cases hit over 7,000, which were recorded within a 7-square mile radius, I felt like it is necessary to do anything we can to historicize what life is like. **COVID-19 has affected the entire global population, and its adverse effects are felt by everyone regardless of age, just like the impacts of smallpox that lasted for almost a century.**

In terms of the effects Covid-19 has had on my life overall, the impact it's had on my academic career is major. I am currently a 3rd-year History Major student at UCLA, with my long-term goal of attending dental school and opening my private practice. This being said, the virus has led to several obstacles in my academic path, which will not impact my chances of accomplishing my ultimate goal but rather makes the road a bit challenging and unorthodox. One example of this would be attending pre-medicine requisite science courses online. This can be difficult since many of these courses include hands-on experiences such as labs, instructor demonstrations, and in-person office hours.

Having the courses online will also cause collateral damage in regards to the DAT, which is a test composed of all the science courses taken throughout my time as an undergraduate. I will now need to learn much of this information on my own because teachers and TAs are substantially less available to students to help guide their studies. In addition to this, I had begun studying rigorously for my DAT to take it very soon. But unfortunately, all in-person exams such

as the DAT and MCAT have been canceled. This will further delay the process of completing all the required courses and exams needed to achieve my academic goal. In regards to the effects this has had on my daily study habits, all libraries and public places where I would previously resort to study have been closed to comply with social distancing orders, forcing me to study at home, which has proven itself to be very challenging. I live with two siblings, both parents, and four dogs. All of which I love dearly, but that being said, they do not allow for the right studying conditions. It almost always feels as if someone is creating noise or some distraction that makes it near impossible to be nearly as productive as I would have been in a library. Some DAT topics that would take me no longer than six hours sometimes will now earn double that time frame to accomplish. All this being said, I do feel that there are some pros to working under these unusual circumstances. For example, I now must be more disciplined than ever to achieve my academic goals; I must stay focused and motivated at a time that provides no reason to remain motivated and driven. Every night I write a schedule for the next day, including the tasks and what time they are to be done.

Like most of the people around the world, the Coronavirus has caused me financial instability due to the federal and states orders mandating the shutdown of non-essential businesses. I work at a private dental practice as an assistant to the head dentist. I have such a job while being a full-time student at UCLA for two crucial reasons. Firstly my goal is to become a dentist such as the one I currently work for, and working in such an environment has exposed me to the type of work as well as taught me about the field. The second reason is the financial backing I need to keep my head above waters throughout my time as a student. The dental clinic I work at had to be closed due to the CDC and ADA recommendations to the government. Taking many factors from my life, such as student loans, textbooks, transportation, food, and

other essential needs, I need to be able to pay all these expenses. Being said, I usually do receive some assistance from my parents, but not a significant enough to even cover half of my total costs. My father is also struggling to cover his portion of the bills due to his business being deemed non-essential. He has his own business in the jewelry district of Downtown Los Angeles. Since his company does have its ups and downs, he did have some money set aside should a rainy day arrive. But unfortunately, the rainy day fund has quickly been depleted causes a lot of financial pressure. Many of the luxuries that I enjoyed previously have now been taken away from me due to an inability to afford it. A shortlist of such luxuries include ordering takeout food, having personal transportation such as a car or taking an Uber, and even streaming plans such as Netflix. I'm staying optimistic as possible with the hope that soon, I will resume my shifts at work and catch up with the lost paychecks.

Another impact of the Coronavirus, and arguably the most vital, is the impact this has had on my health. All my life, I have suffered from severe asthma. Although it has always been something unfortunate and unpleasant, it was never lethal as long as I had my inhaler with me. According to every major health organization such as the CDC, any preexisting health conditions, especially those with respiratory issues, are extremely vulnerable to the disease. Similarly, my mother has preexisting health conditions, as well. All of this will lead to the extensive safety precautions that my family has taken to ensure the prevention of this disease. Virtually my entire family has been quarantined for the last six to eight weeks. The only exception being a handful of trips by my brother or sister to the supermarket to buy essentials for the house. I go to the backyard for about thirty minutes a day to get some sunlight but am unable to go for walks to prevent any exposure. I have had several flare-ups in terms of my asthma, and I was only able to get an over the phone meeting with my doctor to verify everything's ok.

The last significant impact that this virus has caused to my life is the relationships I have with family and friends. The vital link which has been impacted is the relationship I have with my grandparents. My grandparents are almost like second parents to me, being that they lived me for nearly half of my life. Since the virus has taken over, I have not been able to see them, which also causes difficulties for them. They are over their nineties and are not capable of doing a lot of essential needs, such as cooking three meals a day. Typically my family would take turns sharing the responsibility of making sure my grandparents are fed and taken care of. Still, due to social distancing, especially with the elderly, we have not been able to do so. We have bought and created several care packages of essential goods which we have dropped off for my grandparents. I also facetime them daily to check upon them. In terms of my immediate family, its safe to say that we have just about seen enough of one another. Although I must say I did enjoy spending much time with my family, it has become excessive at this point. Social life with my friends and those in the local community has become nonexistent, which has taken a toll on me mentally. I am a very social and outgoing person, so not being able to go to events and parties has made me feel lonely. Often, I have created a group zoom with my closest friends, but it doesn't compare with being there in person; therefore, it hasn't made me feel less isolated.

Since the outbreak in early march 2020, Coronavirus has caused a seismic tear in almost all communities across the globe. Recently, the pandemic led to the disruption of healthy life due to upheaving peace and normalcy. I have been paying attention to the news updates on the coronavirus disease that we're pumped out every single second, and none of the digital stones remained untouched. The situation has forced my parents to work from home, and I have to attend lectures from home. Everything is closed. Indeed, I cannot go to the movies, too, stores, or even meet friends. Everyone is waiting at home to at least limit the rate of the spread of the

disease. This Coronavirus has not only impacted people's lives for the time being but will leave a long-lasting mark all over the world.

Similarly to how the attacks of 9-11 have left long-lasting impacts in the security sector, this virus will leave its mark in terms of sanitation and health. This virus has revealed that our society does not practice enough basic and essential health exercises; these practices would include washings hands, avoiding close contact, and disinfecting commonly touched items. Covid-19 should lead to several changes in regulations that would eliminate spreading germs in the future, thus preventing future outbursts. For example, everyone working in a supermarket or deli should be mandated to wear gloves and a mask at all times. This is one step towards prevention, which is essentially the goal of all the changes towards future diseases.

As a pre-dental student, I cannot attend lectures physically. Additionally, I cannot attend to patients during such unprecedented times. The disease compels medical educators to pay intense and prompt attention to prepare future dentists well. This implies that the educators should set a global emergency response to adequately prepare for such a pandemic that has profound effects that can forever change how future physicians attend classes. Being a pre-dental student, the coronavirus pandemic has had logistical challenges and concerns that negatively impact patient safety because even students can spread the virus, especially when they are asymptomatic. Therefore, there are high chances that students can acquire the infection during training.

I can relate the coronavirus disease to smallpox that happened in the Americans and negatively impacted the indigenous populations. Just like the smallpox disease in the American was referred to as "the Sick Man of Asia," coronavirus disease has also been dubbed "the Chinese Virus." Just as coronavirus disease has killed over one million people across the globe,

smallpox also caused a plague that killed about 30% of the Native American population, and it is the disease that America got wrong. Although the coronavirus disease has killed many people, smallpox was worse than the current pandemic since the latter killed over 300 million people globally adversely impacted many indigenous people in the Americas. Dealing with COVID-19 will require global cooperation as it happened with the smallpox disease when the WHO initiated a vaccine that proved successful in the 1970s. Regardless of the previous bureaucratic, technical, and physical bottlenecks, the WHO managed to eliminate the pandemic in the phase of the globe. The coronavirus disease can be contained only if leaders can initiate global efforts on a similar scale to that of smallpox. Notably, world-historical threats always require world-historical levels of cooperation. Around the 1500's as well with Christopher Columbus discovery of the New World it would transform Spain "Moreover, the native populations were dying at an alarming rate, the result of colonial abuse and disease; and the Spaniards themselves had great difficulty adapting to the diet and ecology of the Caribbean." (pg 28 Ruiz) these diseases would affect the Spaniards as well. Many other ways show the similarities to the spread of Covid-19 to the smallpox disease.

Coronavirus is similar to the smallpox virus, even in terms of their symptoms. Smallpox symptoms last roughly two weeks. The symptoms of the two deadly diseases are similar and include headache, pain, and fever. Other smallpox symptoms include lesions and itching blisters that dry up and fall off. The virus even affected the salmons that a large native population depended on for food. The dreadful misfortune caused running sores and blotches that eventually rendered them unfit for consumption.

Consequently, people starved due to the reduced food supply, and some were obliged to catch and cure salmons before consuming them. Coronavirus patients exhibit flu-like symptoms

such as fever, dry cough, and tiredness. Similarly, smallpox patients also show flu-like fatigue, headaches, unexplained body pain, and high fever. Under severe conditions, coronavirus patients in the United States develop difficulty breathing, persistent chest pain, and their lips become blue. Full-blown symptoms occur in the second week, just like smallpox whose blisters crust over in the second week.

These diseases can be contained and stop the spread from person to person if everyone does their part in social distancing, practicing good habits in washing their hands and wearing face coverings while leaving the house for essential needs and even helping the people who have underlying health conditions who are unable to leave their home. To stop the future spread of disease, I would like to let the future people who are reading this letter always to practice good habits and try and make sure not to let anything stop you from reaching your goals if it is obstacles you need to cross or even if it's a global pandemic keep pushing yourself to strive to be the greatest you can be.