

Covid-19 Pandemic Reflection

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When the Coronavirus was first introduced, I thought very little of it. It seemed to be first viewed as a joke in January, as I could recall my friends and I laughing about people eating bats and acquiring the deadly virus because of it. I had no idea what the virus truly was, who it could infect, and how one could acquire it. I merely thought it was the result of the poor diet of the Chinese which consisted of eating raw animals. Little did I know this virus would eventually spread and effect the daily lives of every single human being on this planet. Covid-19 is ultimately a deadly virus that attacks the bodies immune and respiratory systems. In extreme cases, this can eventually result in the deterioration of the lungs and ultimately kill people. Those most susceptible to the deadly consequences are the elderly and those with pre-existing illnesses or medical complications such as diabetes. Recent discovery also suggests that those in their 40's to 60's who acquire the virus are at risk of stroke, as the virus attacks many of the bodies key organs which can cause failure in operation. What's perhaps most scary in regards to the virus is that we keep acquiring new information regarding it everyday, gaining more perspective into how fatal it can be. In this paper I will discuss how the Coronavirus has affected my family and I, how it has affected society around me, and how it connects to similar events of the past.

The day that I first realized that the coronavirus was an actual threat to me was on March 12, 2020. This was the day the NBA got canceled, followed by the other major sports leagues. NBA player Rudy Gobert was the first to acquire the virus in the league, causing the season to be shut down. As an avid basketball fan and follower, I knew that this would not happen for no serious reason and I realized that the possibility of acquiring the virus was real. As a result, I was initially scared and shocked. In addition to this, I found out actor Tom Hanks

and his wife also acquired the virus on the same day. This ultimately made me realize that these peoples lives are at risk and if they can get the virus, so can I. What I feared for most however was the life of my father. My father was diagnosed with prostate cancer a few months before coronavirus rocked the world, and as a result, he was scheduled to receive surgery on March 24, right when the virus began to hit the U.S. hard. The surgery had to be done and there was no postponing it. My family and I constantly worried that my dad would be exposed to Coronavirus patients as he had to be held in the hospital for a few days to recover. We also worried because his immune system was compromised post-surgery, so any exposure to the virus could greatly affect him. My father ultimately had his surgery and returned home after a few days extremely weak as his recovery period was 2-4 weeks. One day after he returned home, he began coughing a lot and had trouble taking full breaths. His temperature also rose up to 102, which were all tell tail symptoms of coronavirus. As a result, we had to readmit my father back into the hospital due to these symptoms and complications. Luckily, the doctors discovered that he got an infection from the surgery and the symptoms were not due to coronavirus. He had to remain in the hospital for a few more days until they finished treating the infection so that he could return home. What made this process extremely difficult not only for my family, but also for a my father was that no visitors were allowed in the hospital during this time. We were not allowed to see him, nor did he have much interaction with anyone for a period of about 2 weeks. This often made my family sad and worried in regards to the health of my dad. However, we were extremely grateful that he did not have the coronavirus and was okay. Another way that this whole coronavirus ordeal has really affected my family and I is in regards to my brother. He is a doctor working along the frontlines at Tarzana Medical Center,

and as a result, he is exposed to many Coronavirus patients. Thus, he never comes to visit the rest of my family in fears of transmitting the virus to us and ultimately my father. The few times he has come to visit, he remains in the backyard conversing with me and my parents from a distance. This lack of connection has really made all of us appreciative of how privileged we are to hug, kiss, and live with each other comfortably like before. In regards to how the virus has personally affected me, I would say that there have been both pros and cons. Being the introvert I am, staying at home does not bother me too much. The virus has also allowed me to appreciate nature on a much higher level. I take walks and go on bike rides to the beach almost every day which is something I'd never do before. In addition to this, I get to spend more time with my parents. Prior to the virus, they'd be at work all day while I'd be at school and we wouldn't get to interact with each other much. There have also been many cons regarding the virus however. I miss going to school and seeing my friends. I feel as if I am missing out on the college experience in addition to going on late night adventures and exploring the world. I transferred to UCLA so my time has been limited and it saddens me that a lot of it is going to waste. What I probably miss the most however is going out and playing basketball. Basketball is the one thing that takes my mind off my stresses and not being able to play really takes a toll on me. I also find myself glued to my computer and phone much more which is unfortunate. It often times make me feels like my days are being wasted as I only leave the house mainly to go grocery shopping for my family. While I was initially very scared of the virus, my fear seems to die down day by day. I realize that not many people die from the virus and that many recover easily. However, I stay at home to prevent transmitting it to anyone else who is at risk. Overall,

times have been tough with coronavirus around but I try to focus on the positive aspects that have come out of it so that life can be a little more enjoyable.

When it comes to our society, coronavirus has definitely caused us to take a turn for the worse. Millions of people have lost their jobs and filed for unemployment. Fortunately for my family, my father works in construction and his work is deemed as essential. However, there are thousands of families with no source of income and have no ways of making ends meet. I ultimately feel for these people and it is remarkable to think that a simple virus has challenged their means of living a comfortable life for years to come. I don't believe going to restaurants, bars, clubs, sporting events, and more will ever be the same. These industries are specifically going to take a big hit as I believe people will start being more cautious regarding their surroundings and who they are interacting with, especially in crowds. I also believe new safety and health regulations will be put in place to help prevent a pandemic like this in the future. While jobs and livelihoods have been negatively impacted by the virus, one positive to look at is the state of our environment. Due to the stay at home orders, not many people drive and thus pollution has decreased. This has caused oceans, lakes, and other bodies of water to become much cleaner. In addition to this, many factories have shut down, greatly reducing our carbon footprint. I hope another positive that we can take away from this virus is to cherish human interaction. Living in Los Angeles, a lot of people can be stuck up and inconsiderate at times especially in public. I hope this pandemic allows us to appreciate the freedom we have and the ability to meet and interact with people. There is no doubt that the Coronavirus has negatively affected our society, however the least we can do is look into how we can improve ourselves for the future.

When I think of the Coronavirus, a few past events tend to come in mind. The first is the Black death which was introduced in Asia and Europe during the 14th century. The only way to protect yourself from the black death was to quarantine, which is similar to what many of us are doing today. Luckily for us, our hospitals have methods in attempting to treat the virus. With the Black Death, there really was no treatment which resulted in the death of millions. Another key historic event that's emblematic of the coronavirus was the transmitting of smallpox during the conquest of Mexico. The Spanish arrival to the New World devastated many Native Americans that were part of the Aztec empire. As a result, much of the Native American population was decimated. There is no doubt that Coronavirus also spread from one region to another due to air travel. Had it not been for foreign contact, many countries may not have the virus. All these viruses and diseases are contagious and can easily be spread which is why so many people acquired them. The last key historic event that I was introduced to as a result of the Coronavirus was the Spanish Flu. It seems like this is the pandemic that the news and media compare the coronavirus to the most. While the origin of the flu is disputed, it affected 500 million people, altering the course of history just like the Coronavirus is doing today.

In conclusion, we are currently going through tough times that many of us did not see coming. It goes to show how not only our world can change in an instant, but our lives as well. Prior to this pandemic, we took for granted many of the privileges we had, which is only coming to our realization now. For myself, this pandemic has been difficult specifically due to the lack of social interaction by not seeing my friends and attending school, as well as the complications my father had which created a scary situation for my family. In terms of society, the effects of

the virus are remarkable in that it has altered the livelihood of millions of people for years to come. Yet, I believe it is important to focus on the positives so that it will be easier to get through this pandemic. We should appreciate nature and our environment more, and we should become better versions of ourselves and not take for granted human interaction. While it is hard to learn from the past in instances like this, we must realize that this too shall pass soon enough, allowing us to truly live our lives once again.