

Meena's thoughts on the COVID -19 virus

Meena from Texas has joined us as a roving contributor and we look forward to her unique insight.

COVID-19, or novel Coronavirus, has been spreading rapidly, infecting approximately 2 million people, fatal to thousands more. It has changed our lives, separating us from the ones we love temporarily, or taking them from us forever. It has caused us to distance ourselves, stopping us from enjoying some of the things we love most. It has changed the way we look at the world, change the way we take things for granted in life.

It's strange to think about how one small accident can change our world so much. There are some precautions that we can take to help both ourselves and the people around us, especially the heroes who work tirelessly during these times. Supermarket employees must deal with hundreds of customers, if not more, each and every day.



Researchers working day and night to produce a vaccine. Doctors and nurses working endless hours, risking their lives, taking care of patient after patient. They must go through so many heartbreaking moments, where a person simply will not be able to live, and equipment is scarce, so all they can do is let them pass away. Fortunately, there are many actions we can do to help out.

An example of a larger organization helping out is that in my hometown of Sugar Land, Texas, the United Memorial Medical Center (a hospital) is hosting free, drive-through COVID-19 testing at the Smart Financial Centre (a performance venue) for anyone who wants it. Also, in my hometown, teachers from my school drove hosted a car parade, where they drove through the neighborhood and greeted their students through their car, to help them feel better through these times. Many families, including mine, are dealing with this epidemic by staying inside, and only going outside for groceries or when absolutely necessary.

First, follow all the basic rules; prevention is the best protection. Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand soap, cover your nose and mouth with a disposable tissue or bent elbow when you cough or sneeze, avoid close contact (1 meter or 3 feet) with people who are unwell, Stay home and self-isolate from others in the household if you feel unwell, and don't touch your eyes, nose, or mouth if your hands are not clean. They may seem obvious, but they really do make a difference.

Second, do not purchase more supplies than needed. Mass-buying toilet paper won't help – COVID-19 is a respiratory illness, not a gastrointestinal one – and neither will be buying all the hand sanitizer in the store. Many people in need of these supplies might not have access to these items, and taking them all certainly won't help. On this subject, another thing many people don't

know is not to buy food items that are labeled “WIC”. This stands for “Women, Infants, and Children,” whom they are reserved for, especially for low-income families.

COVID-19 has changed us and separated us from each other, isolating us from the rest of society. But, at the same time, it has brought us together in ways beyond imaginable. We have learned to ignore all the differences we may have, to work towards what really matters – fighting this epidemic, and ending its reign – once and for all.

Regards,
Meenakshi Sivanandam
Age: 11 years old.