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A New Normal for Covid-19

Covid-19 has forever altered humanity's way of life. People all across the world have changed their everyday lives as a result of the virus, which has affected everyone in every part of their existence. The Covid-19 virus spread swiftly and is now a global pandemic in a short period of time, resulting in millions of deaths and millions of illnesses. The virus's impacts will persist for many years, but the immediate impact on humans is far greater than what may occur in the future as a result of Covid-19. People all throughout the world have increased unemployment, lost money, relationships, significantly family, and a variety of other things as a result of the spread. For myself, I've only had the opportunity to experience Brooklyn College for three semesters with some of the most incredible people (virtually). My life has altered in many unpleasant ways since the outbreak of Covid-19, but there have also been some positive changes. Covid-19 isn't even the first pandemic to occur, so we can compare it to previous pandemics to see how comparable it is.

Family is one of the most fundamental parts of my life. I love being at home and with my family, and we are a close-knit bunch. When everything started to shut down because of Covid-19, I felt really lonely and alone. So I was unable to go outside and enjoy myself because everything was closed. I was unable to socialize with my peers. I love looking for outdoor activities and having fun. But that was also taken away from me. I used to do activities like play basketball, go to the movies, and restaurants without a mask. Furthermore, worries and anxieties about COVID-19 and its impact became overwhelming. It's made considerably more difficult by social distance. Then I had to learn how to deal with the epidemic. It was very hard because my daily routines were altered and I endured social isolation which triggered my mental health. I was concerned about getting sick, how long the pandemic would persist, whether my employment would be impacted, and what the future held. Enormous amounts of information, rumors, and disinformation made me feel out of control and unsure what to do next.

However, over time I learned and realized that I needed to get care to help me cope with my problems. My first step was self care. Self-care practices would help you take control of your life and improve your emotional and physical health. To improve your mental state, you need to maintain care of your body and mind and engage with people. As months went on, we were able to get a vaccine for COVID-19 and that helped with the isolation as well, referring to the simple fact that outdoor facilities would be available and I could interact with people who did not come into contact with the virus. As a result, I started getting enough sleep, eating healthy, limiting screen time, setting priorities, staying positive, and focusing on positive thoughts. Most importantly limiting my exposure to certain news media about COVID, so I don't heighten my fears about the disease. I now look for reliable sources such as CDC AND WHO.

Pandemics have occurred throughout history, some of which can be related to Covid-19. The Spanish Flu is a pandemic that resembles Covid-19 in many ways. The Spanish Flu, like Covid-19, had no vaccine or medications to protect people from becoming ill when it first started spreading. The two pandemics can be linked in terms of the amount of harm they caused to the global economy and individuals. There are many features of both the Spanish Flu and Covid-19 that can be compared and found to be almost identical until the same time, leading some to worry if Covid-19 will have the same effect as the Spanish Flu in the future. Pandemics are events that have occurred during history that have been unpleasant for all because of the uncertainty that comes with them, as well as the various consequences they have on the planet and, more significantly, on individuals.

Covid-19 brought many terrible aspects of my life, but it also had some beneficial aspects, no matter how severe the negative aspects were. With everything winding down, I was home to be with my family while minimizing my chances of becoming infected. Being at home is usually enjoyable, however, because of the epidemic, we must be extremely cautious about what we do outside the house, who we communicate with, and what we carry into the house. Covid-19 is an outbreak that has affected millions of people in a variety of ways, and it is not the only epidemic to do just that; other epidemics have had similar effects throughout history. Covid-19 has altered people's lives for many years and will continue to do so.