

Covid-19: A New Way of Life

Leticia Casique Casique^{1*} and Arely Hernandez Rodriguez²

¹Division of Health Sciences and Engineering, Department of Nursing and Obstetrics, Celaya Salvatierra Campus, Mexico

²Division of Health Sciences and Engineering of the Celaya-Salvatierra, Campus of the University of Guanajuato, Mexico

*Corresponding author: Leticia Casique Casique, Division of Health Sciences and Engineering, Department of Nursing and Obstetrics, Celaya Salvatierra Campus, Mexico, E-mail: eticiaacc_2004@yahoo.com.mx

Citation: Casique LC, Rodriguez AH (2020) Covid-19: A New Way of Life. J Infect Dis Ther 8: e426.

Received date: July 10, 2020; Accepted date: July 22, 2020; Published date: July 29, 2020

Copyright: © 2020 Casique LC, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Insights

Human beings have faced a number of diseases that have forced them to change their lifestyle, a reality they faced on 11 March 2020, when the World Health Organization (WHO) declared that the new coronavirus outbreak (COVID-19) was a global pandemic [1]. In this reality, WHO Director-General Dr. Ghebreyesus suggested immediate strategies to avoid forms of contagion according to the needs and resources of each country. So, in a very short time health systems, as well as societies around the world were facing a health challenge that demanded prompt preventive action [2].

This pandemic has led to a drastic change for a society disused by measures that deter its freedoms, which has led to a permanent state of alarm, catastrophic thoughts, uncertainty, anxiety, insomnia, etc. in the face of a panorama of extermination [3]. It was therefore essential to develop exclusive early detection and quarantine policies in cases of infection; however, countries were faced with a disjunction, such as isolating sick and/or healthy people to avoid contagion; without having major economic repercussions, so the ethical dilemma arises: who do we save first? to the economy or to the health of the population? How to support people who have a non-formal job? how to supply the stores of first consumer products?, in these questions, each individual makes his own decision to safeguard his health and/or life and decides how he will survive in this period of health confinement [4]. In the face of this health contingency, people change their lifestyle, which was not requested but imposed. So, uncertainty, fear, anxiety, anguish, irritability, stress and anger etc. [5] are generated. It should be noted that all these feelings are linked by social isolation, which in turn generates fear, nervousness, danger, panic, fear of contagion, and fear for the health of people nearby. Fear and terror that their relatives can acquire the disease etc. In turn, as a result of the mass spread of the pandemic, people take behaviors, to avoid getting sick, knowing the importance of individual and collective care and responsibility to prevent COVID-19. So people choose to modify some personal habits

such as continuous hand washing, avoid contact with other people and maintain a distance of two meters between person and person, in the face of these preventive measures, there is loneliness that is linked to confinement and indefinite isolation, which causes a sense of longing towards routine, living with family and friends [6].

Therefore, in the face of the economic, social, family and labor consequences that the COVID-19 pandemic has triggered, it is prevailing to develop strategies that allow people to interact with other people in a virtual way, motivate a physical activity that is adapted to the space where it lives, not leave the house, modify its sleep routine, as well as promote adequate eating and thus avoid physiological and/or psychological diseases that cause social isolation [7].

References

1. Opening address by the WHO Director General at the press conference on COVID-19. World Health Organization. [Internet declaration] (2020).
2. Cucinotta D, Vanelli M (2020) WHO declares COVID-19 a pandemic. *Bio Med Act* 91: 157-160.
3. Quintero Febles JM (2020) COVID-19 Pandemic: A history to be repeat? *EGLE journal of the history of professional caregivers and health sciences*.131-138.
4. Cabrera-Medina G (2020) Narrative Of An Experience: The Pandemic, A 'Meteorological Phenomenon'. *EGLE Journal of the History of Professional Caregivers and Health Sciences*.139-143.
5. Taylor S (2019) *The psychology of pandemics: preparing for the next global outbreak of infectious disease*. Cambridge: Cambridge Scholars Publishing (2019).
6. Johnson MC, Cuesta SL, Tumas N (2020) Emotions, concerns and reflections in the face of the COVID-19 pandemic in Argentina. *Ciência & Saúde Coletiva*. 2447-2456.
7. Valero Cedeño NJ, Vélez Cuenca MF, Duran Mojica AA (2020) Torres Portillo M. Coping with COVID-19: stress, fear, anxiety and depression ?. *Enferm Inv*. 5:63-70.