



www.aseasonofhappiness.com

Post Pandemic Ailments

With the pandemic over, complacency is making many sick

When Covid struck it was hard for everyone. Routines had to change and new protocols needed to be observed; not just to ensure personal health, but also to prevent the spread of the disease in the community. We all remember the lockdowns, social distancing, wearing masks and hand-sanitizing. It was inconvenient for some, but they accepted it was necessary; and then there were those who refused to comply. All in all, however, we eventually got over it.

Interestingly, while adopting the security measures to cope with Covid, other ailments were less prevalent and on the decrease. Influenza outbreaks and even the common cold took a back seat. Fewer people were contracting these and other illnesses simply thanks to the precautions everyone was required to take. There was less likelihood of catching airborne diseases while wearing masks; and the sanitizing of shop counters, tables and surfaces that shoppers and commuters might touch meant less chance of picking up germs and viruses. And should a person come down with something, they were required to stay in home isolation. Covid was bad, yes; but it wasn't over-complicated by the more common illnesses that normally cropped up throughout the year.

That was then, back at the beginning of the century; whereas now we don't have to worry about getting any sicker than we used to, surely? Even of those unfortunate or careless enough to contract Covid, many accepted it as not much worse than a bad case of the flu which they got over; and because it wasn't as seriously debilitating as they were led to believe, they weren't too concerned if they caught it again. Some even seemed to treat it with contempt, carrying on with their day as usual: going to work, sending the kids to school, shopping; in effect sharing any disease they might have among all and sundry.

The martyrs, of course, are determined to soldier on regardless: carting their horrible diseases to the office, believing they are doing the right thing by the company and the boss by keeping the wheels turning, even in the face of their own adversity. Then, thanks to their conscientious "unselfish" actions, half of the staff go down with whatever they've got and have to take time off from work – brilliant strategy! Little Johnny's got a bit of a cough, nothing serious enough to miss out on school, though; so he's packed off to join his classmates who pick up his ailment and take it home to Mum. Next day, she trundles around the supermarket triggering a mini epidemic. It's something like the old days when one kid contracted chicken pox. Then, siblings and friends were bundled into the same bed as the patient so that they could all catch it and get it over with. Yeah, right!

The eventual result of this complacency is costly. Covid may no longer be regarded as public enemy number one; not when the old ailments are returning and are being spread by anyone who has come in close contact with a carrier. There has been a rise in outbreaks of measles, whooping cough and mumps, plus others. Vaccinations are available, but they seem to be regarded as unnecessary for some strange reason; and the ones who suffer terribly are often young children and babies. I, personally, find it distressing to see poor little mites continually coughing and gasping. These aren't simple illnesses that will just go away on their own. In some cases they can be fatal. They are, however, preventable.

How, though? Well, my wife and I continue to mask up and hand-sanitize whenever we are likely to be in close contact with others. Occasionally the masks make it harder to breathe, but that's favourable to catching some virus or other that, considering our ages and existing medical conditions, could see us in hospital or dead. And should we be unfortunate enough to catch even a common cold, we stay home. It's not hard; others won't suffer because of us; and we'll live longer, hopefully.

So, all of you out there, please think on this and do your bit to help the community. Life's hard enough for everyone as it is; we don't really need to make it unbearable, do we?

A Season of Happiness - helping you and yours towards a better lifestyle

For a look at some more informative articles on a variety of subjects just return to the web page



Where every effort has been made to be accurate and fair-minded, comments and opinions expressed on this website are based on personal experience and do not necessarily reflect the views of the wider community or those groups and institutions mentioned. A Season of Happiness and its staff accept no responsibility for any outcome based on suggestions offered. What works for us may not work for you. Please bear this in mind.