

# Lessons learned from Covid – 19

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Covid – 19 and its quarantine period represents, by far, the main global event of this year. Because this virus is a new one, nobody knew and know how to “deal with it”, even the most qualified professionals in the field of medicine and health. The shock generated initially by Covid – 19 seems to be overcome now. The increased number of recovered people gave the humanity a hope of surviving. Of course, the battle is not yet finished but a moment of a relative calmness is attained. Now many people try to draw some conclusions from the past and learn some lessons for the future. I am trying to describe some of my conclusions below.

Immunity is the central pillar of human health. In the face of the emergence of new viruses and bacteria, there exists the risk that the medicine will be taken aback but a good immunity – most probably not. The good news is that immunity can be strengthened through physical activity and a proper nutrition.

The concept of “home sweet home” has been slightly compromised. Never in our life have we been staying at home for so many days in a row. We need a home just to share our external successes, worries and sorrows with the closest people in the world. Only outside the home we can realize ourselves as personalities and then make this world a better place.

We are still waiting for good news. The rapid spread of the virus around the world, the growth in the number of infected persons and the lack of effective treatments – are just some of the news that we hear constantly. Obviously, this leads to negative emotions but we understand that all we have to do is to wait patiently and hope that soon we will see the light at the end of the tunnel.