

The Day of the Virus

Is the pandemic over? Nations are slowly opening up their borders. Many hospitals are gradually closing down their wards and intensive care units that were devoted to the treatment of COVID-19 infected patients. Judging from the news bulletins and healthcare protocols, it would seem that COVID-19 is in retreat all around the globe.

The pandemic is not yet over though it appears to be. People are still contracting COVID-19 even though they have taken all 3 doses of the vaccine. Reports post such cases as presenting with much milder symptoms and can be managed at home without the need for hospitalization. Then at the same time H1N1 has made its appearance. The symptoms of COVID-19 and H1N1 are the same though the treatment is completely different. Fortunately, rapid tests exist to quickly differentiate between the two. The vaccine against H1N1 is proven to be extremely effective. This needs to be taken by the population at large with the same vigor that the vaccine against COVID-19 was given. The H1N1 vaccine is given just once annually. It can be given a short time apart from receiving the COVID-19 vaccine. At this time there are no reports of patients suffering from COVID-19 and H1N1 simultaneously.

This being the monsoon time, the incidence of dengue has also made its presence felt. It looks as though we are being attacked by viral illnesses from all directions.

When carefully looked at, meticulous attention to hygiene is at the core of prevention of nearly all illnesses.

Social distancing, careful hand hygiene and a reduction of environments which encourage parasites to breed and in turn spread illnesses, is all too important.

Interestingly, there are reports of France going through the 8th wave of COVID-19. The lockdown in China for the prevention of spread of COVID is sparking restlessness in a population that has experienced severe personal movement restrictions.

Monkeypox is still an emerging source of concern as is the resurgence of Ebola in Uganda. So many viruses all appearing simultaneously posing grave health risks have severely dented economies all over the world. This coupled with the ongoing war between Russia and the Ukraine has created an environment ripe for yet another pandemic. I sincerely hope that this statement is proved wrong.

To answer the question posed right at the beginning, no, the COVID-19 pandemic is not yet over. It would appear that we are experiencing the day of the virus.

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