

Final Portfolio Essay

We are facing a worldwide health crisis that is spreading human suffering, killing people and upsetting the lives of people. COVID 19 is more than just a health crisis. It is a social, economic and human crisis which has been characterized by the World Health Organization as a pandemic. The outbreak of COVID 19 affects all population segment including older people, youth, people with disabilities, people living in poverty and indigenous people. The economic and health impact of coronavirus is being disproportionately borne by people living in poverty. Homeless people are exposed highly to the COVID 19 danger as they are unable to find shelter in place. Refugees, displaced persons and migrants are also disproportionately suffering from both viruses pandemic and its aftermath due to increased racism, and fewer opportunities for employment. If not addressed properly then this social crisis can lead to increase exclusion, inequality, global unemployment and discrimination in the long term. Older people, especially those suffering from chronic health issues, are more susceptible to the COVID19 infection risk. Older people are not only struggling with greater health risk but also likely to support themselves on isolation. Although social distancing is very important to prevent the spread of infection if not correctly implemented then it can greatly lead to the increase older people social isolation at a time when they need support. This challenge needs global unity, compassion and cooperation to alleviate the suffering that is brought by this virus(Singh & Singh, 2020).

Even during the best time, people with disabilities face many challenges related to the access to health care services due to lack of affordability, accessibility, discrimination and stigma. The risk of COVID19 infection for disabled people is very high which makes the disabled people more vulnerable. The preventive measures and individualized self-care against the outbreak of

COVID 19 entail great challenge for people with disabilities as these people have great difficulties in implementing measures to protect themselves from virus including personal hygiene, washing hands and cleaning homes. They may not able to fully practise social distancing as they need regular support and help for their self-care tasks. Youths are also affected greatly by this pandemic. More than 1 billion are not going to school, colleges and universities. The disruption in learning and education could have a long term effect on education quality. Youth are also unemployed disproportionately and affected severely by a virus (Rieger, 2020).

It is weirdly quiet and the only sound that can be heard are the spring rain soft drops, birds chirping and the wind whistling. Despite the crystal clear skies, the future couldn't be more befogged and obfuscated as everyone is anxiously waiting in isolation for a pandemic to pass. The fearful information on the internet has created so much panic and chaos among the lives of people that everyone is so scared of highly contagious and unknown nature of COVID 19 virus. The COVID 19 pandemic has created great fear among people, some are jobless, some are shattered, some turned hopeless and some goes back to their countries but despite all this fear, there is still hope and faith that soon this pandemic will pass and we all will come out even stronger than before.

References

- Rieger, M. O. (2020). What Do Young People Think about Social Distancing during the Corona Crisis in Germany? *Available at SSRN 3561366*.
- Singh, J., & Singh, J. (2020). COVID-19 and its impact on society. *Electronic Research Journal of Social Sciences and Humanities, 2*.

