

Our journey through the pandemic

Has the world come out of the COVID-19 pandemic with post-pandemic syndrome or clearer visions?

At the beginning of the pandemic, not only I but the world was taken by storm. COVID-19 was a major inconvenience during the first year with lockdowns, cancelled classes, economic downturns, closed recreational areas, and not to mention the lives of the people who died from COVID. Now we are starting to see the light at the end of this tunnel, but it still seems issues caused by the virus still linger in some countries. This begs the question, once the pandemic is long gone, will the world still suffer from post-pandemic syndromes in the future?

Nowadays we're starting to see the world slowly turn back into a time when face masks aren't compulsory and people are able to be around with each other without much precaution. However, not all is as it seems seeing that there are still many people out there who fear the pandemic may arise once more if we don't take care of our personal hygiene, myself included.

There was once a time when I could touch something that had been outside and forget about it and get on with my day. Whereas now, if I ever touch the smallest thing that was outside of my building, I will not think about getting into bed until I clean my hands, legs, torso or whatever that touched an object not sanitized. Knowing that I'm a human being, I must believe that I'm not the only one like this. Even in the post-pandemic future, I believe we're destined to have, I would say that my outlook on personal hygiene will be a kind of pandemic syndrome me and many others will have for the next decade.

Although most of the world has taken an appropriate amount of consideration of their personal hygiene, there are others out there who may not be so wise. Since 2021 there have been many cases of foreign variants of COVID-19, but from the actions I see when I'm out in public, it doesn't seem that people are that afraid of the virus even when these variants could infect us easily due to it being evolved. Being on a bus, a train or just out on the sidewalk, I could see people touching their face without much thought and people who still spat on the side of the road! Seeing this in person shook me to my core as I remembered those dark days in quarantine where I was locked up hoping my parents would come home safe and healthy. It worried me that there was still a chance for this virus to make a comeback.

At the time it seemed like the next 3 years of people's lives would be skipped due to up and coming variants which I was not excited for. Like most students my age, I wanted to attend school in person. I wished for many school activities and dare I say homework because after all

the time I've spent at home, I've come to realize that school is quite an ecstatic place to be, and I don't want to see my classmates through a computer until graduation.

In a few weeks, I looked at the news and it gave me nothing but health concerns and warnings about another incoming wave of COVID, but when I looked at social media, all my worries were washed away. The community online was in high spirits showing that we're in this together. I felt sentimental of the pre-COVID days and kept a brighter mindset as the community around the world supported each other during those trying times.

As I look back, I begin to appreciate the long road we've been on with medical experts creating the vaccine, the community fighting on to survive and most importantly those who lay their lives on the line for other people's convenience. The world has gone through many changes over the years, and I doubt this will be the end of it. There will be those who may be too stubborn or arrogant to cooperate for a future where masks aren't needed any longer. On the other hand, there will also be those who take part in ending the pandemic altogether and will stop at nothing until we can have a COVID-free future.

Going back to the first question at hand, I think it's safe to say that it doesn't matter if it were COVID, because humans will always have clearer vision for the future ahead of us.