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Preventative Measures and Practices That Can Keep People Healthy During a Pandemic

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Preventative Measures and Practices That Can Keep People

Healthy During a Pandemic

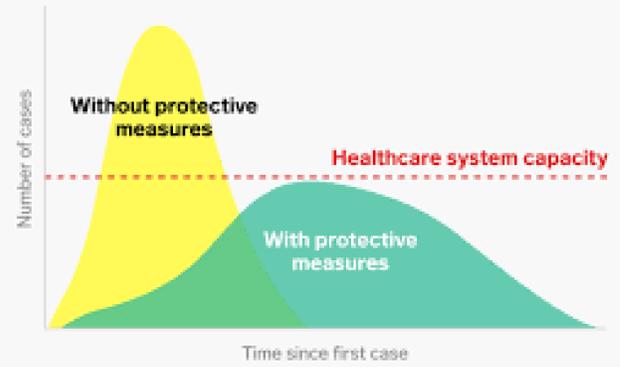
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Background

- According to the Dictionary of Epidemiology the pandemic definition is know as: "an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people"
- A pandemic occurs when a novel virus emerges for which most of the population has little or no immunity.
- Related crises that have been associated with a pandemic include enormous negative impacts on health, economy, society and security of national and global communities.
- Causes significant political and social disruption.
- Influenza pandemics have struck about 3 times every century since the 1500s, or roughly every 10-50 years.
- Ebola killed more than 11,000 people and cost the world more than USD \$2 billion.
- Zika virus continues to spread and threaten the health of people in 34 countries.

Possible spread of COVID-19 with and without protective measures

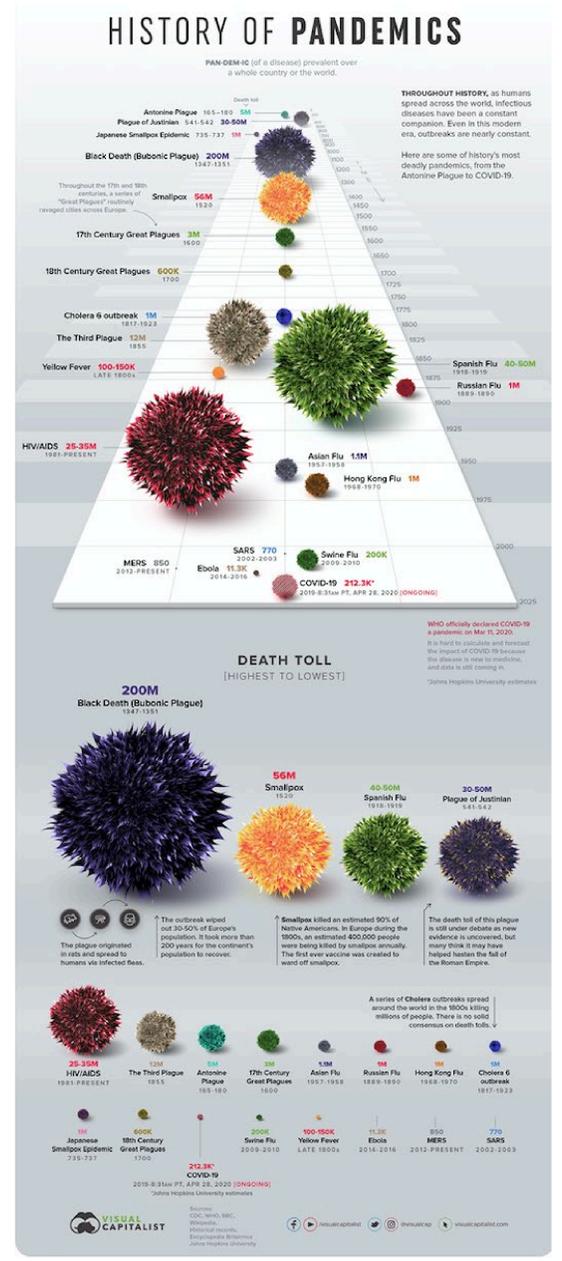


There are numerous ways an individual can stay healthy before, during, and after a pandemic crisis. These measures are deemed as crucial when it comes to spreading and eliminating outbreaks. In order to lessen the impact of pandemics, protect the healthcare workforce and ensure continuity of health services during and after them, every single individual must put forth their effort.

- These efforts can include:
- Basic hygiene including washing your hands and body
 - Properly clean and disinfect surfaces
 - Self-isolating at home when you are sick
 - Avoiding contact with others
 - While on social outings, wear a face mask and gloves

The following data found may shock you, disgust you, or both:

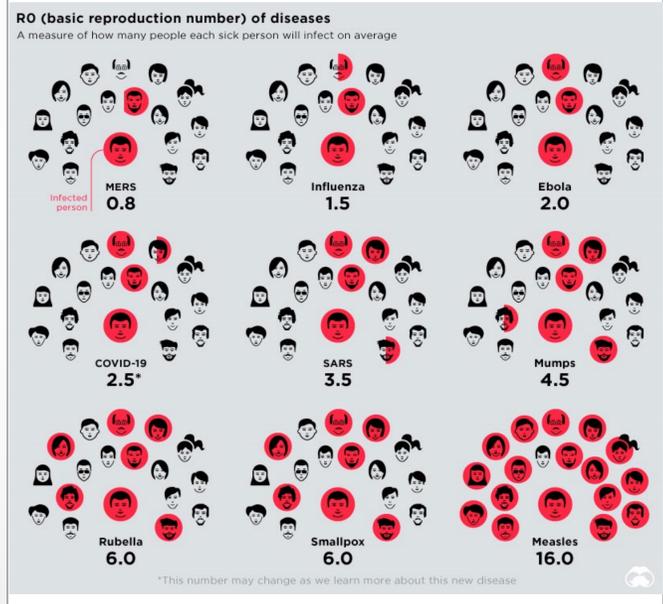
- In 2017, 45% of the global population (3.4 billion people) used a safely managed sanitation service.
- Researchers in London estimate that if everyone routinely washed their hands, a million deaths a year could be prevented
- Hand-washing still remains the #1 tip for preventing the spread of Coronavirus (COVID-19)
- 75% of Americans report taking steps to quarantine during the COVID-19 pandemic



Results

Data results implicate that people who do not practice guidelines to staying healthy before, during, and after an outbreak result in:

- Further delay in flattening the curve of the pandemic which ultimately can make the outbreak last longer
- Day-to-day operations can continue to be out of service for the public to use
- Quarantine may have to continue so it can result in mental, physical, and emotional problems
- Long-term health problems
- Death rates will rise

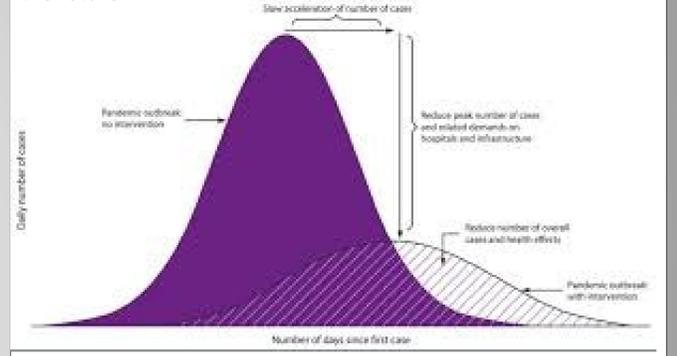


Conclusion

Research indicates that if proper practices are not being abided by the people, that it can result in no progress of eliminating pandemics as they continue to occur. The goal during a post-pandemic period is to address the long-term health and social impact of the pandemic, as well as to restore normal health and social functions. It can be difficult to go back to normal post-pandemic because it has not only shattered lives, but caused a disruption in markets, and exposed the competence of governments. With difficult times like this, there is a hope that it will strengthen and reinforce what is important. Governments and the people should have a better understanding of the importance of adopting emergency measures to manage a crisis.

Future Implications

There have been an enormous amount of significant pandemics recorded throughout the world, and the pandemic related crises have caused an obscene amount of negative impacts on health as well as other things. With the infections of millions of people, it has also caused wide-spread illness in large populations as well as thousands of deaths. An effective and efficient guideline to staying healthy can reduce avoidable mortality and morbidity and reduce the types of economic and social impacts. It is a critical task for people to follow how to stay healthy in order to deal effectively with disease outbreak and preventing from it occurring now and in the future.



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