

HEALTHLINE

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WORLD'S FIGHT AGAINST PANDEMICS

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We are almost half way through 2020 and it seems like we've spent most of the year witnessing bad news worldwide. Don't think we need a recap...but...

We sure could do with a little bit of hope!

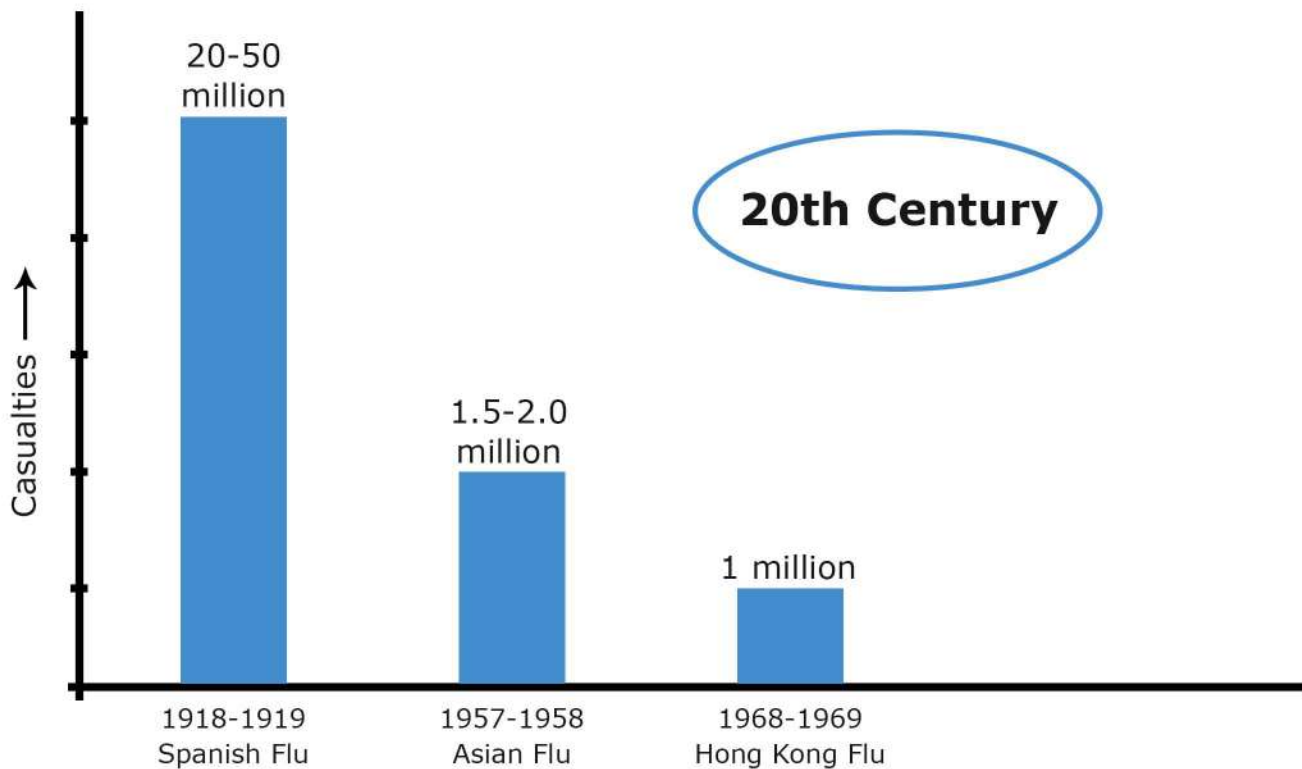


Calvin and Hobbes by Bill Watterson

Unfortunately...or fortunately this is not the first time the world is experiencing a global pandemic like COVID-19. We've endured several other epidemics that have threatened human life grossly but our spirit remains unbroken. We've fought through and we've found solutions to survive the worst of the worst. Not to say it did not need any self-reflection and rectification of lifestyle and introduction of new ways, but we powered through nonetheless.

Let's flip back into history and find some inspiration to fight through our current crisis!

Past Pandemics



21st Century

The most recent pandemic that we saw, prior to COVID-19, was the Swine Flu pandemic that occurred in 2009-2010 causing 1,00,000 to 4,00,000 deaths in the first year! As this pandemic hit the world, it was the first time that all the Member States of WHO came together to release global communication to help reduce fatalities around the world.

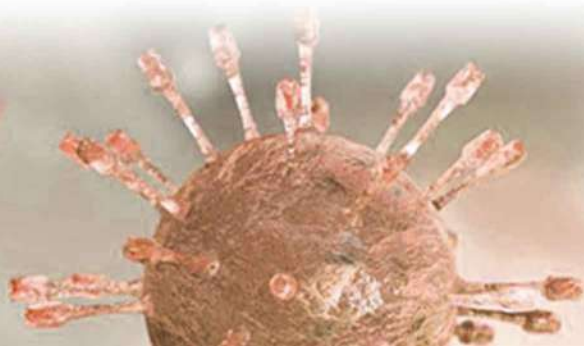
Apart from these, there were several other epidemics and outbreaks unfortunately that affected specific regions around the world.

2002-
2003

SARS emerged in Guangdong in Southern China and spread to around 30 other countries

2013-
2016

West Africa suffered through the Ebola outbreak



Learnings that helped

One of the major learnings that came out of the past pandemics was that nobody was immune to these diseases. Infectious diseases needed to be tackled at a population level and not individual level and that is when the public health strategies started reflecting changes.

"Healthcare for all" was not something that drove the ministries in previous centuries but it was pandemics like these that the conversation shifted to providing socialised medicine. While there were some countries that followed this protocol, it was not a norm globally.

Russia seemed to already have a centralised public healthcare system up and running by 1920s.

In Britain, the efforts started in 1948 - National Health Service.

India released its first National Health Policy in 1983 with the goals of providing primary health care to all by 2000.



Early intervention, as understood, is something that will help in reducing the spread of any disease and that is what healthcare professionals around the world aim to do in such crisis.

Early intervention in COVID-19's case would be to recognise the slightest symptoms, quarantine the patient and trace the people who were physically in touch with them and then follow the same procedure.

We've read so much already about the spread of this virus that all or any information seems overwhelming, but finding a silver lining in the middle of a crisis will keep us going. As the world has fought off past pandemics, we will fight this off too!

- Doctors are working 24*7.
- The government is doing its best to help people and businesses to stay afloat.
- All we need to do is be mindful of the situation and follow protocol.



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