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Western Civilization- HI 102

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### Covid-19

The coronavirus pandemic (also known as COVID-19) is a disease that spreads the virus from person-to-person interactions through coughs, sneezes, and talking. Though this may seem like a treatable disease, Covid-19 resulted in over four million deaths worldwide, making it the deadliest disease of the twenty-first century. As a result, society had to face a new norm to control the outbreak, but this resulted in many changes worldwide.

Everyone had to adjust to the pandemic in their ways, but for me, the only word to describe the pandemic was horrifying. Anyone who had any recollection of the pandemic will tell say March 13th will forever live in their memory as the day the world changed. The pandemic took jobs from the most committed workers, while front-line workers had to put their health on the line to treat people throughout this challenging time. Someone who did not live through the pandemic may believe it was a scary thought, while it was my family's reality. Adjusting to my family's circumstances, along with adapting to face masks, online schooling, and being imprisoned in my home for months, all within a week, caused significant damage to my mental health and social skills. My anxiety began to increase at the thought that COVID-19 could take everything I loved at any moment. While sociably, I feared human contact since I

was unsure of who may be carrying the disease. The virus resulted in not just me but many other people having damaged mental health as the coronavirus created fear within themselves for around two years. People have been adjusting to deal with the global pandemic, but this is not the first deadly disease people have had to conquer.

To summarize what has been said, Covid-19 is an incredibly challenging time in United States history as many people are personally dealing with complex challenges. For me, adapting to the global pandemic was horrifying, as it caused my mental health and social skills to suffer.

### Works Cited

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