



The Global Disordering: Analyzing COVID-19 Wide-Reaching Effects

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DESCRIPTION

COVID-19 virus is highly contagious and is spread through respiratory droplets that are produced when an infected person coughs or sneezes. COVID-19 virus can also survive on surfaces for several hours and can be transmitted if someone touches an infected surface and then touches their face without washing their hands first. Because of its high rate of transmission, governments around the world have implemented strict social distancing measures such as stay-at-home orders, travel restrictions, and mandatory mask wearing in public places. These measures have had a dramatic impact on our daily lives as we adjust to new routines and lifestyles that revolve around staying safe from infection. The economic impact of COVID-19 has been equally severe with businesses across all sectors suffering from reduced demand due to lockdowns and other restrictions imposed by governments in an attempt to contain the virus.

Hospitals have been flooded with patients suffering from COVID-19, leading to an increased demand for medical professionals and supplies such as personal protective equipment (PPE). Vaccines have also become available in recent months which have given hope to many who were feeling helpless against this virus. It's clear that coronavirus has had a significant impact on our everyday lives over the past year. From social distancing measures to increased reliance on technology, it's changed how we work, play, and live our lives on a daily basis. While it's understandable that these changes can be difficult to adjust to at times, it's important to remember that they are necessary for keeping ourselves safe during this pandemic.

Health and safety protocols for pandemic of the COVID-19 pandemic have changed our lives in unprecedented ways. As we continue to navigate these uncertain times, it is important to be aware of the health and safety protocols that can help protect ourselves and others from the virus. Wash hands regularly washing hands with soap and water for at least 20 seconds is one

of the most effective ways to avoid getting infected with the virus. It's also important to avoid touching the face. Wear a mask should be worn whenever are in public, as they help reduce the spread of germs. Make sure to use a proper mask that covers both nose and mouth. Practice social distancing staying at least 6 feet away from other people helps limit contact with those who may be carrying the virus. It's also important to avoid large gatherings. Stay Home when sick if feeling unwell, it is best to stay home and away from other people until patient have been tested for COVID-19 or have recovered completely. Get tested if needed if have been exposed to someone who has tested positive for COVID-19 or have been experiencing symptoms such as fever, cough, or difficulty breathing, then it is best to get tested immediately.

The coronavirus pandemic has had a profound effect on our lives, and one of the most significant impacts can be seen in our mental health. Many individuals are struggling with increased levels of stress, anxiety, and depression due to the uncertainty and disruption brought about by this global health crisis. The sudden shift to remote working has meant that many people are now isolated from their colleagues, friends, and family. This lack of human contact can lead to feelings of loneliness and isolation, which can further exacerbate pre-existing mental health conditions. In addition, financial worries caused by job losses or reduced incomes have been a major source of stress for many people. The pandemic has also had an effect on how we access mental health services. With social distancing measures in place, many physical counselling sessions have been cancelled or postponed. However, there are still options available for seeking help many mental health services have moved online in order to provide support during this difficult time. It is important that we all take steps to maintain our mental health during this time. Simple activities such as going for walks outdoors or connecting with friends over video calls can help to reduce stress levels and improve moods.

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