

Support by the society

Turning Crisis into an opportunity

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There is an exponential increase in number of Covid-19 cases which is leading to extreme levels of anxiety, stress and panic. A proper psychological crisis prevention strategy need to be developed for all the fighting this battle. First line of warriors is our health workforce which includes doctor, nurses, health managers. These crusaders are treating corona virus patients risking their own lives, away from their families and loved ones. They and their families are undergoing additional burden of stigma as they are feared to have contact with corona virus patients. A strong support by society is the need of this hour as this health workforce are our crusaders in this battle. A five minute support by society during Janta curfew cheered avengers. One could see the tears in eyes of people who were out in balconies with plates, spoons, conch shells, dholaks and drums. Similar local community initiatives should be planned to boost their morale and to show solidarity. Best way we can help is by maintaining social distance which will decrease the surge in cases.

Media should play positive stories from local people who have been treated for COVID-19 successfully and how they recovered. They should also share how their relatives



SHWETA AGGARWAL

Time to build trust

For this lockdown to be turned into an opportunity, government must institutionalize initiatives for building routines of healthy food, exercise, positive outlook and helping each other for future challenges we as nation may face. A local level support from society is need of the hour to implement the top down policies of the government. This is time to show solidarity and build trust within our societies, and colonies to emerge as a stronger nation.

People should refrain from watching news more than twice a day. Advisory should be issued to media to conceptualize behaviour change related communication for social distancing, emotional connect and