

Communities' role in flattening the curve

40-70% of the world population will get COVID-19 within the next year. Majority of the population would have had it by year 2 but hopefully by then we would have a better chance of having the necessary care and treatment. It is important for the general population to acknowledge the efforts of healthcare workers during this time; particularly for the sacrifices they are making in keeping you and your loved ones safe. It is important to do what we can to look after ourselves and manage these figures down. Understanding our role in this crisis can also be very meaningful in anticipating the distress and anxiety but also recognising how we contribute to the whole.

The key focus for all of us is to contribute to flattening the curve in order to:



Reduce the impact on health care system



Give the healthcare time and space to learn more about the virus, and develop the necessary treatment



Reduce the mortality rate

If you are feeling increasingly stressed or overwhelmed, you are not alone and are encouraged to reach out for support to friends and family and helplines that exist for emotional support. Employee assistance programmes may be very useful for those who have access to such support. Try and reassure people you know who may be worried about you and check in with people who are living alone and not coping.