

Let's face it, we all hate COVID-19 and we all have our reasons. It's affected our lifestyles, our relationships, our jobs, even our toilet paper. It's also proven to be ruthless and deadly in some cases for those who contract it, devastating families and healthcare workers.

Because everyone has some complaint about the COVID-19 epidemic and the ripple-effect it's had in all our lives, here are 10 things we all hate about COVID-19.

1. Quarantine and self-isolation

While some are totally fine with this new version of normal, many people are struggling with the social isolation and limited time outside the home. Such sudden change in routine and confinement can have a huge psychological impact, even on the strongest of people. It can cause boredom, frustration, loneliness, anger, stress, and in some cases depression and anxiety.

Experts recommend finding some sort of structure while you have to stay at home. If you are working from home, this may be easier. But for those who don't have that outside source of structure, try making a daily schedule for yourself that includes time for virtually socializing, your hobbies, and self care.

2. Too much time with the people you (usually) love

Never has the adage "absence makes the heart grow fonder" been so true. Coronavirus quarantine isn't only spending more time with your partner, it's doing so with a mountain of restrictions in a pressure cooker of new anxieties and stressors. You not only have to keep your emotions and anxieties in check, but also be aware of those of your partner, family, or roommates. Because you don't have outside sources of interaction like you used to, little annoyances and grievances need to be addressed quickly and in a healthy manner before they become a giant elephant in the room. Peter Coleman, a social psychologist recommends asking for the space you need and checking in with those you now have to spend so much time with.

3. Lifestyle changes

Suddenly, we are all aware of how much we touch our face and have to learn how to work a face mask as an accessory. While some of the measures we are advised to take are not what we are used to, they are incredibly important, especially as cities and states begin to reopen businesses and ease restrictions.

The World Health Organization (WHO) has consistently reminded us to avoid touching our faces, especially the eyes, nose, and mouth. These are key places we can transfer a virus into the body after coming in contact with it. It will ultimately help reduce the spread of the virus, especially when combined with frequent thorough hand washing.

And while face masks, whether disposable or fabric, are maybe not the most comfortable things to wear, they are also an important tool in reducing the spread of the virus. Because some people will be asymptomatic and others may not know they have coronavirus for days, it's important to wear a face mask when making those essentially shopping trips, more for the protection of others than yourself.

4. Supply shortages

Once the reality of COVID-19 was becoming apparent, many saw store shelves quickly empty and the search for toilet paper became an overnight meme. One reason for the shortages was stockpiling. Some intended on selling essential products at inflated prices once stores were sold out to make some money. Others bought in a panic.

Luckily many stores quickly responded with limits on the quantity of certain items customers could buy at one time. But now, we are looking at potential meat shortages since many plants had to shut down.

5. Misinformation everywhere

During the months of news reports and updates about COVID-19, old information has proven to be false and some information has been categorically wrong from the beginning. It can be difficult to find the information you're looking for and to know whether it's accurate and up-to-date. Worst of all, some information is downright dangerous. For the most up-to-date and accurate information about the spread of the virus and current social recommendations, check the CDC and WHO websites.

6. People who should quarantine themselves but don't

As millions sit at home because it's the recommendation, a select few with an official COVID-19 diagnosis have chosen to ignore medical professionals and continue to go out.

New Hampshire experienced this with their first confirmed case of the coronavirus. The patient tested positive and received a diagnosis of COVID-19. The medical staff who treated the patient explained the importance of isolating as a carrier of the virus. The patient, however, ignored the advice and reportedly went to a "private event" a couple of days later. Everyone who came in contact with the patient was told to completely isolate themselves for 14 days to confirm whether or not they caught the virus from the patient attending the party.

7. False cures

So-called “miracle cures” and homeopathic remedies, like disinfectants, essential oils, garlic, onions, yoga, even cow urine and feces, range from ineffective to deadly. For accurate recommendations, check the CDC and WHO websites.

8. Anti-Asian hate and racism

In the United States alone, more than 1,100 instances of anti-Asian harassment have been recorded by the reporting forum Stop AAPI Hate since late March 2020. It's also been reported numerous times in Australia, India, and the United Kingdom. Bad puns and slurs referring to the virus and the Asian community have become especially rampant online. Even high-ranking government officials are guilty of this, calling COVID-19 the “Chinese virus” and defending it.

One way to fight the racism is to address it and call it out, according to Jing He, a vlogger who received a huge amount of racist responses to her video diary attempting to show how the COVID-19 outbreak was affecting her home city of Shanghai.

She said, “if more people call this out, that's how we slowly overpower the force of racism.”

9. The economic and employment impact

As many states and cities put in place restrictions forcing some businesses to shut down or alter how they interact with the public, many have been furloughed or lost their jobs. And many businesses have had to rely on government money to keep themselves going. Unfortunately, we will feel the effects of this for a long time and with that, comes more reasons for anxiety and depression. While those are common during difficult times like this, there are luckily many virtual resources for those who are struggling mentally and emotionally.

10. The uncertainty

From the beginning of the COVID-19 outbreak, there was uncertainty. Scientists and medical professionals were unsure how transmissible it would be, how lethal it would be, how it spread, how to treat people once they contracted it, and how to best help people keep themselves safe. Now, some states and cities are easing restrictions and trying to reopen, but there's uncertainty about how that could affect the spread of the virus, how long it will take to return to normal, if normal is ever going to happen. But reaching out to friends and loved ones to express your doubts and fears and anxieties can help to find companionship in the uncertainty.

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