

LIFE IN LOCK DOWN

By
**Monty
Broxholme**

LIFE IN LOCKDOWN

The house is littered with dirty tissues and stinky clothes....,you can smell the boredom and anger in the air. Even the slightest provocation will start a massive fight. This once laughter filled house is now filled with tension and anger...., read on to find out why!



CLASIFACATION OF COVID-19

WHAT IS IT?

COVID-19 (Corona virus) is a respiratory illness which means it affects the lungs and other parts of the respiratory system. Symptoms of the virus include coughing, a sore throat, and shortness of breath. It can spread from one person to the next at a terrifying rate.

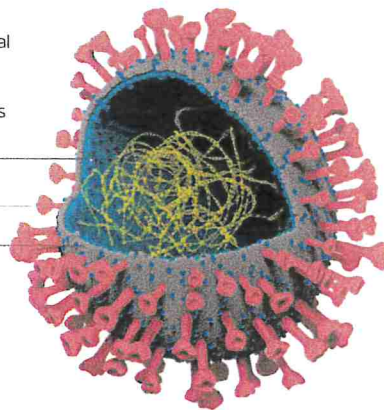
Anatomy of a virus

The covid-19 virus has several features we may be able to target with drugs to break it down and stop it entering cells

RNA enclosed in protein

Spike protein

Lipid membranes



WHERE DID IT COME FROM?

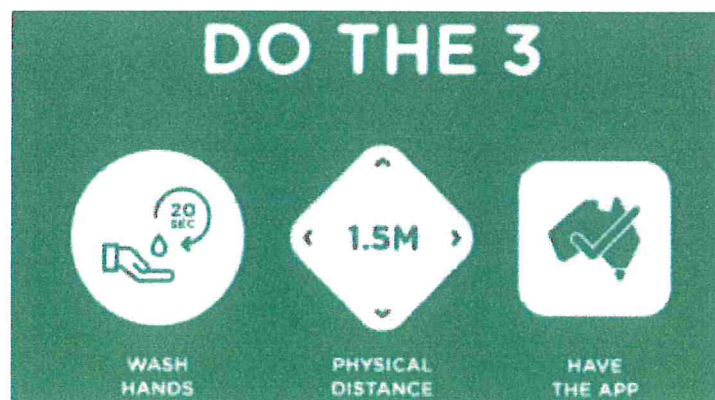
Corona virus is confirmed to have come from Wuhan, a province in China, but it is uncertain how it spread to humans. A likely theory is that it originally came from bats who have a similar virus.



HOW DO WE STOP IT?

If we had a vaccine we could probably stop it but, until then, we can only slow it down. We can do that by keeping good hygiene. Keeping good hygiene involves:

1. Washing your hands regularly or after you sneeze or cough.
2. Covering your coughs and clearing your home or work space.
3. Social distancing, keeping a space of 1.5 m between you and others at home and on the street.
4. Not gathering in large numbers, this allows the virus to spread faster than the usual rate.
5. Quarantine if you or anyone in your family has been in touch with anyone with COVID-you are required to stay at your home for a period of 2 weeks.



HOW HAS IT CHANGED THE WORLD?

It has helped people find ways to communicate with people you don't usually get to communicate with by using ZOOM and SKYPE. With less things to do we need more entertainment like music, books and acts so people will start to get more interested in the arts.

SCHOOLING AT HOME

Schooling at home sounds like home schooling, but it is very different. Due to COVID-19 more people have been forced to school their children at home. This is different from professional Homeschooling because the school and teachers are still setting the work for children to do. In professional Homeschooling, the parents organize the subjects and activities. Schooling from home means the parents teach or supervise what the school has organized for them.

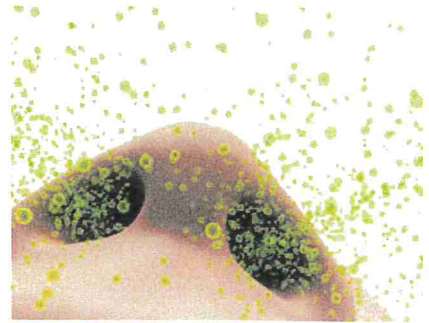
During Lockdown, our teachers made videos for the kids to listen to telling them how to do the work. The teachers still played a major role in the home schooling. They set the work and parents dropped by to collect it. Schooling from home is different from normal school because you don't have your friends, but your teacher is still 'there', still explaining, still telling you how to do your work.

I prefer normal school because it is more interactive. It is actually easier to do the work because there is someone there ready to help you if you find things hard. Having friends around you creates a feeling of 'we're all in this together' and we can all help each other learn. There are also more fun things at school. At home, sport, art and music are either not possible or not as fun as doing it in person.



SOCIAL DISTANCING

Parents and students are avoiding each other, why? Well, it's called 'Social Distancing'. In COVID times this is when you stay a distance of 1.5 meters away from others. This was brought in to make it harder for COVID to spread from one person to another on the street, at home and at work. It works because 1.5 meters is the distance that water droplets from a sneeze and spit from another person's mouth can travel to reach another person.



In some parts of the world, people weren't obeying these rules, or they weren't enforced quickly. These countries were the countries hardest hit by the virus, for example the U.S., Brazil, Russia, the U.K., Spain and Italy.

This rule has been especially hard for some people who had big events planned or needing to happen. For example, weddings, birthday parties, anniversaries, holidays and funerals. Because the spaces where these events would be held cannot hold many people keeping 1.5 meters apart, these events have been cancelled or less people attend.



Social Distancing means that you can't hug an old friend who just came over and no slapping friends on the back. Even these small shows of affection, outside of the family, are forbidden. These may sound like small things but they have changed our lives a lot.

NO TOILET PAPER ON THE SHELVES!

If you've gone to any supermarket, you might have noticed there are items missing, like toilet paper and canned foods. Why is that?

Well, panic buying is the reason. Panic buyers have cleared the shop shelves and taken out half the supermarket out of fear. People get overly worried about something that has, or is about to happen. When COVID happened, people started irresponsibly buying toilet paper and canned foods.

People start doing panic buying when

- 1) People misunderstand the threat of the health crisis. With COVID, which is actually a respiratory illness, not a gastro illness, so there is no reason to buy more toilet paper!
- 2) Fear of the unknown caused by uncertainty. Panic buying makes people feel like they can control the virus and control their lives again.
- 3) Seeing others panic buy makes other people think it must be necessary.

Panic buying can actually lead to an actual shortage for food for those who did not panic buy or over-react. It is especially harmful to the elderly, poor, sick and those with disabilities because they already find it hard to get food.



STAYING AT HOME

Parks Closed.

You may have noticed that around your house and local area, parks have been closed. And, again, it's thanks to COVID. The government has closed parks because people leave bacteria on the equipment and the next people, pick it up.

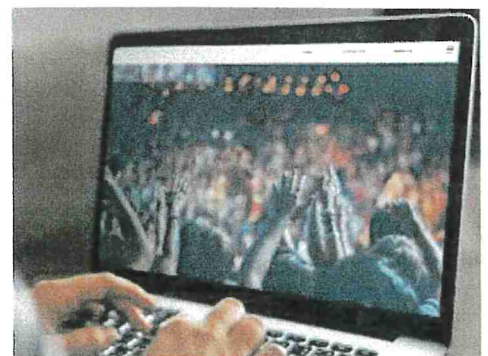
Sporting Events Cancelled

Sports are cancelled. Not only for school but also for world-wide sports. Recently, governments around the world decided sports would be cancelled. Originally matches continued but crowds were not allowed in to watch. But then, the games were either cancelled or postponed for the safety of the players. Interestingly, teams played better without crowds but it was boring to watch!



Church Online!

It seems funny to 'watch' church. You would usually be there to sing and interact with your friends and talk about the sermon. Lately you've had to watch church, singing on your own at home and watching the minister on TV. Some good has come out of this, the church has spread and more people are attending services. People of old age have found ways to attend church through the internet, allowing them to join in community and grow in their faith. It has been easier for people with disabilities and people who want to try church but don't feel brave enough to try and go to church.





WHERE TO NEXT?

COVID has changed the world and all of our lives, in big and small ways. Even as we move to partial Lockdown we are still not allowed to do many things from our normal life. The Government is putting us through Steps to slowly move us back to our normal life. Currently South Australia is in Step 2 (see diagram on next page). Although Social Distancing is still in place, we can go to the movies with 80 people maximum, gyms and other indoor fitness activities with 10 people maximum and funerals can now have 50 people attend.

Outdoor playgrounds have reopened, local libraries, worship, weddings and ceremonies are now permitted, campgrounds and caravan parks are also open. In all these places, a maximum of 20 people can be in a room and no more than 80 people can be gathered in total.

In our house we still have the same 5 people but thanks to these new open places, we have calmed down....and we've tidied up!