1. Introduction
   1. The Problem of Darkness, but the light
   2. Symbolize health care workers as soldiers in a war
2. Thesis
   1. We should reflect on
      1. What nurses, doctors, and others during this time have given
      2. And have taken
3. They risk increased exposure to the coronavirus
   1. 75% of Americans are staying home
      1. Viewing world behind a screen
      2. Not doctors, and nurses who are at the forefront
   2. In a way, the world is a stage right now, and the most prominent actors are the news reporters and politicians, but let us not forget what goes on behind the scenes, behind the curtain
   3. Those of us who are healthy should be grateful and careful to not take for granted those working “behind the scenes”
4. Second, healthcare workers remain strong in the face of public scrutiny and social stigma.
   1. One extreme example
      1. Philippine hospital janitor, and others, had bleach poured on his head. The message was clearly stating that people in the area didn’t think healthcare workers were clean or safe to be around.
      2. Others are being evicted from their places of stay
      3. Even more frightening might be the protests against the quarantine
         1. I know this gets political, but I think the least we can do for these workers is do our best to protect ourselves, by keeping good social distance.
      4. Despite all this, healthcare workers stay strong, facing tremendous difficulties medically and socially
5. In conclusion, healthcare workers, even though they battle against social stigma and increased infection risks, should be considered the heroes of this pandemic