Sweeping across the world at alarming rates, changing the course of history, hospitals’ worse nightmare, COVID-19 has turned upside down social norms, taken many lives, and is out to take more. As the world darkens in despair and panic with people not only losing lives, but also loving jobs, losing money, a light shines brightly and firmly in the center of the darkness.

Fearless, brave, courageous, and valorous, health care workers across the world charge forth straight to where the battle is the fiercest. Regardless of running low on supplies, regardless of running short-staffed, doctors, nurses, and everyone in between march forth in monochromatic uniforms, armed with ICU’s, medication and the like to disarm the invaders and to reclaim what is compromised. 1

I would us to reflect on what nurses, doctors, and others during this trying time have given for to fight this pandemic.

First, healthcare workers risk daily infection due to increased exposure to coronavirus patients. Considering the high rate of infection that surpasses even the flue, healthcare workers, who take as many precautions as possible are unable to completely avoid infection. Instead of staying home, those who work in this crisis risk their lives in order to save others. Even though over 75% [thehill](https://thehill.com/changing-america/well-being/medical-advances/491760-3-in-4-americans-say-they-are-self-isolating-in) of Americans are staying home viewing the world’s situation behind a screen, nurses and doctors are living in and experiencing the pandemic. For many of us, watching the news or looking at the devastating headlines can give us anxiety about the future, but let us remember those who are on the front lines, fighting to keep the pandemic under control. Those of us who are healthy should be grateful and not take for granted those working “behind the scenes” of this pandemic that seems to be mostly fronted by news reporters and the like.

Second, healthcare workers remain strong even as they undergo social stigma, as they are being evicted and in some cases being harassed by the public in some countries. One extreme case of harassment A hospital janitor in the Philippines had bleach poured on his head by some residents. [fear-on-front-lines-as-hospital-staff-face-threats-stigma-over-coronavirus](https://www.reuters.com/article/us-health-coronavirus-medics/fear-on-front-lines-as-hospital-staff-face-threats-stigma-over-coronavirus-idUSKBN21H1OQ). Others are being evicted from their habitats due to landlords fearing spread of the virus to other tenants. Even more frightening are the people who protest against the quarantine, which I consider to be the least we can do for the healthcare system in return for all they have done for us. Despite all this, healthcare workers stay strong, facing tremendous difficulties medically and socially.

In conclusion, healthcare workers, even though they battle against social stigma and increased infection risks, should be considered the heroes of this pandemic.