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The Dangers of Covid-19

Covid-19 is an imminent danger in the world right now, as it has taken the lives of many. This illness can be spread from person to person via respiratory droplets, or by touching a surface that has the virus on it, and then touching your eyes or mouth. According to the CDC, one can get the virus by coming into close contact with someone who has the virus, which is why it is critical to wear a mask and stay at least six feet away from someone if you are talking to them. Since there is currently no vaccine for Covid-19, to contain the spread of the virus, it is important to avoid going out a lot and avoid seeing a lot of people. In addition, it is important to disinfect and clean frequently touched surfaces and wash your hands often. Everyone should be aware that anyone is susceptible to getting infected; therefore, everyone should take the necessary precautions to stop the spread. Symptoms of the virus include a fever or chills, shortness of breath, coughing, difficulty breathing, muscular or body aches, headaches, fatigue, sore throat, new loss of taste or smell, nausea and vomiting, diarrhea, and congestion or a runny nose. A person might only experience some of these symptoms, and they can appear 2-14 days after being exposed to the virus. If someone is feeling sick, ways to prevent the spread of Covid-19 are to stay home, avoid public transportation/ride-sharing/taxis, distance yourself from other people or the pets in your home, seek medical care if necessary, and call ahead if in need of medical attention.

The university has taken the necessary precautions to address this pandemic, limiting the on campus population, and holding virtual classes. Those a part of the GW on-campus community must abide by the necessary protocols to monitor symptoms if they are experiencing any, comply with contact tracing, practice the safety measures put in place to prevent the spread

of the disease, quarantining, and experiencing weekly tests. Daily symptom monitoring is to be completed on the CHC portal, where those on campus must put whether they are experiencing any of the Covid symptoms, if they have traveled from a hot state, if a member of their household has covid-19, and if they have been directed to quarantine by a medical provider or health official. There are myriad posters and signs around the campus that reveal where to go and what is necessary when abiding by the Covid-19 policies. In the residence halls and buildings, there is a limit on the amount of people allowed in a room and people must stay distanced from each other in those facilities. Everyone on campus should be wearing a mask when in a public place or in the presence of other people. In addition, to care for the people in the community, everyone should take part in cleaning, cooperate with the orders of the university, receive the available vaccines, engage in the necessary hygiene procedures, ask for support from resources provided, and remain a dedicated member of the community to stop the spread. I will be diligent in abiding by these policies, to ensure that those around me are safe, and to stop the spread of Covid-19.