

## **The Second Wave and its Worst Fears**

- Pawan Nihure  
*Pepsicola, Kathmandu*

Hospitals are full with COVID patients, and there is no vaccine and proper medical assistance. After India, Nepal is facing the same, so can we survive the second wave? A question in every Nepalese minds today. With more than 400,000 cases and more than 4000 deaths in Nepal itself, this deadly virus has induced a state of complete chaos and fright among us.

We just got over the first wave and here comes the second in no time with more devastating consequences. The daily average cases of 9000 and with such a high COVID infection rate Nepal tops the table in the most COVID risked countries worldwide.

The state of economic crisis has become a main reason to worry. People are suffering, losing their jobs, shelter, family, friends and lives not only due to the infection from the virus but also due to the immediate adverse impacts this has brought upon people's lives.

We are lacking behind; the government is lacking behind and as a whole the nation suffering. People are suffocating to death just because there is no treatment available and they have no place to go. A senior doctor in one of the major hospitals in Kathmandu exclaims; "It surely feels like we have lost all our hope but being strong and motivating ourselves is the way now." The hospitals are full, there is shortage of medicine/vaccines and the manpower is all used up. People are fighting, struggling to just arrange a hospital bed and an oxygen cylinder.

Although, the government did not fulfill all its duties on time but still is keeping up and searching for ways. The government recently appealed for help in the international platform, thus Nepal is receiving funds and other sort of medical assistance from foreign countries.

The number of deaths is increasing day by day, people are losing their loved ones. The fear of losing someone very close to you just because you cannot provide him/her appropriate treatment on time is the worst fear we are facing. This fear has led to maximum psychological impact on humans. When person's behaviors are driven by fear, it can lead to discrimination and unreasonable and irrational decision-making which can make the outbreak even worse.

The sources of income are getting limited. Due to the shutdown of industries and rising unemployment, the global value chain is disrupted. Lack of food supply and other essentials are the major problems in developing and underdeveloped countries like Nepal. People are unable to manage what to eat and where to sleep. People are terrified, have fear of losing jobs and shelter. Workers say; "Lack of income has made us come to the roads where we are more vulnerable to diseases and the Government should do something for us."

Rampant spread of false information by the various sources has also contributed in expanding the fear among the people. People often tend to believe such misinformation out of fear in crisis such as this. Myth busting and the dangers of promoting unproven medicines are also found.

During a disease outbreak, anxiety and worry are reasonable reactions, and it's important to take precautions to reduce the spread of disease. In this time of pandemic, rather than creating divisions based on discrimination, we should show some sympathy to people who are facing difficulties and be optimistic.