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Lessons learnt from COVID 19: The way forward

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Next step is your next decision. If you are ready, nobody can stop you. Indeed, life has many surprises. The reality is clear, now, COVID 19, has been a great life teacher. The root cause and our existence, the basic unit of life, the cell life cycle revised. Tiny as a virus, its life cycle mutates several million times and it is the survival of the fittest. Vaccines, sanitary measures, social and physical distancing, hand washing practices and face mask have been adopted into daily living now. Several levels of interventions emerged. Individuals showed empathy, humanity, togetherness, in times of stress, distress, mental challenges. At group levels, setting up of public health units, community medicines practices, education in public place, law re-enforcement. Redeployment of workforce and resources. At country level, sharing of resources with those in need, food scarcity, medicines and basic human needs addressed, donations of vaccines. Country inter-collaborations and understanding. Sharing of expertise, knowledge and know-how in globalised world, these exchanges between neighbouring countries. Research and development, emerging medicines, home remedies have reduced uncertainties during world war three. Given time and opportunities, COVID 19 and its variants, taught us to re-adapt and survive in our own world. Businesses evolved in a new dimension called e-commerce popularised due to circumstances