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### **The Silver Lining of 2019-Novel Coronavirus (2019-nCoV) Lockdown**

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The exponential spread of 2019- Novel Coronavirus (2019-nCoV) has led a public health emergency with 3156 confirmed cases by 6<sup>th</sup> April 2020 in Pakistan. The virus affects people of all age and ethnic groups but with increased fatality rate among the elderly population, with co-morbids. With no treatment or vaccine authorized, the virus has kept the world under partial or complete lock-down. Although we are going through a challenging time for our health system, economy, frontline health workers and public health officials, its crucial to remain calm and think about what good we can grasp from it.

Social distancing- a crucial concept that was so foreign for most people to understand is now the safest way to live a healthy life through this pandemic. The importance of giving someone that safe space to stand or breathe comfortably (**precisely: 3ft**) is not just significant for preventing a disease but should also be considered as a routinely practice. The question of whether we should make a stranger feel comfortable around ourselves is simple. A stranger who respects boundaries, gives us and our loved ones space, makes us feel safe and isn't feeling safe a basic human right?

The other element which can keep us safe through this pandemic is a healthy immune system. Because of this, many people have started taking supplements, proper home-cooked meals, etc which is something they should do even without the "Corona fear." It was also about time that we learnt sneezing etiquettes and focus on hygiene and cleanliness. The circumstances are a bit extreme, to say the least but the sound of living in a city that has been cleaned and chlorinated, isn't bad.

For many people the concept of prioritizing and organizing things in their life was very foreign too. Generally, since there isn't much to do because of the lock down, people are finally getting the time to fix their wardrobe or do chores that they were otherwise procrastinating with. In the corona-free world, we were preoccupied with multiple things that were just a strain on our mental health. Faith that a vaccine or treatment plan will come out soon gives us hope each day which shows the significant of faith in general.

U.N.'s Climate Action Summit 2019 highlighted the rise of global warming as a pressing issue as the severity simply doesn't match the preventive measures taken. Climate activist, Greta Thunberg highlighted the lack of technology to rely on and the significance of additional measures to take. It seems to me that although we are limited, reduction in vehicles and industrial pollution will have a positive contribution to the Air Quality Index (AQI) and Global warming as a whole.

In a fast-moving world, happiness is confused with a dopamine-serve from retail therapy or cheat meals. Maybe we just had to take a breath and just think about what is important and what is right for us. Maybe it's God's way of just stopping everything and have us think about our future and ponder on the past. Maybe He wanted us to be around our loved ones or alone to think about our current situation. In a time when social media influencers get more of our attention than people fighting for change or rights, we are learning that from a janitor to a millionaire, every individual has their part to play in a society, ergo, every individual matters.

We can make the most out of this time or just dread the whole process, in either case this time off will never come back. Since there are no worldly commitments or excuses, we can work on ourselves. The lockdown is a test of character; the greedy will seek satiety by hogging and the caring will seek it through charity.

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