

## Opinion Toward Current COVID-19 Global Pandemic

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When SARS-CoV-2 was discovered in 2019, it has already taken 211,819,056 lives worldwide. Millions of people are now facing challenges including physical and psychological. Now we are encountering the strike of Delta variant, and even more, confirmed cases are still increasing. How can we prevent or delay the crisis?

What is COVID-19? COVID-19 is a disease caused by a new strain of coronavirus, called SARS-CoV-2. COVID-19 symptoms are: cough, fever, chill, shortness of breath, sore throat, diarrhea or nausea or vomiting. Some people have mild COVID-19 illness, or even no symptom. In other cases, COVID-19 leads to lung and heart damage, nervous system dysfunction, or death. SARS-CoV-2 may originate from animal or others causing illness. Recent research on SARS-CoV-2 is trying to reveal how and why the coronavirus cause worldwide pandemic. How can we protect ourselves?

According to USA Centers for Disease Control and Prevention (CDC) guideline, first, get authorized COVID-19 vaccines as soon as you can. You have to do something for you and you can protect other people. Second, wear a mask. Even you are fully vaccinated, keeping a mask on you is always a great strategy in any forms of public transportation. Third, keep social distance from each other. Forth, wash your hand frequently and monitor your health every day. Be alert for any symptom you have and measure temperature if symptom develop.