Life in quarantine

Pandemic and quarantine are the two most used words in the recent times. Quarantine is something which is very much essential in the recent time of pandemic in order to protect oneself from getting affected and also not to affect others in case someone is already affected. This corona virus which leads to respiratory problems is the cause of this pandemic and is very contagious and thus one has to be very careful to stop spreading of this viral disease.

The origin and nature of this virus is still unclear to this date and thus we need to be very much careful with our lifestyle choices so that we don't get affected and affect someone in the process. Another terrifying thing about this virus is that a person who has already been affected can be asymptomatic and affect others unknowingly, and also this causes the detection process to be much more difficult. So the solution to this whole scenario is to isolate oneself from others, or in other words, to be quarantined.

Now the probation period of this disease is 14-30 days. Which means one must isolate oneself from others for atleast 14 days from the day of journey from some place or after attending a gathering. This isolation of 14 days is mandatory even if someone has no health issues, because one can be asymptomatic and still affect a lot of people in the process.

What is it like to be quarantined? It's very much difficult. Not having to see friends, colleagues, lab mates or any people, not being able to talk to anyone in person is difficult. Not having to go to labs, or play grounds, or mess is also very frustrating. Not having to order food from outside, no social or personal life for 14 days is much more than just difficult, its frustrating and depressing. But then why shall we all must do that? To save ourselves and also our near and dear ones. One must not go outside and socialize for this 14days in order to break the chain or spreading of this disease. If we really care about ourselves and the people around us, as well as the economy of this country we must and have to really break this chain of spreading this deadly virus.

Now, the question is how to cope up with this difficult time of being quarantined ? Now, taking good care of the mental health is really very important. Read story books, listen to good mind freshening music, try some free hand exercises. Whenever you feel the need of talking to anybody just call them. Nowadays, with the advance of technology atleast we don't feel left out. Whenever you are feeling bored even after watching a movie or a TV show, just get back to your work. Get back to all the downloaded papers which you never got time to read. Go through the reference papers which you had downloaded and never got the chance to read them. Take this time for your inner thoughts to improve. Get back to any of your childhood hobbies. Just make sure you are not going out of your hostel room without any reason.

Another important thing is keep a good track of your health, sanitize hands frequently, use your own tiffin box and utensils for food. Wearing a face mask is something which is mandatory in order to protect oneself and also to stop the disease from spreading. Never ever forget to wear a mask in public and even if there is no one around you. And it is also important to stop touching face without sanitizing hands properly. It is very important to monitor health and temperature and contact a doctor immediately in case of any health issues. Make sure to call them first and not to go to the heath centre directly without prior consultation. Sometimes a little free-hand exercise session can help a lot with mental and physical health.

I am someone who has gone though all the strict rule of being quarantined and I can vouch for the difficulties of the process but we really can if we make up our mind and pledge to save our country, family and friends. We all are in this together and we shall definitely overcome this situation at hand. Keep wearing masks and keep sanitizing hands.