



## What COVID-19 has taught the world

Rati Barman<sup>1,3,4,\*</sup>, Naseem Ambra<sup>2</sup>, Manish Barman<sup>2,3</sup>

### ABSTRACT

**Background:** A novel coronavirus (SARS-CoV-2) has captured global recognition in a short period of time by dramatically impacting people's everyday lives and emerged as a public health emergency. Undoubtedly, it shows that lessons learned from past coronavirus epidemics such as the Middle East Respiratory Syndrome (MERS) and the Serious Acute Respiratory Syndrome (SARS) were not adequate and thus left us ill-prepared to deal with the challenges presently raised by the COVID-19 pandemic<sup>1,2</sup>.

**Methods:** COVID-19 adds to the list of previous outbreaks of infectious disease epidemics that try to remind us that we live in an ecosystem where the relationship between human and animal life, and the environment must be respected in order to survive and prosper. Rapid urbanization and our forestland invasion have created a new interface between humans and wildlife, and have exposed humans to unfamiliar species, frequently involving unfamiliar organisms and exotic wildlife<sup>2,3</sup>.

**Findings:** Every pandemic is nature's way of reminding us that the interrelationship between all forms of existence needs to be recognized. To limit new infectious outbreaks, the transdisciplinary 'One Health' solution incorporating 'Health in All Policy' involving all stakeholders especially environmental health and social sciences is being advocated (Figure 1).

**Conclusion:** Savings and investments should be made by everyone to meet the unexpected. Stigmatization and prejudice among individuals in the world should be discouraged. Special attention should be paid to the elderly, as their immune system is weak. Health and safety precautions such as physical distancing and health hygiene etiquettes should be considered as part of life. Global experience teaches that containment steps and active tracing of contacts are effective to minimize the economic burden of disease and enhance knowledge of disease processes, health issues, disease emergence, and re-emergence. These lessons will help us to battle future pandemics.

*Keywords:* COVID-19; pandemic, lessons learnt, health hygiene etiquette, Health in All Policy

<sup>1</sup>Women's Wellness and Research Center, Hamad Medical Corporation, Doha, Qatar

<sup>2</sup>Department of Medicine, Hamad Medical Corporation, Doha, Qatar

<sup>3</sup>Weill Cornell medicine, Doha, Qatar

<sup>4</sup>College of Medicine, Qatar university, Doha, Qatar

\*Email: RBarman@hamad.qa

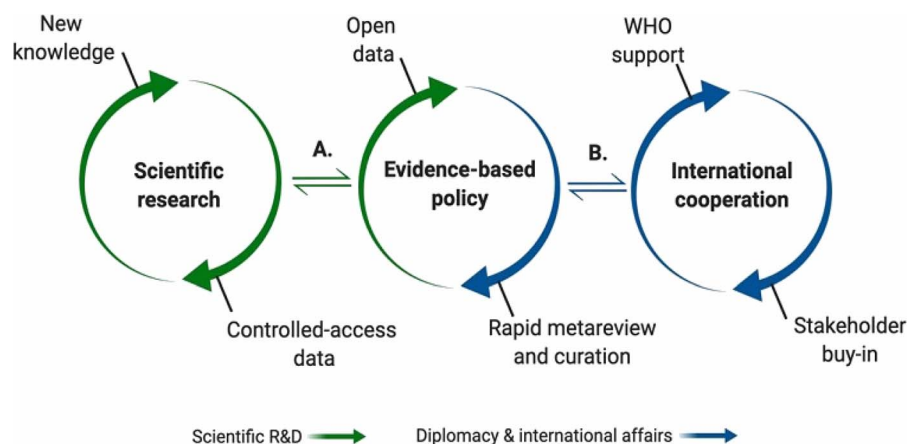
<http://dx.doi.org/10.5339/jemtac.2021.qhc.21>

© 2021 Barman, Ambra, Barman, licensee HBKU Press. This is an open access article distributed under the terms of the Creative Commons Attribution license CC BY-4.0, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

كيساينس  
QSCIENCE

دار جامعة حمد بن خليفة للنشر  
HAMAD BIN KHALIFA UNIVERSITY PRESS

Cite this article as: Barman R, Ambra N, Barman M. What COVID-19 has taught the world, *Journal of Emergency Medicine, Trauma & Acute Care* 2021;21 <http://dx.doi.org/10.5339/jemtac.2021.qhc.21>



**Figure 1.** Health policy interface in the wake of pandemics. (Adapted from LoTempio, et al.<sup>4</sup>).

**Disclosures and acknowledgements:** We would like to acknowledge the insightful and thought-provoking article published in *Science & Diplomacy*, from wherein we have sourced our Figure 1 representing the health-policy interface (LoTempio J et al.<sup>4</sup>).

#### REFERENCES

- [1] Peeri NC, Shrestha N, Rahman MS, Zaki R, Tan Z, Bibi S, et al. The SARS, MERS and novel coronavirus (COVID-19) epidemics, the newest and biggest global health threats: what lessons have we learned? *Int J Epidemiol.* 2020;49(3):717–726.
- [2] Carrington D. Coronavirus: 'Nature is sending us a message', says UN environment chief. [Internet]. Available from: <https://www.theguardian.com/world/2020/mar/25/coronavirus-nature-is-sending-us-a-message-says-un-environment-chief>. [cited 2020 Nov30].
- [3] Kelly TR, Karesh WB, Johnson CK, Gilardi KV, Anthony SJ, Goldstein T, et al. One Health proof of concept: Bringing a transdisciplinary approach to surveillance for zoonotic viruses at the human-wild animal interface. *Prev Vet Med.* 2017;137(Pt B): 112–118.
- [4] LoTempio, Spencer DA, Yarvitz R, Vilain AD, Vilain E, Délot E. We Can Do Better: Lessons Learned on Data Sharing in COVID-19 Pandemic Can Inform Future Outbreak Preparedness and Response. *Science & Diplomacy.* 2020;9(2). Available from: <https://www.sciencediplomacy.org/article/2020/we-can-do-better-lessons-learned-data-sharing-in-covid-19-pandemic-can-inform-future>.