

Social effect of COVID-19 on our lives. How has it changed?

Chaos reigned in the world, no one knew, that the virus will spread on such a scale. We stayed closed for several months, not having contact with the school, some with work. It was for our good, ours and others. We should protect each other. So for the safety of most of us, she limited the exit from her own home to a minimum. Doing big shopping every week, not meeting friends, family, partners. Giving up dreams, dream holidays. Many of us sacrificed ourselves in the name of others and ourselves.

But even at home, we can do a lot, in Poland, so many older people have no loved ones, to help them with shopping and completing important matters, let's remember about these people because they are at the highest risk group. We can also donate money for worthy purposes, every money counts. When we have material and needle and thread, we can also help in sewing masks, which are extremely important during this period.

Also many of us, because of this situation, he drew attention to hygiene, we should pay attention to this before. Because before the coronavirus, bacteria also existed. But during this terrible period, let's follow safety rules, disinfect hands, let's wear a mask and take care of ourselves.

Let's get back to normal and slowly, after all, we have time for everything right?

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