

## MY EXPERIENCE DURING THE LOCKDOWN.

*By Everlyne Sally*

My experience of lockdown came with a hard impact and hit me both physically and emotionally. Life was as usual staying in a hostel as asylum seeker, with the other residents at park lodge in Killarney. It came as a surprise to me when we were told to vacate our classes at VTOS in Killarney, where I used to study various subjects including computers, and go home until further notice. We were taught how to take care of ourselves and those around us hygienically.



Being confined to our homes with no outside social interactions with fellow humans can be tough and is against our human nature. I like interacting with friends and community members.

While a global pandemic has brought this all to a halt, I have been lucky enough to have been transferred from Killarney to Travelodge Hotel emergency accommodation, where I have met a new family and friends in a friendly environment, not forgetting to mention, staying in my own room, unlike in park lodge where it was a shared room. This has allowed me time and space I have needed over the past two years.

I am currently studying Horticulture, English and computers at Ennismore Retreat Centre and doing online studies on zoom

The global pandemic of covid-19 has been very distressing for everybody, but it is surely healthy to find glimmers of hope in times of hardship and upset. Therefore we consider some of the positive things that have emerged as a by-product of the national lockdown, e.g spending more time with loved ones, online grocery and meal delivery, learning new hobbies, helping the elderly and neighbours, cleaning of hands are back and medical care is also superb. Jobs increased in health care sectors and those who were laid off their jobs because of the lockdown continued getting their weekly payments.

For nearly a year, the world's population has spent a significant amount of time inside their homes, going out for essential supplies or certain types of work only. Staying at home is a good way of limiting our exposure to coronavirus, but it could leave us more vulnerable to other infections caused by stress, lack of sleep, lack of nutrients and exercise that we need to stay healthy, especially those with the underlying problems. There is also financial worries, difficulty in balancing work and child care, No time to relax, getting addicted to the screens, putting on weight is another issue. Partying and meeting new friends outside home is important to our health and happiness, something we have missed for a long time. There are also difficulties of online learning and online working. There are distractions every where, Not easy to stay motivated, Technical issues, Lack of concentration.

My conclusion about the lockdown is that it has caused only a reduction in transmission, roughly, there is some physical distancing, but people move freely. The restrictions on movement is being followed but no additional physical distancing and thus the lives of many people are still in danger.

However, the lockdown in African countries may differ because most of them are poverty stricken countries, as such, strict lockdown policies may not only be difficult to enforce, but also heighten the risks of conflict.

In my opinion, I wouldn't change anything about the lockdown and I want it to continue to enable people get vaccinations against this dreadful virus.