

Being a Public Health Student During the Pandemic

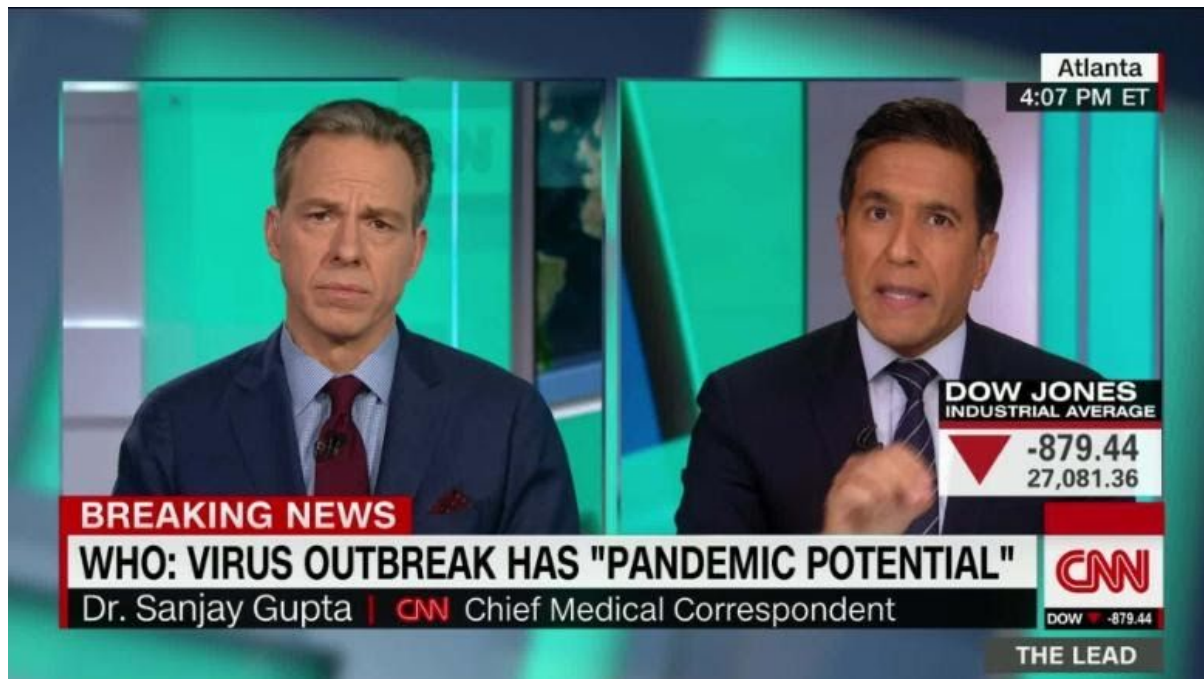


When I transferred to SJSU in 2018 I was eager to begin learning about the world of Public Health. I had bounced back and forth between wanting to be a nurse, a doctor, or a paramedic while I was at community college. I knew that I wanted to help others, but it was difficult for me to pinpoint an exact area I wanted to pursue. At the time, when I was confronted with the question “so what will you do with that degree?” - I often felt that I was studying a broader major that would allow me to help in multiple areas with no one answer choice, people looked a little confused.

“What is public health?”

“I have never heard of Public health”....

In 2020 we began hearing about the COVID-19 outbreaks in various parts of the world in the beginning of the pandemic during biostatistics class. At this point we used epidemiological data to compute the spread and make unofficial projections. In a class full of undergraduate students, we were able to identify the potential this virus had, we were able to see the future ahead of us.



https://www.google.com/search?q=covid+outbreak+news&rlz=1C5CHFA_enUS885US885&tbn=isch&sxsr=AleKk03_ORIXir2XU69U-1VKsixrKmt0JA:1607973852749&source=lnms&sa=X&ved=0ahUKewiF9rOymc7tAhXM854KHbEZDOYO_AUIECgC&biw=1440&bih=725&dpr=1#imgre=mtnJrGZMiMWGM

As we watched the news, it became more and more well known across the world. If we were able to have a small understanding of the potential of this virus in class, the public health officials of the world must have been able to see this issue coming forward.

Our school work transitioned to online courses through Zoom, businesses were shut down, and we were on a lockdown.

On the news the headlines read “a Public Health emergency” every day...

It has almost been a year now and the world knows what Public Health is.

All of the first responders, nurses, doctors, frontline workers, grocery store workers, all of those who were deemed essential were still exposing themselves to provide aid to the sick and less fortunate.

I am the first of my family to graduate from college, there will be no graduation, and there will be no graduation party. No hugs, handshakes, throwing up hats together, and reflecting with friends in the final moments after the last exams.

I am proud to be a Public Health student, I see how much the world needs more people who care about one another and truly want to help.

After seeing the president of the United States, Donald Trump, go against public health officials and mock the virus by telling the people to not wear masks, I got a sense of the bigger picture.

The situation was identified by my peers and I in the beginning stages of the outbreak, no special inside scoop of information - no obligation to look deeper or incentive of money - only armed with curiosity and the fear for the health of others.

Many people do not want to wear a mask, they get angry and feel that the government is trying to take away our freedom by shutting things down and telling us to distance ourselves from others. They couldn't be more wrong...

Public Health officials are suggesting to wear a mask out of respect for yourself, your family, and others. If everyone had worn a mask, and been patient to fully slow the spread, we may have been able to quickly transition back to normal like other countries have. We would have been able to have the freedom to be around others and do what we want, but the people who felt that they were being controlled stopped wearing masks thus resulting in a longer lockdown.

Caring about other people is not political, wearing a mask is not political.
THANK YOU TO ALL THE NURSES AND FRONTLINE WORKERS.

