



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Student name: Elayne Da Cruz

Student ID: 2016547

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Lecturer: Debra Odeh

Discuss the effects of the COVID-19 Pandemic on children, young people and families living in poverty in the UK.

Introduction

This is a report document regarding COVID-19 and its impact in the UK. The report will address how Covid 19 was affected young people, adults, and families. This pandemic disease impacted worldwide and the same had very strong damage that led to hunger, and unemployment, the country's economy was in a catastrophic moment.

Covid-19 is an unforgettable disease, although it has already been minimized, there are still some relevant cases of it, this disease left a huge mark mainly for people who lost loved ones, and above all a lot of sunstroke, family members did not see each other, we were forbidden to leave the house and that also made us anxious.

In 2019, at the beginning of the pandemic, many measures were taken in terms of prevention and protection, to minimize contamination. Also known as Coronavirus Disease 2019, which is a viral respiratory illness caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It was first identified in late 2019 in Wuhan, China, and has since spread globally, leading to a pandemic. COVID-19 is primarily transmitted through respiratory droplets when an infected person coughs, sneezes, talks, or breathes heavily. It can also spread by touching surfaces contaminated with the virus and then touching the face, mouth, or eyes. The symptoms of COVID-19 can vary from mild to severe, including fever, cough, fatigue, body accessories throat, loss of taste or smell, and in severe cases, difficulty breathing or pneumonia. The global response to COVID-19 has involved implementing various public health measures such as testing, contact tracing, quarantines, social distancing, and the use of face masks. Vaccines have been developed and are being administered to prevent severe illness and reduce transmission rates.

The Impact of covid-19

McKinlay et al, 2022, pointed out that COVID-19 pandemic quarantine measures have had a significant impact on adolescents and young adults, but little is known about how these limitations have affected their well-being, mental health, and social life. This study, consequently, set out to find out more about how the social life, mental health, and general well-being of adolescents and young adults were impacted by UK quarantine restrictions.

The impact of COVID-19 has been far-reaching and has affected various aspects of society and individuals worldwide. Some key impacts include Health Impact. COVID-19 has caused significant illness, hospitalizations, and deaths globally. It has strained healthcare systems, particularly in areas with high infection rates, leading to shortages of medical resources and overwhelming healthcare workers. Long-term health effects for some individuals, even after recovery, have been reported.

Economic Impact The pandemic has had a profound economic impact, resulting in job losses, business closures, and a global economic downturn. Many industries, such as tourism, hospitality, and retail, have been severely affected. Governments have implemented stimulus packages and economic support measures to mitigate the economic fallout. (Pokhrel and Chhetri, 2021).

Education Disruption Covid 19 Beyond being enjoyable for the kids, school time helps them develop their social skills and awareness. When pupils are not in school, there are negative effects on their social, psychological, and economic well-being. As a result of taking a lot of these lessons online and spending more time on virtual platforms, youngsters are now more susceptible to online exploitation. Children are now spending more free time consuming potentially harmful and violent stuff online, which increases their chance of being bullied online (Pokhrel and Chhetri, 2021).

More families are turning to technology and digital solutions to keep kids happy, learning, and connected to the outside world because of school closures and rigorous containment measures, but not all kids have the knowledge, skills, or means to do so **Education Disruption.** COVID-19 has disrupted education systems worldwide. Schools and universities have faced closures or switched to remote learning, resulting in challenges for students, parents, and educators. This disruption has led to unequal access to education and highlighted existing educational disparities. **Social and Psychological Impact:** The pandemic has had a significant

social and psychological impact on individuals and communities. Isolation, physical distancing, and quarantine measures have contributed to increased feelings of loneliness, anxiety, and depression. Restrictions on social gatherings and travel have also impacted social interactions and relationships. Disruption of Daily Life. COVID-19 has disrupted daily life in numerous ways. Lockdowns, travel restrictions, and closures of public spaces and businesses have changed how people work, socialize, and engage in recreational activities. It has also affected celebrations, events, and religious practices. Global Cooperation and Research Advancements. The pandemic has spurred global cooperation among scientists, researchers, and governments. Collaborative efforts have been made to develop vaccines, treatments, and diagnostic tools. The pandemic has also highlighted the importance of public health infrastructure and emergency preparedness. The full extent of the impact of COVID-19 is still unfolding, and its consequences will continue to be felt for a significant period. Efforts are underway to mitigate the effects of the pandemic through vaccination campaigns, public health measures, and economic recovery initiatives.

The Covid 19 and a virus that appeared in 2019 and there was still no cure for this virus then in 2020 the vaccine appeared, and it affected many people died, covid destroyed and continues to destroy many families many things changed with this virus caused lot of damage to the population and the environment, with covid 19 many people lost their jobs many companies went bankrupt and had to close, this also caused mental population problem some people got depressed (Pokhrel, Chhetri, 2021).

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Discuss the effects of the COVID-19 Pandemic on children, young people and families living in poverty in the UK.

Public health emergencies like pandemics, take a toll on physical as well as mental health. Children are particularly vulnerable because of their limited understanding of the event. They are unable to escape the harms of the situation physically and mentally as they have limited coping strategies. They may not be able to communicate their feelings like adults. Closure of schools and separation from friends can cause stress and anxiety in children. Exposure to mass media coverage of crisis events and unverified information circulating on social media may aggravate mental distress (Imran Zeshan, M. and Pervaiz).

Children are not unaffected by the COVID-19 Pandemic's profound psychological effects. In addition to a high level of parental stress, they encounter concerns, doubts, significant changes in their routines, and physical and social isolation. To effectively meet their needs during this pandemic, it is crucial to comprehend their feelings and reactions. We support making mental health, including that of children and adolescents, a top priority as an integral part of any global, response to the COVID-19 Pandemic (Araújo,2019).

Increased Vulnerability families living in poverty often rely on informal networks and community support, which were strained due to social distancing measures.

Reduced access to vital support services, including healthcare and social workers, has left vulnerable families more isolated and unsupported.

To address these challenges, efforts are required to bridge the digital divide, provide targeted educational support, expand access to mental health services, ensure food security, and enhance social support networks for families living in poverty. The long-term effects of the pandemic on this vulnerable population will require sustained attention and resources to mitigate its impact on their well-being and future opportunities.

Weingarten and Worthen, 2018, have said that responses to COVID-19 also offer a once-in-a-lifetime opportunity for a global social experiment on family life possibly the biggest social experiment ever. Families have experienced a variety of unique meanings in addition to dealing with the health risks posed by COVID-19 itself by attempting to avoid and survive infection. For many people, the loss of family members affects them very personally (and frequently in surprising ways for this time, apart from family interaction). There are worries and other emotions connected to these possible losses for practically everyone. Combining this with the additional issues brought on by the epidemic (such as increased unemployment and financial vulnerability), dealing with loss and possible loss is ubiquitous (Walsh, 2019).

What are the signs and symptoms of long covid?

People who suffer from long-term Covid report different types of symptoms, such as:

Tiredness or fatigue that interferes with daily life, Malaise after exertion, Fever, Difficulty breathing or shortness of breath, Persistent cough, Chest pain, Heart palpitations, Difficulty concentrating, Difficulty thinking is called brain fog, Headache, Sleep problems, Dizziness when standing up, Change in perception of smell or taste, Depression, Anxiety, Diarrhoea, Stomachache, Joint or muscle pain, Skin irritation and Changes in menstrual cycles.

Who is affected by the long COVID-19?

Anyone who has been infected can develop long-term COVID-19, whether an adult, a young person, or a child. Post-Covid can even manifest itself in

People who had mild symptoms during the infection, although patients with more severe symptoms are more likely to have long-term complications. In principle, the following groups are more likely to develop long-term Covid: People who have experienced a more severe COVID-19 illness, especially those who have been hospitalized or required intensive care;

People who had comorbidities before COVID-19; People who have not received the COVID-19 vaccine.

People with Long COVID can have a wide range of symptoms that can last weeks, months, or even years after infection. Sometimes the symptoms can even go away and come back again. For some people, Long COVID can last weeks, months, or years after COVID-19 illness and can sometimes result in disability.

Long COVID may not affect everyone the same way. People with Long COVID may experience health problems from different types and combinations of symptoms happening over different lengths of time. Though most patients' symptoms slowly improve with time, speaking with your healthcare provider about the symptoms you are experiencing after having COVID-19 could help determine if you might have Long COVID.

Advantages and disadvantages of COVID-19

Advantages:

Increased awareness of the importance of personal hygiene, such as frequent hand washing and the use of masks, can help prevent other infectious diseases.

Greater focus on medical research and vaccine development, accelerating scientific progress in immunology and virology.

Implementation of technological innovations for contact tracking and monitoring the spread of the virus.

Improvement of international collaboration in public health and information sharing between countries.

Disadvantages:

Loss of human lives on a global scale causes suffering for countless families and communities.

Overload of health systems in many countries, resulting in difficulties in the treatment of other diseases and medical conditions.

Significant economic impact, with job losses, company bankruptcies and aggravated socioeconomic inequalities.

Mental health concerns, such as anxiety, depression and stress related to social isolation and uncertainties caused by the pandemic.

COVID-19 is caused by the SARS-CoV-2 virus, which belongs to the coronavirus family. It is believed that the initial transmission to humans occurred from animals, probably from a seafood market in Wuhan, China, at the end of 2019.

The main forms of transmission of the virus are from person to person through respiratory droplets when an infected person coughs, sneezes, speaks or breathes near other people. In addition, the virus can be transmitted by touching surfaces or objects contaminated with the virus and then touching the face, especially the mouth, nose, or eyes.

The causes of COVID-19 can be summarized in the following categories:

Zoonotic origin: Initial transmission of the virus from animals to humans, probably from bats to another intermediate species, which then infected humans.

Interpersonal transmission: Propagation of the virus from person to person through respiratory droplets and close contact.

Transmission by contaminated objects: The virus can remain on surfaces for a period, and transmission can occur by touching these contaminated surfaces.

It is important to adopt preventive measures, such as the use of masks, social distancing, and frequent hand washing, to reduce the transmission of the virus and protect public health.

Conclusion

As (Orbach,2020) points out, the pandemic has undoubtedly placed our society in a state of collective trauma. But we have choices. We can suffer it alone as individuals and within our families or we can view it as an opportunity for people to go through it together. As our argument indicates, this is a chance to affirm our deep human need for *connectedness* and to draw on our resources of *strength*, whether within ourselves or in the people and systems around us to make sure that the UK does not lose a generation, notably our children, our future generation, to COVID-19 because of the pandemic. The COVID-19 pandemic, the biggest health crisis for generations, has affected more than 200 countries around the world. In China, for example, whole cities were placed under mass quarantine, with many individuals returning from other countries being required to self-isolate at home.

It is critical to understand that COVID-19 is a serious disease that must be treated with proper attention and appropriate preventive measures.

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