The cautious, uneasy easing of restrictions

As more countries relax their lockdown measures, the pressure mounts on others to follow suit as their citizens grumble and businesses suffer, but experts caution that a hasty approach may lead to waves of new infections.

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Colonial times, more than 3,000 years ago, have continued to be reported. Today, news agencies, local and international, have been called upon to provide news on the COVID-19 pandemic, which has shaken the world.

After weeks of being locked down by lockdowns and social-distancing measures, many countries are beginning to lift restrictions to fight the virus.

The cautious approach towards easing restrictions has been felt in countries like China, which has been able to control the spread of the virus, and South Korea, which has managed to rapidly identify and isolate new cases.

However, in other parts of the world, especially in Asia and Europe, experts warn that easing restrictions too quickly can lead to a second wave of infections.

"People need to understand that the virus is still out there," said Dr. Christine van der Kooy, a public health expert.

"We need to be cautious and not let our guard down too soon.

As of May 22, 2020, the latest data from the World Health Organization shows that there have been over 4.5 million confirmed cases of COVID-19 worldwide, with more than 300,000 deaths as of this writing.

Experts say that countries need to continue implementing strict measures to prevent the virus from spreading again.

"We need to learn from the mistakes of others," said Dr. Kooy.

"It's not just about lockdowns; it's about how we manage the transition to a new normal.

As more countries relax their lockdown measures, experts caution that a hasty approach may lead to waves of new infections.

"The world is watching us," said Dr. Kooy.

"We need to be responsible and do our part to protect our communities.

In the meantime, experts say that people need to continue following safety guidelines, such as wearing masks, practicing social distancing, and washing their hands regularly.

"We need to stay vigilant," said Dr. Kooy.

"It's not over yet; we still have a long way to go.

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