

Some current thoughts about Corona and us:

Corona, COVID-19, Virus 2020 or any other name, now it is here and it won't leave us again.

It came accidentally in our world, silently. Never mind if by an animal (bat!?) or out of a Wuhan laboratory. It spread rapidly.

It is one of more than 5.000 viruses in our world that we know and there are presumably multi others. It is aggressive, has no borders, don't care about gender, age, skin colour, faith, nationality, society status, poor or rich. It takes all our immunological attention, support thereby all other small and big diseases in our body and at least kills the physical weak.

We can not see it, smell it, hear it, taste it or touch it. We have absolutely no sense for it. It is nearly invisible for us and can go wherever it wants. It has no respect, no fear and absolutely no mercy.

The epidemic in China was far away. Then Corona showed us our globalization, the speed of it and the world wide exchange.

And so an epidemic became a pandemic. With a pace and violence that nobody, but really nobody, was prepared for.

But even with the increasing number of infections, many still seemed to believe the virus is far away and could not affect him. Until, yes, until it was on the doorstep, unannounced. We were shocked when our neighbours became seriously sick with Covid-19 and were even more shocked when another, older neighbour we knew well for almost 30 years, died within a few days from Corona. So the virus had also reached our front door. We had to realize that the breath of the plague is close to everyone and will touch you anytime and from any direction you won't expect.

I don't think we're gonna get rid of it. This means either we find a cure for it, or we become immune through direct infection. The latter case causes a lot of pain and death but also a burden on our health system and our economy.

We currently have an infection rate of over 2.5 million people and over 170,000 deaths. With a world population of 7.75 billion and a necessary infestation or herd immunity of at least 2/3 (5.2 billion) and with a daily new infection rate of about 0.01‰ (77,500 patients), without effective vaccines this virus will keep us under control for more than 180 years and claim more than 500 million victims. Purely arithmetically. This would mean more pain, more suffering and more deaths, but also more social, societal and economic losses. This would mean a complete transformation of our present and future lives.

But that doesn't have to happen. We don't have to stand by and watch. We can contribute actively even in these dark times. Because even if we all get it, a slowdown is absolutely necessary. It gives us the time to find an antidote. It will protect our parents, grandparents and all those at risk as well as our health care system and the economy. If only a limited number of people fall ill at any one time, this reduces the likelihood of infection for individuals and especially for those who are potentially at risk. It also spares the capacity of doctors, hospitals and nursing staff for our other daily medical cases, and maintains the production and service capacity of our society and economy and secures our jobs.

This gives us the time for an effective antidote and 180 will then become perhaps only three years.

I am not afraid of being infected today, but I don't want to be responsible for infecting others at the moment.

Therefore, respect and protect each other. Take especially care of e.g.:

- Elderly people
- Weak or weakened or suppressed immune system according to other diseases
- Transplant and cancer patients
- Pre- or acute diseases of the heart, lungs and circulation or any cardiovascular diseases.

Beside physical care, psychological and social care is necessary as well. And both are not a question of age. So please be sensitive about your family and friends as well as your neighbours. Keep on talking to them. We educated our mothers how to use video calls with their Smartphone's and they are happy to see their children and grand children nearly on a daily base.

Our rights and our freedom of movement may be restricted at the moment. We miss the direct contact with other people, meeting friends and family, going to the cinema, barbecue, going to a bar, pub or restaurant, travelling and so much MORE. But we save lives with it. Never before have we been so closely involved in the decision about life and death. Every single one of us. And for that I gladly take myself back.

We can hardly destroy the virus completely, but we can all contribute on a daily basis to keep the damage to people and society as low as possible.

As in the spirit of fairstep, if everyone contributes a little, we will master this baleful situation. Together we are strong!

So the question is not what you are allowed to do, it's what you do!

And maybe, but unfortunately only maybe, we will learn something from this catastrophe and take a few things with us into the future like: slowing down, regionality, appreciation of professional groups, sensitivity, flexible working places, better communication, environmental attentions and many others and don't forget to deeply thank them who are daily hard working in the so called systematically relevant areas.

Never loose your hope!

Stay Healthy! Stay Alive! CU SOON!