

## LET US FIGHT CORONAVIRUS TOGETHER

The world has changed, caused by an unwanted guest, which has destabilized us in such a way that it has made us vulnerable. A few weeks ago those born in Europe heard of a virus in China and even when we traveled around the world very few thought that this guest would land on the old continent. It has arrived, and it has sneaked in as one day I saw Hansen's bacillus sneak into this corner of the Amazon, hence we understand very well what is happening in Europe because here we continue to live in areas which are destabilised when we have Chagas, Hansen's disease, Jorge Lobo or black hepatitis; and this makes us deeply regret what is being experienced in Europe and in other parts of the world which receive less media attention, forcing all of us to be responsible with as many health measures as necessary, such as isolation. This is an explicit recommendation and not a period of reflection when we can think about what to do. We must assume our collective responsibility in the fight against this pandemic virus, so it can be controlled.

As a specialist in endemic diseases, I can tell you that this situation is going to pass, if each of us plays our part. It is essential not to lose sight of the consequences that each of us would have to face if we did not follow the recommendation to stay at home and thus avoid contagion through our contacts, because this virus has come momentarily. All of us who work in the health sector live with viruses every day. Even so, we must recognize that this coronavirus has entered Europe with great virulence, hence the need for isolation. I can tell you that for years we have asked our patients to isolate themselves from Hansen's bacillus (leprosy), not in the physical sense, but to isolate themselves from the virus by being disciplined about taking their drugs, by adopting hygiene as a standard for behavioral changes, by treating food as the positive factor of their immune system, and above all by alerting their asymptomatic contacts from time to time. These recommendations have helped us to make early diagnoses in the early stages of this disease and to avoid amputations for example. So, at the present moment isolating oneself becomes the essential therapeutic practice of this pandemic. Even though this recommendation is drastic, it seeks an effective action in a short period of time to contain possible new cases of contagion. So time becomes a value that we can all use positively in our homes to do so many things that we have always wanted to do for lack of time. Some will think that this time is a drug overdose. Let's think this will happen, because, in my professional experience in endemic areas, good results are always achieved when we focus our attention on relieving human suffering.

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