

## The easing of restrictions in this pandemic

It is recommended that it should be done in a progressive and asymmetric way, adopting actions that bear in mind the following: transmission should be under control, health systems should have the capacity to treat and trace contacts, the risks of outbreaks in care homes or hospital facilities should be monitored, preventive measures in workplaces, schools or means of transport should be complied with, and all of us, as a society, should commit ourselves to respecting hygiene, social distancing or other measures that are suggested to us. I am convinced that we all reject the idea of living in permanent quarantine.

We must adapt to this new phase, and for this we will need time, a time that was given to us while we were in lockdown. As the Mercedes Sosa song says, ***"In life everything changes, yesterday changes and things will change tomorrow."*** The important thing is for us to think that these changes will help us all equally. And that will require, in principle, continuing with the most important measure - social distancing to avoid transmission. It seems clear, from the objective data that we currently possess, that this disease is multifactorial, and an easing of restrictions must take this into account. It is obvious that the objective to be safeguarded is health, and for this it is necessary to carry out mass serological tests, in order to have a global picture of true immunity and permanently strengthen health infrastructures, as well as guaranteeing all protection measures to the social and medical personnel who compose them. This dream of health for everyone, anywhere in the world, is not an experiment; it is related to what we all want, a society of well-being, because, as Cyrulnik says, ***"Health is the antidote by which we can know if a society is the same for everyone."***

Professor Doherty, an immunologist, talks about a way ahead with partially known or totally unknown technical information, but with a clear idea about the search for global immunity as regards COVID 19, and until we achieve it we must live with decisions about wanting to open small businesses, about whether it will be possible to go to school, or go back to the routine of checking blood pressure in one's medical centre. Perhaps a more ambitious aim would be celebrating a birthday with friends. These situations are still to be decided on, since this virus is still circulating, and may continue for a longer or shorter time, depending on how scientists, government officials and citizens collaborate in order to be able to give a real answer collectively.

In our Pam-Amazonian area, where for years we have lived in isolation due to Hansen's disease (leprosy), we have managed to go out thanks to very specific actions, such as carrying out dermato-neurological examinations of the entire population, access to free treatments, or continuous monitoring of communicants.

This easing of restrictions, step by step, must be done with a certain degree of confidence, since we are all going to participate in the same marathon, even when the pace is unequal, depending on where we are in the process of lifting restrictions, since we all want to go outside healthier and better prepared. Sometimes we humans underestimate our own resilience, and this experience has surely taught us that health depends largely

on the equation resulting from preventive measures and the consolidation of a strengthened public health system, in order to become a little more **INDESTRUCTIBLE** when faced with viruses, bacteria, fungi or parasites. When you work in an endemic area of high vulnerability, or low index of human development, you become very normal person who does not give up; I have learned this with people who have suffered from malaria, Jorge Lobo, Puru-Puru, Hansen (Leprosy).

We all recognize that the mosquito, or the bacillus, or the virus will come again every year to the same area, to the same houses, to the same rivers, to the same lives, because, as Professor Tal Ben-Shachar would say, these people practise, without knowing it, the so-called positivist psychology. Hence, they understand that their survival depends on never giving up, and being able to move forward within the same difficult parameters, but with a very different attitude. In these days of intense work and meetings we try to find long-term action protocols, comprising COVID 19 and our so-called forgotten tropical diseases; and reflecting, as a group, we think that all this that we are experiencing should be an exercise of trust in science as a matter of global knowledge, and an appeal to its ethical sense, in order to demand health as a fundamental right, and not as a privilege depending on where you were born.

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