

MEDIA AMID COVID-19 PANDEMIC

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Media is one of the most puissant tools in furnishing information to people or society. Nowadays, people rely on media. “Post, like, share, comment, research, chat, and others” is what to carry out now in media. Media comprises a large portion of our actions, knowledge, and beliefs. Amid the pandemic, wherein many social activities were minimized, media allows us to be brought up to date and be mindful of our surroundings. It supplies us with many opportunities to connect with our friends and loved ones. Also, it gives us the opportunity to share opinions with others and be citizens of journalism. Lastly, having the power to shape our lives allows us to challenge ourselves on how to be responsible media and information users.

In December 2019, a novel “immunity suppressor” arose and, within weeks, ushered the emergence of the biggest global health crisis seen to date. The virus, named “SARS-CoV-2”, begets coronavirus disease which was designated “COVID-19” by the World Health Organization (WHO). The rapid spread of this infection caused a global state of panic. The metastasized action of this deadly infection turned into a source of public worry and several ambiguities regarding the pathogen that causes the infection. Like the previous pandemics of SARS (2003), H1N1 (2009), and MERS (2012), the media consequentially bestowed to the COVID-19 infodemics by providing information about the new strain of coronavirus. Media on coronavirus news has shown that encapsulate geographical lockdowns, prolonged quarantines, and financial and social hardships induce fear and pose psychological stress. Also, to be updated about the upward and downward trends of the global diffusion of coronavirus disease, media significantly played a worldwide role in coronavirus disease tracking and updates through live updates dashboard. Lastly, the media responsibly raised and substantiated illness-

preventing guidelines daily and urged people to utilize telehealth to meet their healthcare needs, and robust social distancing strategies while sustaining social connections. All and all, it accounts for the fact that media accredits to even access to healthcare, ending discrimination, and social stigmatization.

As we live in the e-geographical component of the planet, vast bytes of information are downloaded and uploaded on media. With this, different research was utilized to create innovative techniques in medicine, especially in these challenging times. As COVID-19 has been a worldwide problem, X-ray and computed tomography (CT) were confirmed as effective methods for screening and diagnosing coronavirus disease. Considering a safe working environment, companies were required to have an independent medical imaging examination room and different working areas should be strictly separated. Radiological examination equipment such as X-ray photography and CT scanner should be in the medical imaging examination room. To maintain the security and safety of many medical personnel, especially radiographers; bedside X-ray photography, digital radiography, magnetic resonance imaging, and CT scanner must be in the radiology department, and radiographers and radiological technologists must take standardized photography. To prevent the spread of COVID-19 through international travel, entry screening using the thermal scanner to detect if a passenger shows related symptoms of COVID-19. These techniques and standards on applying X-rays and other radiological equipment, which significantly play an irreplaceable role in diagnosing patients with COVID-19, comprise just a bit of information we extracted from media.

The COVID-19 pandemic coerced the world's population to change daily routines, including exercise habits. This uncommon situation has physical, psychological, and behavioral impacts on all individuals, including elite and recreational athletes. Many formerly fit individuals, including athletes, beaver to compass their previous physical performance due to a prolonged break from training which deconditioned their physiological systems as well as physical capabilities. Suspension of sporting events,

closure of gyms and fitness centers, and restrictions on outdoor activities lead athletes to alter and innovate their exercise programs and train at home, most of which are not guided by medical staff or coaches. The reduction of social elements arises and through the help of media, virtual interactions to improve compliance and suppress the risk of mental problems are minimized. Telehealth or other audiovisual-guided expert opinion sessions becomes useful in this difficult time. Cooperation with a multidisciplinary team involving medical staff, nutritionists, coaches, trainers, and psychologists can help individuals and recreational athletes manage all the factors influencing performance, including physical conditioning, nutrition, hydration, sleep quality, and mindset.

The fountainhead of getting a vast byte of information is the media. This platform needs to update on day-to-day events like the severe impact of the COVID-19 pandemic that is happening at present. Media has been used to raise awareness of the drastic effect of COVID-19 in all aspects of our actions as responsible citizens but sometimes they use it for biases. Following rules and etiquette shall be considered to turn ourselves into responsible users. Information is powerful, but we shall bear in mind that we must be in control and moderate in nourishing and spreading information. Doing such things provide us with the steps leading to the staircase of responsibility. There is one saying that serves as a reminder, "With great power comes with great responsibility."

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