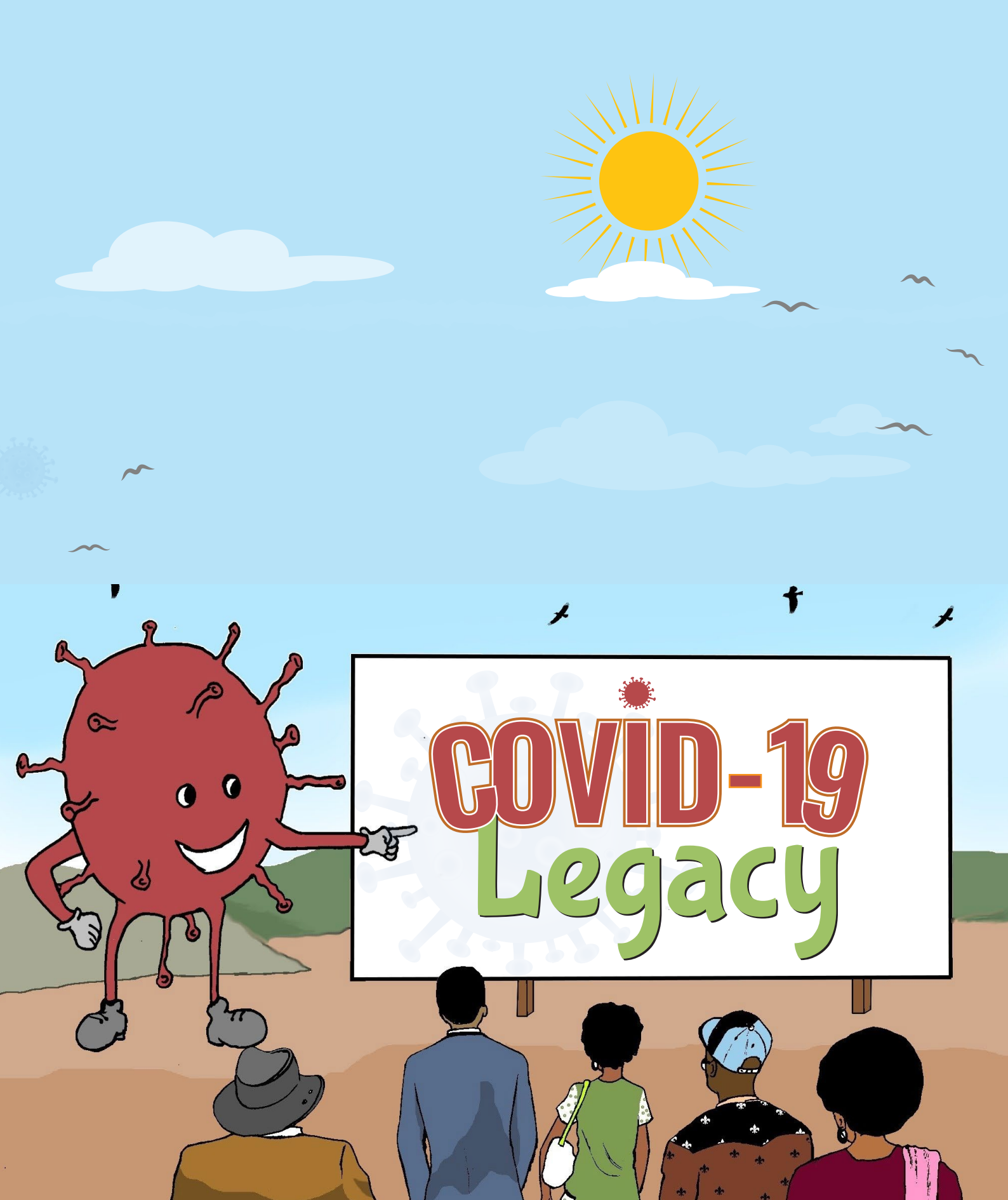
COVID-19
Legacy

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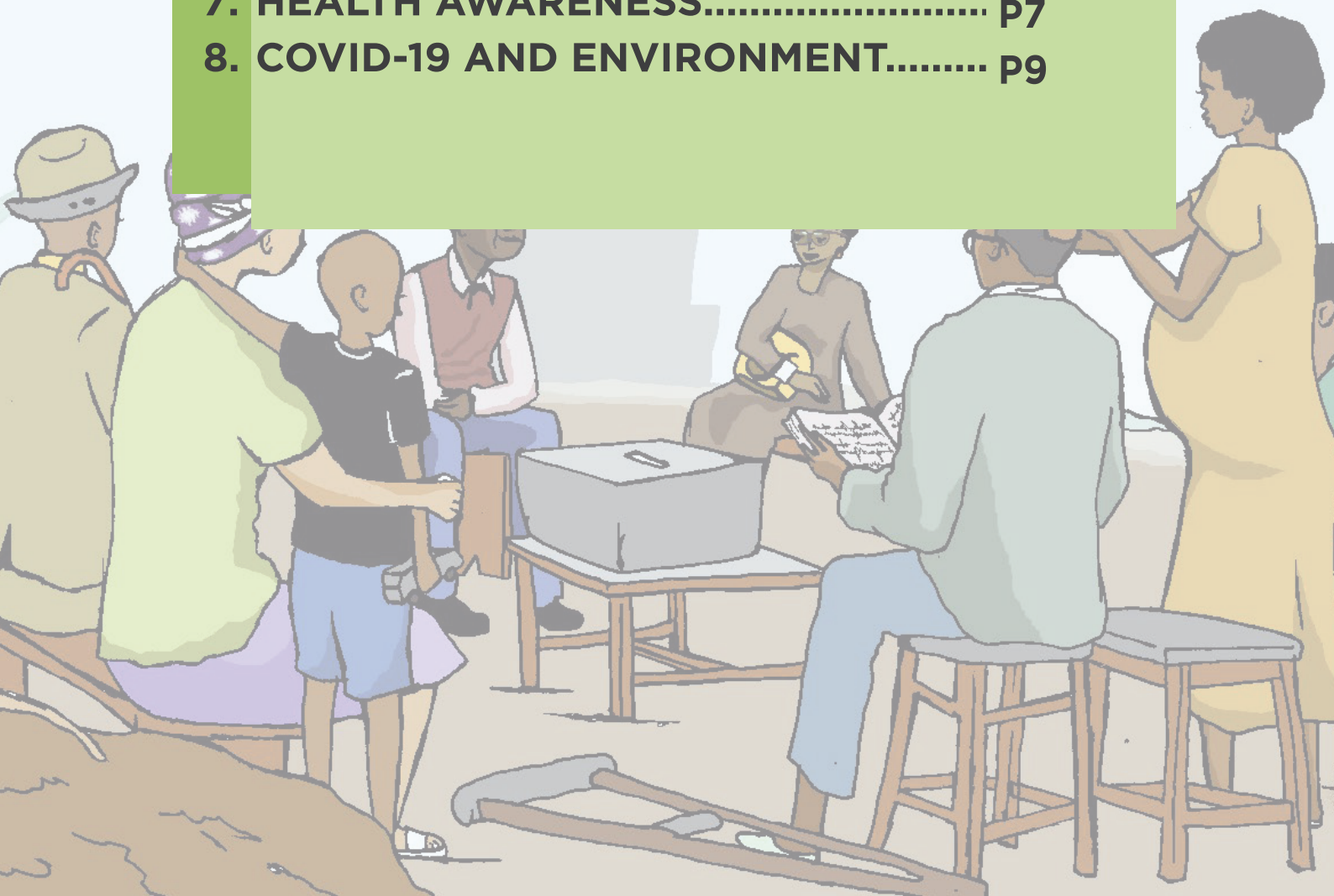

# COVID-19 Legacy

Covid-19 has left a big legacy and has been a reference of different experiences.The pandemic personal and professional experiences which we still facing until today are going beyond our expectations, thus life after Covid -19 lockdown has changed dramatically, the effects of Covid-19 often manifested itself in health, education and financial experiences. Writing this booklet was inspired by personal experiences of authors before, during and after Covid-19. The writers took us in a journey in which each and every one acknowledge that there is a great lessons they have learnt from the impact of the pandemic, how the pandemics transformed the ways of seeing things and lives generally including different lessons to embrace as legacy to live with in our future.


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# 1. WASHING HANDS

Before Covid-19 in our family and the community, we didn't know the seriousness that to not washing our hands after touching somewhere, it can increase the chance of spread some germs. Sometimes we could even forget to wash our hands before eating; we could wash our hands only when our hands are dirty, after doing some practical works or during washing ourselves or washing our dishes or clothes at home.

However, after Covid 19, we have been left with a legacy of washing our hands regularly ,not only during meals but also before and after any activity that we used our hands for: such as before and after using different electronic devices like computer, camera ,before and after touching the door handle, in order to avoid the spread of microorganisms especially those which can cause virus to remain on our hands.

**By Uwase Cynthia, 14 years**

**Is it necessary to continue practice the habit of washing our hands regularly and embrace that as culture for Rwandan community and the world in general?**

# 2.SAVING CULTURE

Before Covid 19 among us, we haven't had the culture of saving, we lived in the moment, like from hands to mouth, But the advent of Covid-19 pandemic took us by surprise and those who didn't have the culture of saving paid a high prices. After, Covid -19, we have been left with a legacy of saving for tomorrow. I remember at club Rafiki, there were a lot of campaigns called **"Ejo heza"** informing us how we can plan for better future by having the culture of saving. Despite of having all these information, money was coming and go until one day when my brother was ill, my friends collected some money for the sake of visiting my brother who was ill, my mother was touched too much, then she advised us to make a kind of **"Ikimina"** meaning a kind of microfinance. From that day, we have put in action that culture of saving for tomorrow and we are no longer spending money wastefully like before and it is good for our bright future.

**By Uwase Alliah 16years**

**Do you also believe saving culture can save lives?**

# 3.VACCINATION

Vaccination is the way of preventing any disease or virus from spreading into the victim's body. In fact, the Covid-19 has three major vaccines which are; Pfizer, AstraZeneca and Moderna, which they provided to us to prevent major escalation of corona virus in our body system.

Covid-19 was a terrible pandemic which killed millions of people around the world and its vaccine was needed so hard even if many people were not giving it much hope because of fear.The vaccination process was settled-up in public places like markets, hospitals and sites where many people meet and it brought back hope among the society. However to be vaccinated did immunize us from being infected, and huge rates of people saw hope in taking these vaccines. Still, you could get infected again if you don't persist in respecting the preventive measure implemented to tackle down the pandemic, but because of an attentiveness we had and our government who kept providing support in term of fighting the pandemic, this didn't use to happen and that reduced the number of people who were infected per certain period.

By Niyonkuru Idrissa

***What could have happened to the humanity if there was not Covid-19 vaccine?***

# 4. OUR STRUGGLE AS STUDENTS

As a student, I was in Senior 3 preparing to do the national examination when Covid-19 come to our Country, it was so difficult for me to cope with the situation, how we could have the exams, there is some lessons we didn't finished yet and there was the challenge like wearing face mask in class meanwhile, they were some students among us who have some diseases like asthma, wearing mask prevented them for breathing properly which was difficult for them, but now we are thankful that we have somehow tackle down the spread of pandemic.

Delaying to go back to school was another issue and we were bored to keep staying at home and Television learning was something new for us and some household didn't have a television at home which make it very challenging for children to follow lessons on television, especially during lockdown. The day we received Covid-19 vaccination at school, life returned to normal and thanks to people who spent day and night around the world trying to find a solution of vaccination.

By Nadjati Cyusa 18 years

**Lessons learnt from this experiences is it necessary for our better future?**

# 5. STUDY ONLINE

One of the most significant changes during Covid 19 was how we adopted online education. Schools closed their doors and students including those in Secondary had to adapt to online learning. This shift meant attending classes through computers and learning from home.

Learning online comes with its challenges; like technical difficulties and the need for self-discipline. However, it also allowed students to develop new skills, such as familiarize with digital literacy and other electronic devices, navigating different digital platforms and managing their time effectively. However, Covid-19 also affected our social lives. Social distancing measures meant we had to limit physical contacts with friends and family which was something new to our culture and for a students like me, this pandemic have been practically tough as socializing with peers is an essential part of growing up. Virtual gatherings and online courses become the harm while it wasn't the same as meeting in person, but importantly, it was the only way to stay connected and support one another during this fateful period.

***By Umutoni Alice 16 years***

***Do we believe that online learning was necessary during Covid-19?***

# 6. FACE MASK

The first time we were obligated to wear face mask to avoid the spread of Covid-19, I was totally shocked, I couldn't believe that a sane person can spent hours covering her mouth, I wasn't feeling comfortable but since it was a must do, I have to abide by the rule.

In fact, face mask existed before, but we used to know that a person who wear a face mask, must be a medical practitioners who is conducting an operation, that's what I used to watch on television and for me it was just like that. For certain people it was an ordeal experiences, especially those who have some disease like asthma, it was difficult for them to breath properly and their misery used to touch me deeply. But after familiarize with wearing the mask, it become normal and as days went on I realized that face mask is not only about Covid-19, you can wear it when you have flu to protect others, or in a place with lot of dust to protect yourself. That why until today there is still people who wearing face mask, even though thereis no more Covid-19.

***By Husanah Kelia, 14 years***

***Face mask is it an item everyone must carry it in a daily routine?***

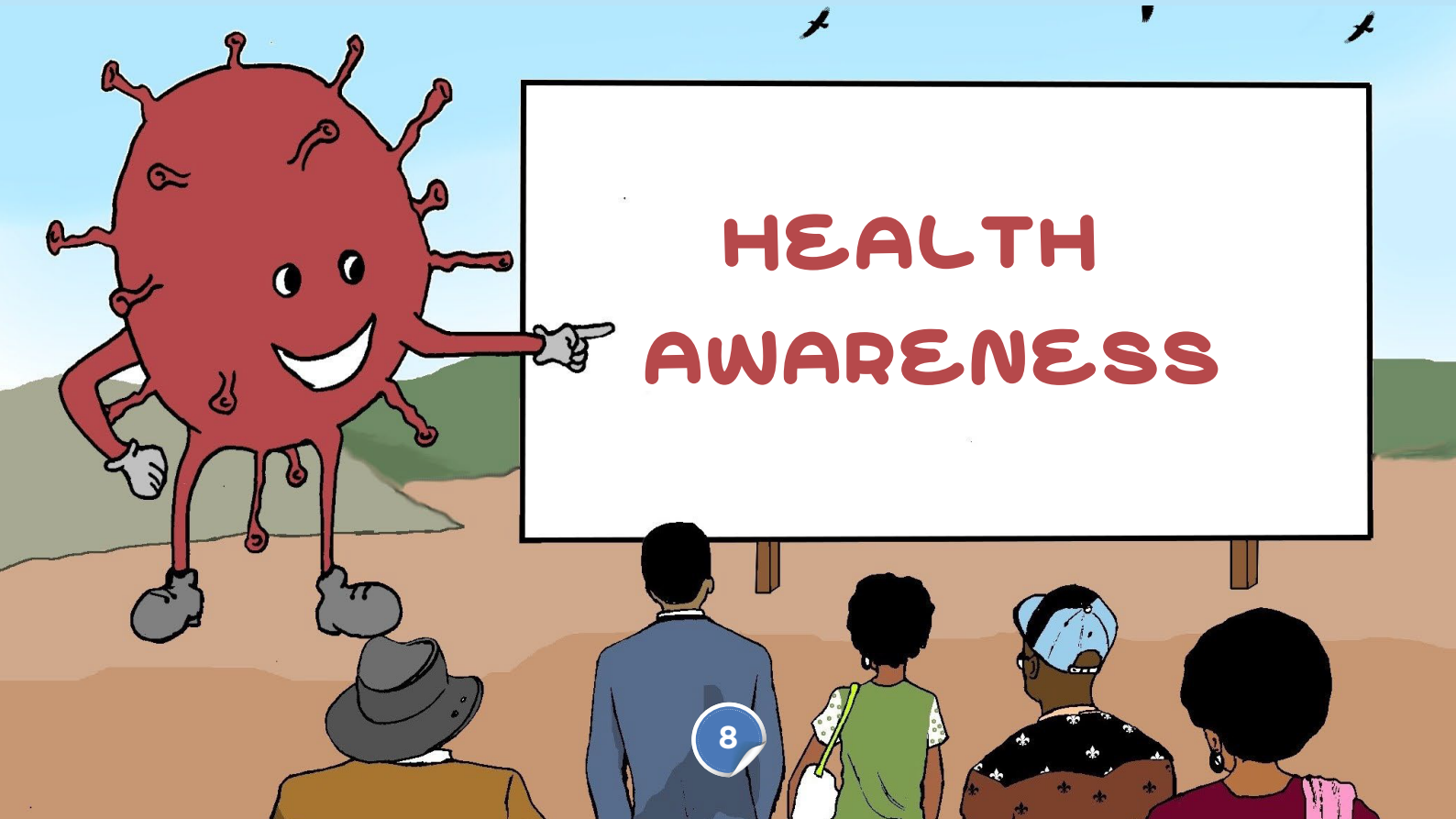
# 7. HEALTH AWARENESS

The pandemic emphasized the importance of health like never before, people learned about Viruses, hygiene and the importance of wearing masks. Students become aware of the importance of hand washing and following safety guidelines. The pandemic also highlighted the significance of mental health as the stress and uncertainty of the situation affected many, It was essential to see, support and maintain a positive outlook. In addition to that, life challenges faced during the pandemic brought numerous challenges. In fact, students faced the pressure of adapting to online classes and maintaining their academic performances, the fear of the virus itself and concerns about the health of loved ones added emotional stress and many also missed out on traditional milestones like schools' events and extracurricular activities.

Moreover, after the pandemics, many people realized the importance of following medical advices and start taking good care of themselves in various ways, like doing sport regularly, checking their health status in a regular ways and adopting new ways of life which prove that, the pandemic didn't suppress only our lives but it taught us a great lesson on how to be healthy

***By Tuyisenge Arnaud, 17 years***

***Checking our health status regularly must be a culture to adopt?***



# 8. COVID-19 AND ENVIRONMENT

Covid-19 pandemic restricted us of enjoying things we used to enjoy the most like mass gathering in sportive activities, events and many others entertaining activities. All the street were quiet especially during the lockdown, limited people were allowed to walk on streets, cars were restricted on the road , even transportation of goods was limited to a small numbers, some factory and certain big industry were closed and others big construction and infrastructure machineries was put on hold to conduct their daily activities.

Due to this fact, people suffered a lot in term of productivities and displacement, but on the other hands, it was benefit to the environment and our climate which has been suffering for century with the emission of carbon oxide and pollution caused by cars, trucks, trains, big ship and various factories and industry. The lack of this activities reduced the emission of element that destroy our planet in a daily routine, thus, it's an advantage for our environment and humanity as well and that is one of the positive impact of Covid-19 pandemic.

***By Musengimana Nusra, 17 years***

***Can something good come from a tragedy?***

**DO YOU KNOW ANY OTHER POSITIVE EFFECT COVID-19 HAS LEFT YOU?**