



THE TIMELINE OF PANDEMICS i.e from the first upto COVID-19

YASIN WANYONYI
NOVA PIONEER TATU BOYS
VisualCapitalist.com
18/8/2020

TIMELINE OF PANDEMICS.

Since the earliest days of our mortal flaw diseases and pandemics have plagued our humanity. However, it was not until the marked shift to agrarian communities that the scale and spread of these diseases increased dramatically.

Due to widespread trade the opportunity for interaction between humans and animal interactions sped up the transmission of epidemics.

Malaria, tuberculosis, leprosy, influenza, smallpox, and others first appeared during these early years.

Due to civilisations increase in contact between different populations led to the increase in such pandemics.

-Below is a table of the timeline of pandemics.

Name	Time period	Type / Pre-human host	Death toll
Antonine Plague	165-180	Believed to be either smallpox or measles	5M
Japanese smallpox epidemic	735-737	Variola major virus	1M
Plague of Justinian	541-542	Yersinia pestis bacteria / Rats, fleas	30-50M
Black Death	1347-1351	Yersinia pestis bacteria / Rats, fleas	200M
New World Smallpox Outbreak	1520 – onwards	Variola major virus	56M
Great Plague of London	1665	Yersinia pestis bacteria / Rats, fleas	100,000
Italian plague	1629-1631	Yersinia pestis bacteria / Rats, fleas	1M
Cholera Pandemics 1-6	1817-1923	V. cholerae bacteria	1M+
Third Plague (and India)	1885	Yersinia pestis bacteria / Rats, fleas	12M (China)
Yellow Fever (U.S.)	Late 1800s	Virus / Mosquitoes	100,000-150,000
Russian Flu	1889-1890	Believed to be H2N2 (avian origin)	1M
Spanish Flu	1918-1919	H1N1 virus / Pigs	40-50M
Asian Flu	1957-1958	H2N2 virus	1.1M
Hong Kong Flu	1968-1970	H3N2 virus	1M
HIV/AIDS	1981-present	Virus / Chimpanzees	25-35M
Swine Flu	2009-2010	H1N1 virus / Pigs	200,000
SARS	2002-2003	Coronavirus / Bats, Civets	770
Ebola	2014-2016	Ebolavirus / Wild animals	11,000

ANTONINE PLAGUE.

The Antonine plague was possibly an early appearance of smallpox that began with the Huns. The Huns then infected the Germans, who passed it to the Romans and then returning troops spread it throughout the Roman empire.

Symptoms included fever, sore throat, diarrhea and, if the patient lived long enough, pus-filled sores. This plague continued until about 180 A.D., claiming Emperor Marcus Aurelius as one of its victims.

BLACK DEATH

Responsible for the death of one-third of the world population, this second large outbreak of the bubonic plague possibly started in Asia and moved west in caravans. Entering through Sicily in 1347 A.D. when plague sufferers arrived in the port of Messina, it spread throughout Europe rapidly. Dead bodies became so prevalent that many remained rotting on the ground and created a constant stench in cities.

England and France were so incapacitated by the plague that the countries called a truce to their war. The British feudal system collapsed when the plague changed economic circumstances and demographics. Ravaging populations in Greenland, Vikings lost the strength to wage battle against native populations, and their exploration of North America halted.

Symptoms of the Black Death included: **Fever and chills.**

Extreme **weakness.**

Abdominal pain, diarrhea and vomiting.

Bleeding from your mouth, nose or rectum, or under your skin.

Shock.

Blackening and death of tissue (**gangrene**) in your extremities, most commonly your fingers, toes and nose.

Below is a video link about the black death:

[blob:https://www.history.com/6b1bb47e-f2c3-4a33-b545-c41e9e5aef5a](https://www.history.com/6b1bb47e-f2c3-4a33-b545-c41e9e5aef5a)

Reference from:

[history.com/topics/middle-ages/pandemics-timeline](https://www.history.com/topics/middle-ages/pandemics-timeline)

COVID-19

On March 11, 2020, the World Health Organization announced that the COVID-19 virus was officially a pandemic after barreling through 114 countries in three months and infecting over 118,000 people. And the spread wasn't anywhere near finished.

COVID-19 is caused by a novel coronavirus—a new coronavirus strain that has not been previously found in people. Symptoms include respiratory problems, fever and cough, and can lead to pneumonia and death. Like SARS, it's spread through droplets from sneezes.

The first reported case in China appeared November 17, 2019, in the Hubei Province, but went unrecognized. Eight more cases appeared in December with researchers pointing to an unknown virus.

Many learned about COVID-19 when ophthalmologist Dr. Li Wenliang defied government orders and released safety information to other doctors. The following day, China informed WHO and charged Li with a crime. Li died from COVID-19 just over a month later.

Without a vaccine available, the virus spread beyond Chinese borders and by mid-March, it had spread globally to more than 163 countries. On February 11, the infection was officially christened COVID-19.

Reference from:

<https://www.history.com/topics/middle-ages/pandemics-timeline>

Michael Muhando

Nova Pioneer Tatu Boys.

18/8/2020.

Responses by different communities towards pandemics.

Many communities have responded differently to the pandemics. Some have adhered to the rules and others have refused to adhere to the rules and instead continued with their lives normally.

Ways in which people can gain awareness of pandemics.

In this present world people worldwide react to pandemics through different ways e.g: social media, protests and protection against the virus.

In the photo beside you can see people or citizens getting tested and vaccinated against diseases which is one way of protecting oneself from diseases.



2.DEMONSTRATIONS.

People also hold peaceful demonstrations to explain dangers of the diseases that are stressing the world. Through the help of WHO they vet the signs and symptoms of the disease and how to cure them. Below is a photo of how they do it and the way they spread the information.



PROBLEMS FACED WHEN SPREADING AWARENESS

In this century there are many problems faced when spreading such important information e.g

1. Myths and misconceptions

This is where people come up with false own thought information about the disease and make people believe things that are not true at all.

Below are some myths and conception about COVID 19.

2. Culture and Beliefs.

Culture is another way people fail to listen to the actual information about things. For example the (Bukusu) people of Western Kenya are going on with their daily lives wearing no masks or protecting themselves from Covid 19 they just carry on with their lives without even thinking about the dangers of the disease and what it could do to their lives.

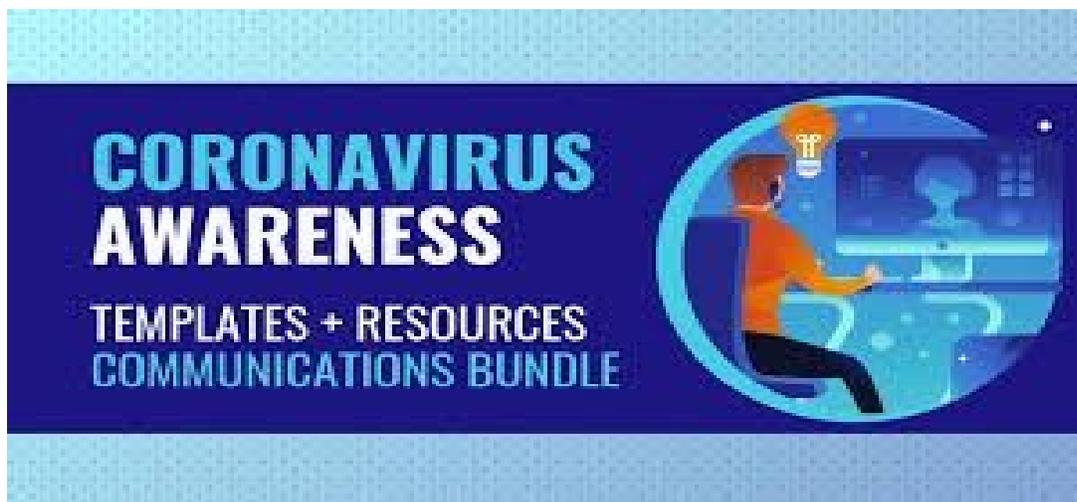
[References from Citizen tv Ke.](#)

Examples of Cultural Health Beliefs

- Illness or disease is caused by stress or working too hard or as a punishment for something
- Eating protein (meat or eggs) will counteract the effects of x-rays
- Everyone has dormant diseases in body, whether or not they develop depends on how well you take care of yourself
- Importance of balancing Yin and Yang, e.g. hot/cold theory

3. Equipment to carry out the awareness

Some countries especially the third world countries have a lot of problems trying to control or contain the disease because they lack equipment and doctors to help them do or carry out such things. Things like next generation hospitals and equipment are needed to withhold the diseases and make sure they do not affect many people.



EMMANUEL OKOTH
NOVA PIONEER TATU BOYS
19/8/2020

Flaws of the measures taken during the past pandemics and how they can be improved today.

In the past many pandemics affected countries globally almost bringing other countries to their knees. The past pandemics killed many citizens per year or month according to how the pandemic spreads e.g the Black death which was responsible for the death of a third of the world's population. But even though these times were tough people figured out how to survive

these types of pandemics using the following precautions:

Social distancing- used in the: Antonine plague, black death, Russian flu, COVID-19

situation monitoring and assessment of the pandemic, adequate provision health care services- all the pandemics

Quarantine- Ebola, Italian plague, Russian flu, COVID-19

Vaccination- Japanese smallpox epidemic, Yellow fever, New world smallpox outbreak

wearing masks -Antonine plague, COVID-19

communication during the pandemic being frequent, transparent and proactive- all the pandemics,

FLAWS OF THE MEASURES TAKEN DURING THOSE PANDEMICS.

For example: Provision of health care services the problem here was corruption such as wrong usage of money which is intended to support healthcare services, lack of clear accountability this basically causes significant damage to an organisation it can erode quality of care ruin your organisations reputation, and increase the risk of lawsuits this lack of accountability can even put patients lives in danger;, poor budgeting of money supporting the healthcare services affects the patients because a few medical equipment.

Social distancing basically people's mental and physical health over a long period of time social isolation can increase the risk of a variety of health problems, including heart disease depression, dementia and even death.

Social monitoring and assessment this measure is interpreting and disseminate information on the risk before a pandemic occurs. This method seems great but this method is really stressful, time consuming, expensive and this process kills creativity so this increases chances of getting wrong information about the incoming pandemic this will lead to a loss of a lot of resources that might have been used to prevent the pandemic.

Communication during a pandemic has to be frequent, transparent, and proactive even though this method promotes understanding and removes guesswork from discussions during the pandemic but this puts everything they've discussed vulnerable which will be easy to ruin and

and it won't be easy to be heard

Vaccination-Sometimes vaccines cause a temporary headache, fatigue or loss of appetite. Rarely, a child might experience a severe allergic reaction or a neurological side effect, such as a seizure. Although these rare side effects are a concern, the risk of a vaccine causing serious harm is extremely small.

Wearing gloves-Dirt irritation maceration allergy are the most important problems for consideration

Quarantine- This will put education to a standstill and will only favour students in rural areas

Wearing masks- masks can infect both mouth and nose by bacteria, virus or germs if worn wrongly

Vaccination-Sometimes vaccines cause a temporary headache, fatigue or loss of appetite. Rarely, a child might experience a severe allergic reaction or a neurological side effect, such as a seizure. Although these rare side effects are a concern, the risk of a vaccine causing serious harm is extremely small.

Wearing gloves-Dirt irritation maceration allergy are the most important problems for consideration

Quarantine- This will put education to a standstill and will only favour students in rural areas

Wearing masks- masks can infect both mouth and nose by bacteria, virus or germs if worn wrongly

HOW PROVISION OF HEALTHCARE CAN BE IMPROVED TODAY.

Provision of health care services: Ways in which quality of healthcare services could be improved is by providing the right care and medication at the right time, communication with people must be effective and respond to their needs and they should have a well trained and constantly motivated staff consistently available to provide care.

How to improve communication during a pandemic

Communication during a pandemic has to be more effective by making communication between working facilities and their workers to be more critical, hence leading to more efficiency in finding ways to cope with and treat the coronavirus.



How vaccination can be improved today.

Providing a clear recommendation

Adopt an encouraging, positive approach with question patients

Be proactive in making appointments

Set reminders for vaccination reviews.

Get more practise members involved.

CHRISTIAN BUYAYI WEKESA
NOVA PIONEER TATU BOYS
19.08.2020

MEASURES TAKEN TO CONTROL PANDEMICS IN THE PAST

Civilizations took many measures to decline or terminate the spread of diseases/viruses with

means and materials available to them during that particular point in time.

The Plague of Athens

A reason for the lack of honorable behaviour was the sheer contagiousness of the diseases. Those who tended to the ill were very vulnerable to the illness. This meant that many people died alone because no one was willing to take care of them. The dead were left to rot or were shoved into mass graves. Sometimes those carrying the dead would come across an already burning pyre, dump a new body on it and walk away. Other Appropriated prepared pyres so as to have enough fuel to cremate their own dead. Those lucky enough to survive the plague developed an immunity and so became the main caretakers of those who fell ill.

A mass grave of nearly 1000 tombs dated between 430 and 426 BC, have been found just around Athens' ancient Kerameikos cemetery. The cemetery was bordered by a low wall that seems to have protected the cemetery from a wetland. Excavated during 1994-95, The shaft-shaped grave may have contained a total of 240 individuals, at least ten of them children. Skeletons in the grave were randomly placed with no layers of soil between them.

The Plague of Cyprian

Identifying diseases from the ancient world is always difficult as the state of medicine and diagnosis lacked the degree of knowledge and sophistication available to modern science. Based upon the surviving accounts, the illness appeared to be highly contagious, transmitted both by direct and indirect contact (including through clothing) Isolation was commonplace for those found baring the disease, it was seen as a religious plague brought upon by God to punish sinners.(They would kill those found with the disease in more severe cases)

The Antonine Plague

Thousands died each day — it's thought at least 10 million perished.

While Emperor Marcus Aurelius advocated a calm rationalism in the face of disaster, the populace did . . . not. They embraced charlatans like Alexander of Abonoteichus who sold “magical” disease-repelling charms. Many Romans blamed the outbreak of the disease on Christians and proceeded to kill them. (The phrase “Throw the Christians to the lions!” is thought to have originated during this period) Meanwhile, Germanic tribes, recognizing the empire’s weakened state, began crossing the Roman border. Civilization hung by a thin thread.

But Marcus Aurelius, with his stoic disposition, held Rome together. He passed legislation subsidizing the cost of funerals to keep bodies from piling up in the streets. When the army was short on recruits, he conscripted gladiators. When the army could not pay the cost of new soldiers needed to replace the dead, he sold off his imperial possessions to finance the effort. He was able to see a problem, solve it, then see another problem and solve that one too without giving way to panic.

KIZITO LUGANO OKUMU
NOVA PIONEER TATU BOYS
18/8/2020

COVID 19

Coronavirus disease or COVID-19 is an illness caused by the novel coronavirus which is now referred to as severe acute respiratory coronavirus 2(SARS-CoV 2;formerly called 2019 nCoV). It was first identified during a respiratory disease outbreak in Wuhan City,Hubei Province,China.

[Definition from emedicine.medscape.com.](https://www.emedicine.com/med/topic1361.htm)

After its identification in China over seven months ago,it has managed to kill over 21.8 million people worldwide.It was declared a pandemic by the World Health Organization after cases were reported practically everywhere from Tokyo to Brazzerville.Because of its incredible mobility from one person to another various governments have put forward various guidelines in attempt to control the rates at which it spreads.As much as their intentions were good as they had the wellbeing of their citizens at heart,most of these guidelines were met with animosity as they required huge sacrifices on the citizen’s side.They included curfews,the closure of various businesses and others.The rebelliousness of some also prompted the government to add ‘strict

modifications' to these guidelines. The use of law enforcement and even the military to control movement has resulted in militarisation and even the ignorance of human rights just to mention a few in various countries making life quite uncomfortable for most.

With the discovery and transmission of COVID 19 at a global scale over the last six months, there have been several effects which have been experienced by literally everyone as it is a worldwide situation. Be it social, economic, or cultural everyone has had their fair share of COVID's effects. I will point out the most universal effects in an attempt to bring an understanding on the current situation. They aren't all positive neither negative. COVID 19 has brought both good and bad if one really thinks about it.

i).SOCIAL EFFECTS

The term social refers to relating to a society or organization or needing companionship and therefore best suited to living in communities. Therefore, human beings can be classified as social beings as they need companionship, live in communities and relate to each other. This social aspect of life is among one of the many key factors that has kept us going for centuries. The ability to relate with one another and living together as communities. These communities can be identified as social groups. Social groups are people with similar characteristics, collectively live together and interact with one another. Different social groups have been known to differ and result to conflict with one of the two or more being 'victorious' in the past. But in 2020 we need not look at that. COVID 19 has bulldozed its way into our lives and greatly affected human interaction. With governments putting forward stringent social distancing, curfew and lockdown measures, being social quite literally is suicidal in that you one may put themselves, their families, and their communities at large at risk. COVID 19 is highly mobile and moving close to each other is not an option as the risk level increases the risk of contracting the coronavirus.

The social impact of COVID 19 has also brought about old social vices that have greatly affected how the society interacts.

Vices such as racism, tribalism and religious profiling have been resurrected. How you may ask. Public perceptions of which group has the virus have been among the main agents of this trend. Apart from this COVID 19 is terrorizing the more vulnerable social groups like refugees, the underprivileged and the disabled as they are more exposed to the virus. Social interaction for most among these groups is very important as communal living is what has assured their survival over the years. COVID is undoubtedly a social terrorist that must be

addressed in unique ways. To keep our loved ones safe we must come together by staying apart.



[References from Google Dictionary](#),[Google Scholar](#),[The UN](#) and [The U.S National Library of Medicine and National Institutes of Health](#)

ii) ECONOMIC EFFECTS

The term economic refers to the social science that studies the production, distribution and consumption of goods and services. In other words, economics has everything to do with business and any other activity that can be used to make money. With the arrival of the coronavirus, various governments have taken several measures that were unexpected and unprepared for to ensure the public's safety. These measures included the closure of various businesses and borders as well. This has resulted in a reduction of international production and trade which ultimately crippled the international economy. The sudden and unprepared for closure of businesses and production has affected people's livelihoods.

iii) CULTURAL EFFECTS

Culture refers to the social behaviour and norms found in human societies, as well as knowledge, beliefs, arts, laws, capabilities, and habits of the individuals in these groups. COVID-19 has not only wreaked havoc socially and economically but also culturally. With the rules and guidelines imposed on us, some of our traditional activities have either been totally discarded or edited. Take burials for example. In my tribe, the Luo, it should take at least a week for all the

burial rites to be completed according to custom but with COVID 19, it has become a one hour affair. It is not our choice to go against culture but when human safety is broken, certain lines can and will be crossed. Not only traditions have been affected but lifestyles as well as people work for half the day instead of the 7AM-6PM ritual that we are used to. Education has not been left behind as most schools and universities were closed as COVID 19's death toll and infection rates spiked.

Our right of worship has not been spared either as congregations have become illegal and extremely life threatening. No denomination has been exempted. The arts and sports activities that once brought us together have also been victims to the coronavirus. Football for example being the most enjoyed sport worldwide had to be paused and reviewed before the various seasons restarted with the absence of the fans that filled the stands. For most this was depressing but it is what it is. Anxiety and other mental health complications have also risen exponentially during this period as people are generally worried of what the future holds. Nonetheless we are hopeful that soon a solution will be found and the normalcy that we once enjoyed will return.

[References from Wikipedia, Google Dictionary and UNESCO](#)

COVID 19: The Current Situation; where we stand

COVID 19, the coronavirus or orthocoronavirine however you may know it has changed the world quite literally. From the fluctuation in stocks to the closure of borders COVID has meddled individuals, families, countries, continents and ultimately the world. Amidst all of the chaos, where do we as the human race, the only affected inhabitants stand?

In the Western hemisphere, the coronavirus has more or less added to some of the problems experienced there. There has been an alarming rise in racism and racial based violence (in the USA). These occurrences have led to countless riots which did not only put those involved in danger of injury from stampedes and other accidents but it also increased the risk of the virus.

COVID 19: Action that can be taken utilising all the available resources present at this time and age.

Businessman Travis Kalanick once said, "Every problem has a solution, you just have to be creative enough to find it."

In tough times, one of our greatest assets is the ability to dream and coin ideas. Our imaginations and creativity will be the solution to our current predicament. This is already visible with the inventions, programmes and measures being employed all over the world. These innovations can also be improved as everything good can be made even better

-Innovations in controlling COVID 19 in the community through hygiene.

-Innovations in the continuation of education during the pandemic

-Innovations to stabilize the economy

-Other innovations that can be considered

.Coming up with applications or sites solely dedicated to COVID 19 patients to allow the public to submit their symptoms and await verification and also monitor recovering cases from home to ease the stress posed on hospitals by overwhelming numbers of admitted to make way for more serious cases.

.Supporting small businesses not only to keep a source of resources from getting shut down but also making an impact as small as it may seem on the economy.

.Limiting unnecessary movement by embracing delivery services

.Putting up more COVID 19 testing centers (portable ones) to test more people and identify more cases.

References from the U.N, Economics explained, trading economics.com, the Daily Nation and Google dictionary.