

The Superhero from Cork

Before I leave the house I grab everything I need. My cape, my face mask and then thoroughly wash my hands. It's another day in the fight against COVID-19. A normal day at CUH can be stressful depending on the scenarios we are faced with but due to COVID-19 every day is a constant battle.

The public regard me as a "Superhero" as I am a health care worker and I work on the front line of this epidemic. I used to be so terrified on my journeys from home to the CUH in case I would have an encounter with the "Supervillain", COVID-19. He was nearly indestructible and it was a struggle to get past him every day but with the help of the Cork people he is now getting weaker and I am getting stronger. However, he is still as clever as ever and will go to any means to spread the virus.

He never washes his hands and touches every surface. He coughs and sneezes everywhere and never covers his mouth hoping to spread the virus rapidly.

Today as I fly over Kinsale I see the town is deserted. Normally it's bustling with activity, now all the hotels, restaurants, bars and cafes are closed. Some families are walking the Scilly Walk but social distancing at all times. The Guards are on the bridge checking traffic but as it's a scorcher of a day they are handing out ice creams to passersby.

Next over Carrigaline I see queues of people outside Dunnes Stores lining up for their weekly shop. Staff are handing out bottles of water to customers. Such thoughtful things to do at a challenging time to lift everyone's mood.

I swing over Blarney Castle where no one is kissing the Blarney stone. The Cork people already have "the gift of the gab" and it's the social gatherings we miss most in this lockdown.

Just as I get the scent of freshly baked bread from the English Market I am startled when COVID-19 zooms right past me at rapid speed. Someone must have forgotten to wash their hands or are not social distancing but as his energy levels slow down I know everyone is following the restrictions again.

COVID-19 has flown into someone's back garden and is whispering to the children to go visiting their friends. The older sister calls them in as their teacher has just submitted homework for them to do on the Seesaw app. She has to mind her siblings so that the parents can go to work.

Here I am now at the CUH. I enter a world of masks and goggles and ventilators for the COVID-19 patients. We have lost another 24 to COVID-19 today and over 100 more cases. The numbers are dropping though and as hard as it is for the doctors and nurses in the hospital we also know it's hard for those cocooning at home.

Health care workers are our "Superheroes" and everyone's a hero in the fight against COVID-19. If we all work together we will defeat the virus.