

Epidemics that have obliterated humanity

CMT joins efforts to fight COVID-19, and it also impulses vulnerable sectors

Since the beginning of the covid-19 pandemic, Congregación Mariana Trinitaria has implemented a strategy to improve living conditions and has led actions in favor of the health, productivity and economic reactivation of communities in Mexico.

Historically, humanity has gone through different pandemics so, the recent one caused by COVID-19 with more than 800 thousand deaths in the world, is not the only one we had with catastrophic impacts. More than 20 lethal plagues have appeared all over these years and they left behind more than 400 million deaths.

Due to the current pandemic, the World Health Organization and the University Johns Hopkins in the United States, agree that the three most affected countries in the world are USA, Brazil, and Mexico; perhaps because authorities in those countries did not implement necessary actions to encourage containment and prevention. It is also essential that citizens become aware of the importance of taking care of their own health, but unfortunately and even nowadays, they neglect protocols implemented by health departments.

It is important to mention that there are differences between an endemic, an epidemic and a pandemic. The first one refers to infectious diseases in specific regions or countries by specific periods of time. Epidemic happens when the outbreak of the disease expands quickly in a specific geographic zone. Finally, it is considered as a pandemic when a disease spreads to other continents, and outbreaks do not come from other countries only, but local people get infected and infect other people in their community.

Between the epidemics, endemics and pandemics that affected different communities in history, we can mention the following ones:

- 429 B.C., The plague of Athens. The disease came from Ethiopia and people believed that it was caused by typhoid. This plague affected more than 50 thousand people.
- 165-180 A.D., The Antonine plague. It affected the Roman Empire in the II century with symptoms as sting on eyes and mouth, thirst and burning sensation, odorous breath, reddened skin, severe cough, gangrene, delirium, and death after nine days. Experts estimate that it affected more than 10 million people.
- 541-543 A.D., The Plague of Justinian. It started in Egypt and the symptoms were a sudden fever followed by swelling in armpits, thighs and behind the ears. It caused the death of more than 600 thousand people.
- 1300-1400 A.D., The Bubonic Plague or Black Death. It was the biggest epidemic in the Middle Ages that devastated Europe since the middle of XIV century. In some areas it affected two thirds of the total population.
- 1520 A.D., The smallpox. It came to America with the Spanish conquerors and it became a plague. It was an essential ally to conquer Tenochtitlán in Mexico, and it affected a third of the population of indigenous people in America.
- XVII-XIX centuries, The yellow fever. Outbreaks of the disease usually appear in the summer, but people who already had the disease became less vulnerable.
- 1817, 1829, and 1852; Cholera. Its origins were in Asia, it came to Europe in 1830 and in less than two decades, it caused 30 thousand deaths in London. In the XX century, it spread to Asia and Africa, where it is still an active disease.
- 1918, the Spanish flu. It affected countries after World War I, it came to Europe and in a year, it caused the death of between 40 to 50 million people.
- 1957, the Asian flu. The first case was reported in the peninsula of Yunnan, in China; the virus A(H2N2) with origin in avian influenza, spread all over the world in less than a year. This pandemic caused 1 million deaths on the planet.
- 1968, the Hong Kong flu. It started in Asia, and it is a variation of flu A(H3N2). One million people died by this new strain.
- 2018, Malaria. As of today, malaria has caused more than a half million deaths per year, specifically in Africa. It is spread by mosquitoes and it causes symptoms such as shivers, fever and sweats that appear after a week mosquitoes bite.
- 1981, AIDS. Officially it started in June 1981 when five pneumonia cases, and other Kaposi's sarcoma cases in Los Angeles were related to it. In 1982 the disease was called as acquired immune deficiency syndrome (AIDS).



CMT facing COVID-19

Congregación Mariana Trinitaria (CMT) since the beginning of pandemic COVID-19, has implemented a strategy to improve conditions of life and it also has encouraged actions in favor of health, productivity and economic reactivation in communities in Mexico. Additionally, its social programs continue responsibly assisting people, and following the guidelines established by the World Health Organization (WHO), and local health departments.

CMT looks for different ways to guarantee food quality, even when shortages and price increase are affecting Mexican families nowadays. For this reason, programs with different governments and civil society are developed to assist people so as to provide milk and other kinds of food.

For instance, through public audiences, people in the field areas in Zacatecas, Guanajuato, Querétaro, and other cities were able to get benefits. This way, people in the field get more benefits by getting support to get greenhouses, irrigation systems, seeds, as well as different products and inputs farmers need.

Another action to face pandemic is to provide no-interests financing to reduce affectations to public works in communities and cities, so that they could be completed ahead of time. This way, links of mutual aid may also contribute to benefit Mexican families.

In tandem, CMT is committed to technology, education and distance health services. CMT works on implementing a learning platform able to work *online* and *offline*; the same in Telemedicine, to start educative innovation, to impulse new technologies and methodologies, and to update teachers on methods and resources for education 3.0.

More to the point, CMT opened all its communication spaces in America and Europe to spread all the COVID-19 facts, to inform people about its effects and the ways people may get infected, but especially, the ways to prevent the transmission of the disease.

Actions CMT



- Network to provide and guarantee supplies
- Reactivation of economy in communities



- Savings and financial inclusion with productive purposes (urban, rural and for immigrants)
- "Zero interests" financing programs for micro productive sectors in field areas and cities
- Financing to impulse basic infrastructure in municipalities



- Educative platforms online and distance health services
- Professional and responsible spread of information about COVID-19 in media to prevent more infections