



Pandemic or endemic... Are we currently transitioning?

OAXACA, OAX., JANUARY 2022.

As soon as 2022 started, many experts started mentioning the word “endemic” in global public debates. In light of that fact, it is important to reflect

on the exact point among the pandemic and endemic we are currently transitioning into.

It seems that governments around the world want to speed up the transition from a pandemic to an endemic, although some organizations believe that we are not in the ideal moment to do so.

The World Health Organization (WHO) mentioned that COVID-19 is far from being endemic because we still do not have enough information about the ways it mutates and spreads.

Additionally, countries without economic resources will face big problems if COVID-19 transitions to endemic.

Active emergency funds had to stop being used, which might cause a big impact on unfavored countries.

Let us start with the basics... What is endemic?

According to the concept provided by the Pontificia Universidad Católica de Chile, endemic is “the continuous outbreak of a disease into specific areas or specific groups of people”. The previous concept requires two facts: a disease being active for specific periods of time, and affectations taking place in specific groups or areas in specific parts of the world.

Although the current COVID-19 pandemic seems to match with those criteria, it is not the moment to pretend we made it. After the outbreak of the Omicron variant, the speed of infections and the amount of infected people increased considerably, the numbers were similar to the ones we had when the pandemic started, despite the fact that now we have vaccines and some experience after fighting this virus for more than two years.

“Endemic means stability and predictability on the spread of the virus and its waves of transmission, but regarding the current events in 2022, we are still far from that position”; the WHO experts mentioned.

In the current scenario, topnotch experts in global health are unable to provide any official data to change the status of being in the midst of a sanitary emergency. However, that fact is not enough to avoid governments around the world from acting as if the virus is not among us anymore.

The reduction of safety measures encouraged the belief that the virus infections are more related to individual decisions instead of measures implemented by the governments, which causes that frontiers open and strict protocols do not continue in those areas.

Not only do governments expect that COVID-19 leaves the spotlight in 2022. People are tired and willing to escape as they are looking forward to going back to regular conditions soon. Nevertheless, since we were not given any official information to do so, we should continue with mitigation measures, getting vaccinated, and avoiding crowded places to take care of ourselves and the people around us.



“We are victims of uncertainty and a virus that mutates rapidly”, says Catherine Smallwood, an expert on infectious diseases who works at the United Nations Health Agency.

The current global scenario

Although some countries like Spain and other nations in the European Community are implementing specific plans to consider COVID-19 as endemic, the experts in global

health raised their voice and they say that the world is not ready for a transition to endemic yet.



The current global scenario

People are tired and willing to escape, and some other people look forward to living in regular conditions soon. Nevertheless, the global experts in medicine mention that the only option left for us is to keep on implementing mitigation measures.

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