

I Sweat to Fight COVID in Daliin

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The traditional Lunar New Year 2020 celebration was saddened with TV coverage of the first confirmed case of COVID in Taiwan, after which the long and dreadful days follow...

Because of COVID-19, human relationship is turned upside down and countries, big and small, are fighting for the invisible enemy. Co-ordination between leaders and countries are inadequate as a result of conflicting political interests.

In Taiwan, the policy of banning the export of face masks caused uproar at first, and people's angers were upset by the regulations on the requirement of face masks. People had money yet could no longer buy face masks when they; moreover, they had to line up to buy face masks. Thankfully, the government heard people's indignant voices and acted quickly to expropriate additional capacity to increase production and enforce mask-rationing. Mask-rationing was carried out in tourist attractions, exhibitions and public areas for epidemic tracking.

Everyone, men and women, young and old, do their best to act in concert with the Taiwan government policies. Dalin Tzu Chi Hospital as a frontline medical institution plays an important role in fighting the pandemic.

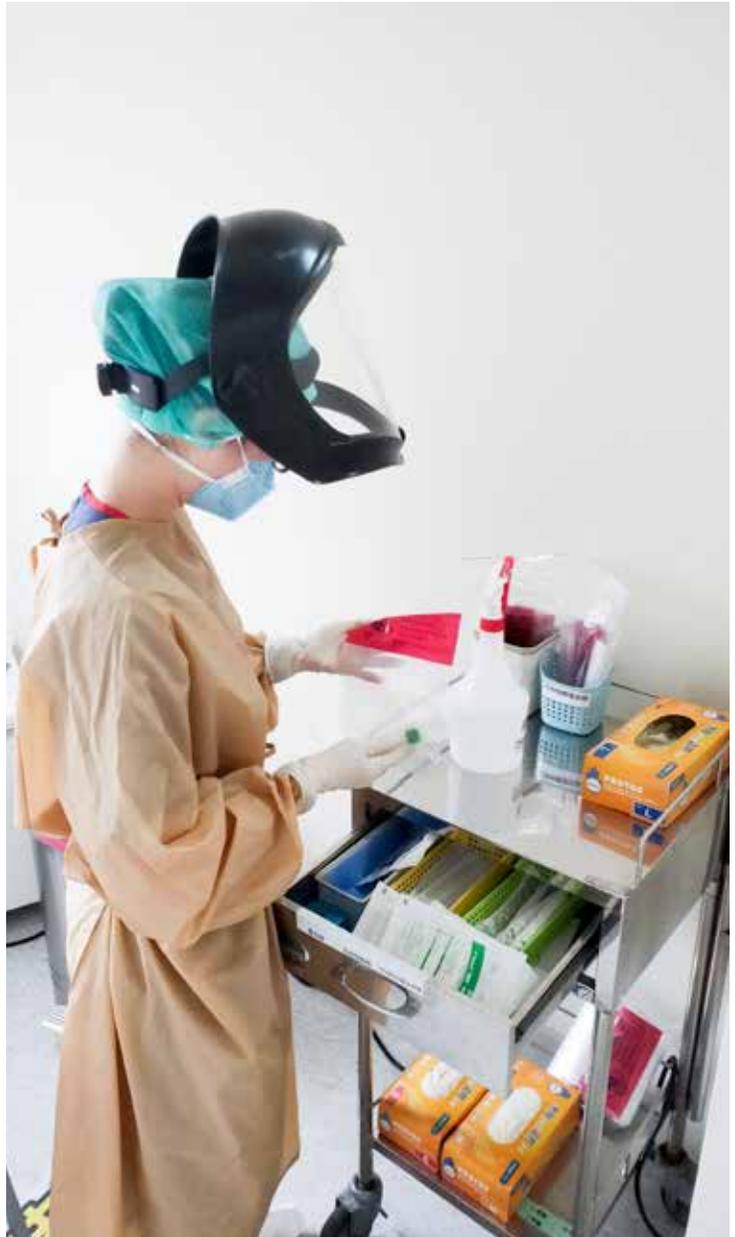
With the help of more than 100 volunteers, Dalin Tzu Chi Hospital adopted a triage system in just three days to examine patients with quarantine stations. Access to the hospital is strictly controlled. Patients with a history of travel abroad, a history of exposure or suspected symptoms have to be directed to quarantine stations and evaluated by doctors before allowed in for treatment, visiting, or need further sample-taking and examination.

As an emergency nurse, I was assigned to take turns operating at the quarantine. I was, at the beginning, looking forward to work for this assignment. On the other hand, I was frightened of this infectious disease. I was hoping I could use my 7-year nursing knowledge and experience on the frontline to battle against COVID-19. Yet, I was worried about I could also be infected and/or infect to people around me. After all, this is the first time I ever had to face such a serious pandemic disease.

But after I entered the quarantine station, I was so impressed and greatly surprised about this small place yet fully equipped with an inspection area, the clinic, the sample area, observation area, even X-ray can be taken inside the quarantine station.

In addition, I was at ease with the equipment offered to the medical personnel - from basic N95 masks, gloves, waterproof protective overall, and shoe cover, to the adjustable and replaceable anti fog face shield. Most importantly, there is a mobile suction and infusion pump at the sample collection area allowing collection of patients' droplets. Such nearly perfect environment and arrangement relieved stress while working at the quarantine station. The only thing I had to complain was the hot temperature behind protective gears.

Although the quarantine station is equipped with ventilation, the station was still like a steam bath under the scorching sun at noon time. It takes





only 30 seconds to start sweating inside the quarantine station. The whole body gets sweaty within 30 minutes at continuous high temperatures. After duty at the quarantine station, I was able to take off all the protective

covers to get inside the hospital, such a cool place like heaven. My body was still totally wet and it is very hard to describe in a few words for the experience but only the wearer knows where the shoe pinches.

Taiwan people are so fortunate. Starting in Jan. 21, 2020, the Central Epidemic Command Center of Taiwan CDC held more than 100 conferences and continues to do so daily to keep Taiwan people informed of the latest developments and news of COVID-19. All of Taiwan's people hard work paid off after Taiwan government and the Taiwanese people worked hard together. Only the Taiwan government can lift pandemic restrictions. Taiwan is "helping" around the world to combat COVID-19. We can only defeat the pandemic by collaboration and teamwork. Everyone in Taiwan is front-line hero. This unforgettable experience will still be vividly recalled after many years.