

The COVID-19 crisis reveals how global solidarity and collaboration are in everyone's and each of our best interests, and how it is the only sensible egotist thing to do. In recent days, we have repeatedly heard that each of us has a personal responsibility and must abide by the new regulations. The media is full of stories about people who misbehave and put themselves and others at risk, an infected person walks into a store and coughs around, and so on. This problem is the same as that of journalism dealing with environmental crises: the media exaggerates our personal responsibility for the problem and asks us to pay more attention to recycling and other behavioural issues. This focus on personal responsibility may be necessary to some extent. It functions as an ideology because it confuses the most important issues of how to change our entire economic and social system. Instead, I feel that we should not only focus on independent social change, I believe that we should solve societal issues(COVID-19 or other issues we will face in the future) through solidarity.

When looking to improve the situation as a nation, it is important to help others who are struggling to cope with the crisis. These prosocial behaviours include volunteering in health services, buying food for disadvantaged groups, donating money to food shelters, and providing support to people who are feeling overwhelmed. The COVID19 pandemic threatens people's happiness in many ways. In addition to the possible physical threat of infection, postponed non-emergency (but important) medical care, and lack of access to food and other necessities, there is also (potential) unemployment, loneliness due to isolation, concerns about health of the loved ones. some, and cope with the duel. Furthermore, people who are already struggling in difficult living conditions may be among the most affected. Therefore, social psychology research must find ways to better understand and promote pro-social behaviours to alleviate the tension caused by long-term epidemics. Human values represent a psychological structure and are particularly important in promoting behavioural compliance and pro-social behaviour.

In addition to physical health, the COVID19 pandemic has also affected people's emotional and social functions. The uncertainty of the crisis, the implementation of unknown public health measures that violate personal freedom, and huge economic losses are some of the main stressors that cause widespread emotional distress. This crisis has also led to more frequent relapses of patients with mental illness. The elderly, especially those living alone, are at high risk of depression and isolation after social distancing measures are implemented. School closures and the shift to comprehensive study at home have also contributed to increased anxiety among school children, especially children from disadvantaged families. The civic mentality is a culture, which means a sense of responsibility to one's own community, others, and society. In a community with a strong sense of citizenship, individuals and collectives feel capable of doing the right things. This requires society to seek to protect personal privacy and freedom while ensuring that individuals also strive to

achieve greater public interest through good behaviour, and ultimately to the improvement of society and society.

During this difficult time, we have stand-in solidarity, helping those in need and to support the overall community. I feel that the government, businesses and individuals have done their part in spreading kindness and positivity amidst the crisis. Between January 2020 and May 2020, the Community Chest has received more than US \$ 42.2 million in donations from individual donors, basic work and businesses. 40% of the donations were used for causes related to COVID19, compared to 2,290 in the same period last year. Ten thousand US dollars. For example, companies like Lockheed Martin, a global security and aerospace company, donated funds from their work support programs to The Courage Fund and Invictus Fund in a spirit of shared responsibility and community. SSF has funded more than 330 projects to meet the urgent needs of individuals, families, and seniors from underserved backgrounds affected by the COVID19 pandemic. Donors include more than 4,500 donors, including individuals, multinational companies, foundations, and small and medium-sized enterprises. Another example is that of the Grapple MAX professional wrestling fitness school held a sold-out wrestling match as an online fundraising program and raised \$6,000 to support our healthcare professionals. Similarly, Amanda Moo, founder of Soul Good Project, a home natural skincare start-up, contributed a month of profits to help people in disadvantaged communities. Evidently, individuals and corporations have reached out to help those I need during this crisis.

People and organizations from all walks of life, including businesses, community groups, volunteer centres, and social service agencies, come together to make contributions during this crisis. They provide help in a variety of ways, such as distributing essential items such as masks and food, providing emotional support through the national hotline, caring for older people living alone, and providing online counselling for children who may be struggling to study at home. These good works and charitable actions have provided a strong impetus to build a caring, cohesive and safe Singapore. In the early days of the COVID19 pandemic, the supply of masks and disinfectants exceeded demand. In response, people in the local community gathered to sew and distribute reusable masks, especially for children and vulnerable groups. In residential buildings, residents also actively place alcohol wipes and hand sanitiser bottles in elevators for the community. Singapore Food Bank and other organizations reached out to local people during the pandemic. Despite the problem of volunteers and declining donations, the organization worked with more than 80 food organizations and beverages, bringing together more than 100 volunteers to distribute 775,000 meals to approximately 15,000 beneficiaries. Despite their own difficulties, volunteers took the time to help us take these measures. We have also seen some less obvious groups, such as our migrant workers or students with special needs. I hope people will continue to remember that some

communities may not be served, and our small acts of kindness can really unite us. In times of uncertainty, these community efforts have played a role in alleviating public anxiety and are excellent examples of individuals who are empowered and connected in times of crisis taking responsibility.

Individuals and organizations in Singapore have also launched various activities, such as providing food for quarantined students and migrant workers, providing electronic devices for low-income families with children, monitoring vulnerable groups, and providing grocery shopping services for the elderly. Continued efforts to build social cohesion and create a common sense of identity and commitment for the community will transform into a sense of cooperation. This will ensure that people continue to care for each other to build community resilience.

A strong partnership between community organizations and government agencies also provides comprehensive care to the community. Community organizations generally have a good understanding of the social demographics and needs of the local population. This means that they can identify the most vulnerable people and actively contact them. For example, although many community programs are suspended during the circuit breaker, these organizations continue to conduct weekly telephone or personal checks on frail or homeless older people who live alone or lack competent caregivers. Additionally, the close relationship between community organizations and residents means that they are better able to effectively communicate best practices to empower residents. A typical example of important inter-agency cooperation is the contact tracing team of the Ministry of Health, Singapore Police, Singapore Armed Forces and volunteers, whose purpose is to quickly determine the connections between people who have been diagnosed with COVID19 and your contacts. Similarly, Singapore's biomedical research and laboratory communities were rapidly mobilized to jointly develop the world's first SARSCoV2 serological test to rapidly detect neutralizing antibodies without the need for containment facilities or live biological materials. Therefore, partnerships between government agencies and community partners will ensure that information from the health system and government agencies can be communicated effectively to the target population.

These various examples clearly illustrate the need to build community resilience in peacetime. A strong connection between the community, individual, private organisations and government is crucial. During this pandemic, the close cooperation between public and private medical institutions has also demonstrated the importance of strengthening the internal cohesion of the local medical system. This strong partnership adds much-needed beds and labour. This is the key to keeping the death rate from COVID19 low while effectively controlling the infection rate in the community. Clear and up-to-date communication without barriers between government agencies and the public is the key to reducing anxiety and confusion

about security measures introduced by the community. A culture that fosters strong community cohesion has enabled the majority of the public to adhere to safe distance measures and behave more sustainably, especially during this pandemic.

Despite such efforts to support our community, it is undeniable that our world is falling apart. But this process of disintegration is only delayed and there is no end in sight. When the number of infected people and deaths increases, our media speculates how far we are from the "peak". Have we arrived yet? Will it be in a week or two? We are all enthusiastically following and waiting for the peak of the epidemic as if it is gradually returning to normal after this moment, but the crisis is only delaying. Maybe we should have the courage to accept that even if the Covid19 vaccine is discovered, we will remain in a virus world that is constantly threatened by epidemics and environmental disturbances.

A pressing issue we will face is the revival of previously dormant viruses. Climate change is melting the permafrost soil that has been frozen for thousands of years. As the soil melts, they release ancient viruses and bacteria that are dormant. These viruses and bacteria are rejuvenating. For example, in August 2016, a 12-year-old boy died of anthrax infection in a remote corner of the Siberian tundra called the Yamal Peninsula in the Arctic Circle. At least 20 people were hospitalized. The theory explaining this is that more than 75 years ago, a reindeer infected with anthracnose died and its frozen carcass was trapped under a layer of frozen soil. The heatwave lasted there until the summer of 2016 when the permafrost melted. This exposed the reindeer carcass and released infectious anthrax into nearby water and soil, and then into the food supply. More than 2,000 reindeer grazing nearby became infected, leading to a small number of infections. The worrying thing is that this will not be an isolated case. What else lurks under the frozen soil?

In a 2005 study, NASA scientists successfully resurrected bacteria that had been encapsulated in frozen ponds in Alaska for 32,000 years. These microorganisms called *Botulinum Pleistocene* have been frozen since the Pleistocene period. Once the ice melts, they begin to swim around seemingly unaffected. It is clear that climate change is opening up Pandora's box. And the revival of other deadly viruses is one of them. Viral evolutionary theory is playing out in real-time. We should gather the courage to accept that we will remain in a viral world continually threatened by epidemics and environmental disturbances. Even as we have yet to completely bring COVID-19 to an end, it is said that the next pandemic is already heading in our way. The SARS outbreak in 2003, the West African Ebola Virus Epidemic in 2013 and swine flu pandemic in 2009 are evidence that we cannot afford to let our guard down and must take the necessary measures to tackle the next pandemic more effectively.

Needless to say, the threat of death during the pandemic has united us. Now, to maintain physical distance is to respect each other. The pandemic has drawn attention to the importance of the resilience and soundness of the health system. Singapore must learn from the current crisis and strengthen its capacity to better prepare for future epidemics. First, it is important to understand and improve compliance with the Code. Many people can comply with personal health concerns, but compliance generally requires people to make sacrifices for the social good (for example, self-isolation to protect others). There is evidence that people underestimate their personal likelihood of contracting COVID19, further increasing the barriers to engaging in this self-denying behaviour. Furthermore, the purpose of the proposed self-sacrificing behaviour, such as protecting vulnerable groups and reducing the demand for health services, is quite abstract in nature and the COVID19 crisis may require long-term compliance. These factors are additional barriers to achieving the goal of ensuring a high level of ongoing compliance.

In summary, close cooperation between community agencies and government agencies is essential to provide timely assistance to the public and respond to any crisis. Continued investment in health and public health surveillance systems will ensure that the system is prepared for any future outbreaks. Efforts to develop community resilience can be focused on four main areas: physical and mental health, economic well-being, communication, social connections, and organizational integration and participation, as well as civic awareness and responsibility. Investment in these areas is essential to help communities alleviate challenges and unite people to recover from the worst of adversity. Moving forward, more research is needed to test the longitudinal psychosocial and community impact of COVID19. A comprehensive understanding of community response mechanisms, especially vulnerable and high-risk groups during the pandemic, will provide information on policies and practices to improve future public health response and support plans. The government should also draw from what we have learnt from the COVID-19 pandemic and establish an Emergency Medical Team which aims to better prepare ourselves when we find ourselves in the next pandemic. We should be mentally prepared so that we can defend ourselves better when the next pandemic does take place.

Will another crisis like the COVID-19 pandemic ever happen to us in such a large magnitude again? The question is no longer if another pandemic will occur, but when. We should draw from what we have learnt from the COVID-19 pandemic and better prepare ourselves when we find ourselves in the next pandemic. We should be mentally prepared so that we can defend ourselves better when the next pandemic does take place. With that, we will be able to handle the next pandemic or crisis which might occur in the future more effectively. In the years ahead, we might face new and unexpected problems. However, I firmly believe that no matter the challenges that we may face in the future whether it be another pandemic or another major issue, no problem is too big for us. If we continue to co-operate with one another, we will blaze a path forward. Let us stand as one people, one nation, one Singapore!

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