

PREPARATION IS PEACE

The Role of the 21st Century Mother in Preventing COVID-19 Pandemic Transmission

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Gender is very critical in our preparation to prevent any infection on earth from spreading! All genders play very important roles in disease prevention, and acknowledging them can motivate them to do more. The roles of women in our collective efforts to contain this novel coronavirus, SARS-CoV-2, cannot be overlooked (Fig. 1). Though women may be seen busily working at our various work places, they are mostly the ones taking care of our various homes (Sharma *et al.*, 2016; Friedemann & Buckwalter, 2015). It is an open secret that our little ones are mostly closer to their mothers than their fathers. In our fight to prevent the spread of COVID-19 Pandemic, social distancing has been one of the major ways of doing that. This cannot be complete if only adults are maintaining social distance and children are going about with their normal lives without doing the same.

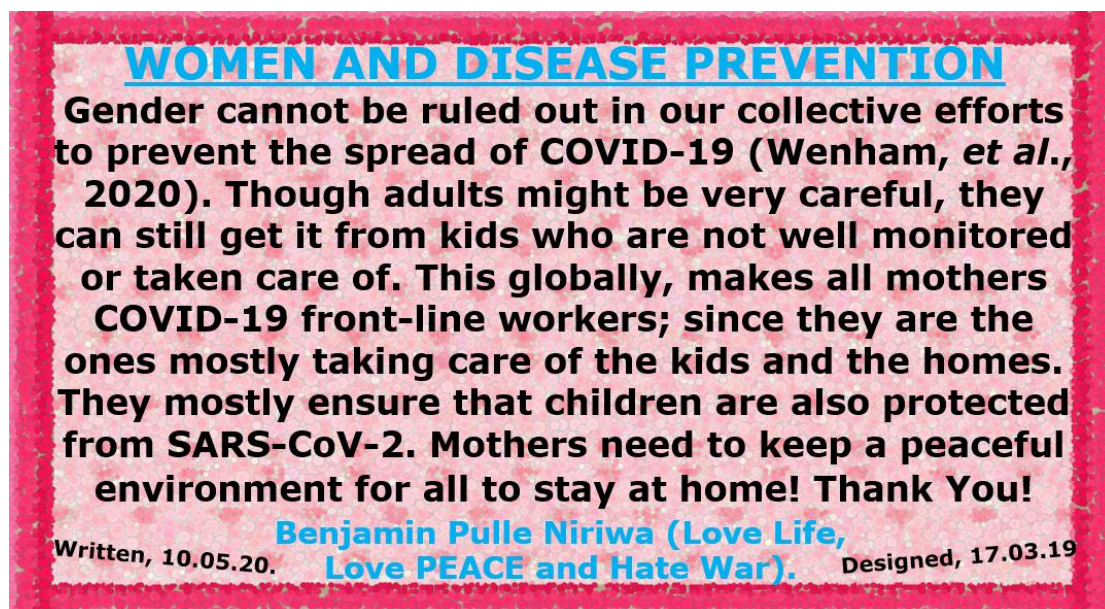


Fig. The Role of Women in the Prevention of Infectious Diseases, Like COVID-19.

Even amongst adults, it has not been easy for them to practice this new lifestyle of living, where they have to maintain social distance (Hartmann, 2020). There have been many reports of adults violating social distance (Agyeman, 2020; Crabbe, 2020; Hartmann, 2020), especially at our market places. So, you can imagine what our little ones would be doing if they are not controlled/monitored by their mothers! This puts our wives, mothers, and sisters as front-line workers right from the home or community level (Wenham *et al.*, 2020).

Our little ones do not know what social distancing is except their mothers teach/tell them, and guide them to practice. Most of them listen to their mothers more! Without their mothers, we should forget about social distance amongst the kids; because their mothers are the ones mostly taking care of them (Jolly *et al.*, 2014). All the preventive measures aimed at preventing the spread of SARS-CoV-2, such as; washing of hands with soap under clean running water for at least 20 seconds, wearing of face/nose masks, sanitizing our hands with 70% alcohol-based hand sanitizers, and so on; can only be practiced by our children under instructions, mostly by their mothers. Mothers are also the ones who mostly bath their children to ensure that they are not dirty. SARS-CoV-2 is a virus like most infectious agents that like dirt and touching; so, bathing them helps

reduces their risks of probably getting infected. Women are also the ones who would mostly wash their hands, sanitize them, and put face/nose maskson them.

Children generally like roaming about and playing with friends(Vlaaret *et al.*, 2019; Marzi& Reimers, 2018), but you can never tell which child is asymptomatic and is capable of transmitting the virus. Though some literature is asking for parents to give their wards the freedom to roam neighborhood territories(Vlaaret *et al.*, 2019), at these particular difficult times, parent can do that attheir own risks. The mother is the one whomostly ensures that her child(ren) is/are at home. No matter how careful you might be, if your kids are not well protected from the virus, it is like pouring kerosene into fire; thinking that you are quenching it.It is revealed thatour 21st Century children mostly have access to “Mobile devices” with an increasing percentage of 38% as at 2011 to 72% in 2013 (Bozzala *et al.*, 2018; Redeout *et al.*, 2013).As children roam about, they can get infected not only from infected sick persons or the asymptomatic ones (Brownson, 2020); but from some of these infected devices as they use the internet, computer, playing video games (either on the computers or phones), and so on (Bhatta, 2018; Bozzala *et al.*, 2018).

When SARS-CoV-2 was first discovered in China, Wuhan, it was spreading amongst clusters of families in Beijing where family members where tested positive for COVID-19(Songet *et al.*, 2020). There were also reports that children and their whole families were found to have been infected with the virus(Jiet *et al.*, 2020).This explains why there is the need for us to take social distancing and all the other preventive measures very serious.This will not be possible if you do not put your eyes on your child(ren), and this is mostly done by their mothers.

When Jesus parents took him to Jerusalem for the Passover and took away their eyes of him, they could not find him(Luke2: 41-51, KJV). They tried to search for him everywhere amongst their Kinsmen⁴⁴, but could not find him. So, what happened was that, they could not go home, they returned to Jerusalem⁴⁵. It is said that his parents spent three days before they saw him in the temple⁴⁶. His mother was the one who talked to him when they found him⁴⁸. His parents could have beaten him for being too known or inquisitive, but they understood and took him home⁵⁰. Jesus also became obedient to them when they went home⁵¹. This biblical message is telling you as parents to be patients with your kids, especially during this difficult time. When you beat your children: you are chasing them to the virus!

Before, I forget, eating of a healthy diet is known to help boost our immune system to protect us from most sicknesses, especially viral diseases like COVID-19(Promptcharaet *et al.*, 2020; Taghizadeh-Hesary& Akbari, 2020; Jayawardenaet *et al.*, 2020).Though in our modern-day marriages, some men are also helping their wives with household chores, women are mostly in-charge of the kitchen and our bellies(Cerrato& Cifre, 2018). So, they are playing very critical roles, not only in COVID-19 pandemic’s prevention, but all diseases.

Though a research findings in the Central Region of Ghana revealed that “Small small quarrels bring about happiness or love in the relationships”(Dako-Gyeke, 2019), some men have been reported to have said that, they do not stay at home because of violence(Tribbett, 2020; TNN., 2017; Huntleyet *et al.*, 2019). Both men and women are victims of domestic violence! As we remember mothers today; may all mothers use their uniqueness to make their homes look like junior heavens, so that their family members can stay home to help prevent the spread of COVID-19.

Recommendations

- Without peace at our homes, social distancing and staying at home cannot be successful. Mothers have what it takes to create peace, even in the mist of violence. Do so, please.
- At this particular moment, wives/mothers should be considerate and manage what ever chop money is given to them, to prepare nutritious meals for their family members. This will help boost their immunities to fight against most infectious disease, like COVID-19.
- Though mothers by nature do not joke with their kids, at this particular time our kids need more attention than before, and it should be given to them.
- You must show them more love than before, in order to win from SARS-CoV-2. If you beat them: they will run to the virus. So, do not beat them.
- Children will not frequently wash or sanitize their hands. Our mothers who are always their best friends, should not forget to alwaysbe doing that for them.
- Though it is reported that some men are helping with house hold chores, men need to offer more helps to their wives, mothers, or sisters during this period.
- All partners should use whatever they have to help each other safely stay at home.

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Note: This is a beautiful research area, those who have interest can take it up as a full project. There are more that I could have added, but I decided to shorten it for today's purpose. Thank you for Reading!

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