

### **The Butterfly Effect**

Have you ever heard of “The Butterfly Effect?” It is the idea that small changes can result in a bigger impact in the future. An example is now Hong Kong managed to keep its COVID-19 infection and mortality rates impressively lower than other places in the world.

In my opinion, the Hong Kong people’s practice wearing masks in public helped in minimizing the infection rate in Hong Kong. This can be considered as a “The Butterfly Effect,” the simple act of wearing a face mask by someone in public resulted to a bigger positive impact for other people, which contributed to dealing with the COVID-19 situation in Hong Kong.

My family and I recently visited the Philippines during the Chinese New Year holiday. During my stay, I noticed how many people in the Philippines were reluctant to wear masks in public or how they gave you a judging look if you were wearing a mask. Whereas, when I returned back to Hong Kong in February, everyone was wearing masks, and not wearing masks is unusual since wearing one has become a new normal. Currently, the Philippines has a very high number of infection rate and continues to grow by the day. Hong Kong on the other hand, has managed to keep its infection and death rate at the amazingly lower level than the rest of the world. This shows the effectiveness of wearing a mask, especially in public areas.

This COVID-19 situation has affected the lives of many and can potentially affect more in the future. With a growing number of infected cases and swelling number of deaths by the day, there is no doubt that turning on the television can be very depressing. Therefore, it is important to find ways to alleviate the sorrow and suffering during times like these. We may do so by checking up on our close friends and family to see how they are doing. Another is to practice self-care as health is truly a wealth.

During the school closure, I was able to communicate with some of my old friends and relatives and got the chance to learn each other’s lives. I turned to spread positivity only and made sure that they are in good health. For me, that was my way of spreading positivity during these difficult times. It may not seem like a lot of effort, but it was my way of spreading positivity, and it also feels good to know that people care about you too!

Just like a butterfly, we should all choose to spread our wings even during times like these.