

China's Plan to Fight COVID-19

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Abstract

COVID-19, which sweeps the whole world, brings great harm to people's life, production and life. China has achieved remarkable results in fighting against COVID-19 and formed the China plan. It is reflected in the general layout based on overall consideration and coordination linkage, the national strength of medical staff as the main body and Multi-party participation, the good prescription for patients combining drug treatment and psychological counseling, the voluntary service connecting material assistance and humanistic care, and the daily life of the people infiltrated by scientific protection and civilization cultivation.

Keywords

Medical Staff's Benevolence; Universal Anti Epidemic; Patient Treatment; Voluntary Service; Civilization Cultivation.

1. Introduction

Since the end of 2019, the epidemic of New Coronavirus pneumonia has spread all over the world. Under the unified leadership of the Party Central Committee, the Chinese people, united as one, fought this sudden "epidemic war" together, and forged the anti epidemic spirit of life first, national unity, regardless of one's own safety, respect for science and common destiny. Thanks to the joint efforts of all the people, China has achieved remarkable results in fighting against COVID-19, and accumulated rich experience to form the China plan.

2. General Layout based on Overall Consideration and Coordination Linkage

Epidemic prevention and control is a systematic project, which requires the full cooperation of the whole country and the world, overall consideration, coordination linkage, and joint anti epidemic, so as to win the overall battle of epidemic prevention and control. China has always insisted that the whole country can work as one. Since the COVID-19 has been confronted with the whole country, the party committees and governments at all levels must resolutely obey the unified command, unified coordination and unified scheduling of the Party Central Committee, and do so. All localities and departments must enhance their awareness of the overall situation and the concept of the overall situation, and resolutely obey the command of the central leading group for epidemic response and the joint prevention and control mechanism of the State Council." [1] General secretary Xi Jinping personally ordered the battle array, held several thematic meetings, and requested all work to provide support for epidemic prevention and control.

Under the unified deployment of the Party Central Committee, all localities and departments have performed their respective duties and worked hard, giving full play to the institutional advantages and governance ability of socialism to concentrate on doing major things. The rapid deployment of medical personnel, the rapid completion of the shelter hospital and the rapid arrival of prevention and control materials all highlight the "China speed" of the overall layout

based on overall consideration, coordination and linkage. Tan Desai, director general of the World Health Organization, once commented that "the speed and scale of China's action are rare in the world". Besides, China done well in China's epidemic prevention and control, and has also supported international epidemic prevention in a timely manner. It has implemented the concept of the community of human destiny in practical action, and has passed the China temperature, and has shown the world the responsibility of a big country in the new era, which fully demonstrates China's overall strategy against COVID-19.

3. The National Strength of Medical Staff as the Main Body and Multi-party Participation

When the epidemic strikes, the hospital is the battlefield and the doctor is the soldier. The "angels in white" who shoulder the responsibility of "health and life trust" naturally rush to the forefront. They try their best to win the war "epidemic" without gun smoke. The recovery and discharge of patients is their answer to the country and the people. The Spring Festival was supposed to be a day for family reunion, but there were so many people asking for "war". The bright red fingerprints showed their oath of "no pay, no matter life or death". They were loved and respectable medical staff. When we are at home, they have already put their bags on their backs and gone retrograde to the most dangerous front line of the motherland. They compete with the God of death to rob people, race against time to develop vaccines and race against time. No finest days, but someone is carrying a heavy load for you, delaying marriage, giving up maternity leave, "concealing" parents, and imprinting on cheeks... From academician Zhong Nanshan after 30 to nurse Liu Jiayi after 00, every generation of medical staff is fighting at the forefront of the epidemic and fulfilling their long promised promise of "if there is war, call back and win". There are no angels in white. They are also flesh and blood body under their protective clothes. They protect lives, but they fall on the front line. Li Wenliang, Liu Zhiming, Peng Yinhua, Xia Sisi... These medical staff who burn their own in the fight against the epidemic, and they fix their lives on their favorite posts.

In this anti epidemic, in addition to the main force of medical staff, government workers, public security trunk line personnel, traffic police, community workers, cleaners, couriers, medical material workers, supermarket staff, airport staff, volunteers and other social parties participated in the whole process, which condensed the majestic force of fighting the epidemic and formed the winning force of the national anti epidemic. Individual strength is limited, but when tens of thousands of individuals come together, they will form a huge joint force. This is a powerful force to overcome all difficulties and obstacles, which is where the Chinese national spirit lies.

4. A Good Prescription for Patients with the Combination of Drug Treatment and Psychological Counseling

The novel coronavirus pneumonia is fierce, infectious, latent, complex and so on, which brings difficulties to treat patients. For the treatment plan of patients, it is necessary to use medical devices and rely on medical researchers to analyze pathology, explore laws and prescribe drugs from the objective and inevitable level of "what" and "how", such as plasma treatment, chloroquine phosphate trial drug, integrated traditional Chinese and Western medicine, lung transplantation, vaccination, etc. General secretary Xi Jinping stressed: "improving the cure rate, reducing the mortality rate, and ultimately overcoming the epidemic depends on science and technology". Provide strong technological support for the prevention and control of the epidemic.

While paying attention to the power of science and technology, general secretary Xi Jinping pointed out that we should attach great importance to the mental health of patients and their families and pay attention to their psychological rehabilitation. In medicine, attention is paid to the two-way treatment of physiology and psychology. Mental stress will lead to the decline of immunity. Therefore, while paying attention to the drug treatment of patients, we should also carry out psychological counseling, give the value guidance of goodness and beauty to patients from the subjective value level of "what should be" and "how to be better", and endow the drug treatment with temperature, soul and significance. In the Marxist context, using "human scale" to guide and grasp "material scale", warming patients with humanistic care and helping patients establish faith and courage is a good recipe to overcome the disease and give patients the spiritual pillar of "living". In the face of the epidemic, many voices called for strengthening psychological counseling and humanistic care.

The same is true in the front line of fighting the epidemic. Guizhou, Henan and other places provide psychological counseling to patients during treatment. The diagnosis and treatment plan issued by the National Health Commission increases the content of psychological counseling, and specially establishes a psychological counseling group to intervene in patients' psychology, dredge their emotions, relieve their pressure and strengthen their belief in rehabilitation. Only by effectively combining drug therapy with psychological counseling can we effectively improve the cure rate of patients and win the blocking war of epidemic prevention and control.

5. Voluntary Service Linking Material Assistance and Humanistic Care

The virus is ruthless, and there is love in the world. In the front line of the fight against the epidemic, in addition to medical staff, there are also volunteers who silently contribute behind the scenes. The cultural tradition and governance model of "the same structure of family and country" have cultivated the "big me" feelings of the Chinese people that "everyone is responsible for the rise and fall of the world". One side has difficulties and supports from all sides, which is not only due to the deployment planning of the top-level design, but also inseparable from the selfless dedication of countless volunteers. The Chinese people pull together in times of trouble, unite wills like a fortress and face the disaster together. Bruce Elward, a senior adviser to WHO, has highly praised the protest force of the Chinese people's fighting against novel coronavirus pneumonia. He said: "what strikes me most is that every Chinese has a strong responsibility and dedication to contribute to the fight against the epidemic." [2] In this new pneumonia, civilian heroes such as Wang Yong, a worker of express delivery who said "What I deliver is not package but life-saving people", have emerged. They fight the epidemic in different ways and contribute to the early end of the war "epidemic".

This voluntary service not only has "hard core" material assistance to solve the urgent needs of the epidemic, but also has "flexible" humanistic care. Anti epidemic materials such as masks, protective clothing, disinfectants and living materials such as rice, eggs, vegetables and fruits have been donated to epidemic area such as Hubei, alleviating the material pressure on the front line of the epidemic. At the same time, regardless of the risk of infection, volunteers shuttle through communities and villages. There are grass-roots party members, ordinary people, college students and so on. Their common voice is "voluntary epidemic prevention". In addition to material assistance to participate in epidemic prevention, volunteers in red waistcoats carry out convenient services for the masses, isolate viruses but not love. Sincere help has already penetrated through doors and windows and turned into a warm current between "you and me". In addition, volunteers also give emotional support to the elderly, reduce mental pressure for the people, and provide material and spiritual "double guarantee" for the fight against the epidemic.

6. People's Daily Life Infiltrated by Scientific Protection and Civilization Cultivation

In the fight against the epidemic, there are no bystanders, and everyone is responsible. This is a "people's war", "overall war" and "interdiction war" with the participation of more than 1.4 billion people on a land of more than 9.6 million square kilometers. In order to win the battlefield war, in addition to the front line of medical workers fighting side by side, the joint research and concerted effort of scientific researchers and the selfless dedication of volunteers, it also needs the scientific protection and civilization cultivation of the people. This is the direct and effective way to cut off the spread of the virus.

On the one hand, the masses need to master scientific protection knowledge and practice it in daily life, such as less outdoor, less concentration, standardized wearing masks, proper use of disinfectant, washing hands frequently, ventilation, hygiene, and keeping one meter away from others, etc., to make clear the COVID-19 communication channels, enhance awareness of protection from the scientific level, and become conscious practitioners of scientific protection. This is a "hard" requirement for the people in terms of scientific protection, and a reflection of the answers and methods to science at the people's daily level. On the other hand, it is necessary for the masses to develop the civilized quality and lifestyle that match the modern society. Out of instinct, human beings must conquer nature to create better living conditions. Human over exploitation will inevitably lead to the disaster of natural revenge. Facts have proved that most of the viruses causing human plague come from wild animals, such as bats, civets and so on.

This enlightens us that in daily life, in addition to scientific protection, we should also pay attention to the cultivation of civilization, especially the cultivation of ecological quality. "As long as everyone starts now, starts from small things and starts from themselves, develops healthy and civilized habits, advocates civilization and courtesy, abides by order, we can enhance the awareness of social responsibility and jointly create a public opinion atmosphere of joint prevention and control and national anti epidemic." [3] Xi Jinping General Secretary stressed: "we must adhere to the Patriotic Health Campaign... in particular, resolutely put an end to the bad habits of eating wild animal, and promote a civilized, healthy and green lifestyle." [4] Wild animals are also a member of nature's life community. We should treat all things in the world from the perspective of "equal life", and develop civilized and green living habits and moral quality.

Facts have proved that the above "general layout", "national strength", "patient's good prescription", "voluntary service" and "daily life" constitute China's epidemic prevention plan, which is effective and produces a marked effect. This plan has contributed China's strength and China's wisdom to the world in fighting COVID-19.

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