



Living in an Unprecedented Time of Pandemic

Closing Comments for the Part 1: COVID-19 and Hydrocephalus Overview with our Experts Webinar

<https://www.hydroassoc.org/covid-19/>

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- Thank you. I would like to take this opportunity to close with some thoughts about living in an unprecedented time of a pandemic.
- The COVID-19 pandemic is real, and it is a serious problem that affects all of us. Our lives have changed forever.
- Although many people are mildly affected, many others have died, and the groups at greatest risk of severe or critical disease are infants less than 1-year-old, and the elderly, or persons with multiple co-existing conditions
- We are all afraid, and rightfully so
- The question that each of us must answer is this:

What do we do with the emotional energy of our fear?

- What a hard question that is to ask you, especially knowing that many of you already live in daily fear because of hydrocephalus
- What do we do with the emotional energy of our fear?
- Do we turn it inward and let it drive us to panic and irrationality?
- Or do we turn it outward and use it constructively to help ourselves and help others?
- Each of us has the ability to take our fear, pull it inside-out, and turn it into:
 - Courage
 - Empathy
 - Kindness to others
 - Level-headedness
 - Selflessness
 - Commitment to action for the common good of the community
 - Willingness to offer help to those in need...
 - ...and to ask for help if we need it
 - To use and share scarce resources wisely
 - To control what we can control

- If you can do this, if you can pull your fear inside-out...
- You will be a hero
- You are already heroes, Hydrocephalus Heroes, who face the fear of hydrocephalus, and shunts, and ETVs, and complications every day
- Heroes are not fearless. They are fearful just like the rest of us.
- What makes them heroes are the qualities that I just described
- You can also be the Hydrocephalus Heroes who face COVID-19 with courage, who help others in the Hydrocephalus Community and your own community where you live, who follow the guidance of public health officials, and our state and federal leaders for the **common good**
- Being a hero is not easy
- Taking action for the common good is not easy
- Selflessness is not easy, especially at a time when it is tempting to be selfish
- But courage and selfless action for the common good are how we will successfully come through the COVID-19 pandemic together
- I know that you are up to it and you can do it
- Your doctors and nurses and many other health care professionals, and the Hydrocephalus Association are here for you...

We've got your back!

- Please join us in action, and as Hydrocephalus Heroes, together, we can beat COVID-19
- Thank you for joining our session, and take care