

## **Covid-19 and me!**

**By: Alex Garcia – Deafblind Person, a Person with Hydrocephalus and Rare Disease - Brazil.**

It's impossible to deny that the pandemic was and has been something very surprising and, of course, devastating for Human being and for me the impacts were not so different.

I am Alex Garcia and I have lived in the extreme South of Brazil. I am a deafblind person who also has hydrocephalus and rare disease - Osteogenesis Imperfecta, "crystal bones".

In my case, I had to face something more than the pandemic.

On December, 13th, 2019, before all issues related to the pandemic start, I fell over in my house and had fractures in my hip bones. I was in hospital for ten days, having to use adult-use diapers and an urinary catheter.

After these days, I went back home but I still needed intense care so my family transformed my house in a mini hospital utility. I was in bed at home for three months. In March, 2020 - with the pandemic starting here in Brazil - I managed to leave bed and start using a wheelchair and start physiotherapy.

In June, I could start walking again with the support of an walker aid. Then, I started using a walking cane and, finally, in November, I started walking again only with the support of a long walking cane.

I believe you can understand me: besides the pandemic, I had to deal with strong pain and a rehabilitation process. In my case, the trials were superior.

But I managed to overcome this and with my family support, I won this battle!

From December 2019 to December 2020 I was isolated at home for many months. I only had (and still have) contact with my mother, father, brother and physiotherapist.

From December 2019 to February 2020 I suffered from strong pains and I couldn't even sit in bed so I was off the internet and I couldn't use my computer.

In March 2020, a little before getting to leave bed, I managed to sit and then I started using my computer again. It was a very important moment for me because at that moment I could have contact with more people again, on the internet.

Well, I overcame fractures and kept doing my activities online. I am an educator - you can check my profile in the link at the end of this text.

The pandemic reached Brazil strongly and it is getting worse each day. We have a perspective of having vaccination starting in January, 2021...

My life has become a virtual life. Yes, I have always been a deafblind person who tries to have as much as physical contact as I can but I had to adapt myself to this moment. I have already written about the biggest enemies of a deafblind

person: impatience and distancing. My God !!!! During the pandemic, these enemies have got bigger than ever.

The pandemic demands a social distancing and it is like an atomic bomb to the deafblind community from all over the world! Social distancing in a pandemic is needed, but for us, deafblind people, it is a catastrophe.

Everything online, yes! I get it! I understand it because of the pandemic, but I have always warned deafblind people about the dangers we have been through when we have to live "on a computer". No, this cannot happen! We, deafblind people, must have much more physical contact than virtual contact.

Be careful! We, deafblind people, are human beings and must be careful about an exaggerated "online" life. Despite of my complexity, I want to fight a lot to keep being a human being. I will never accept to become a hardware, a software.

My receptive communication happens through "pal of the hand writing". I have reached all I got by using it and I want to keep doing it.

It is important to highlight that in Brazil there deafblind people who have a support of a guide interpreter are few. I myself do not have one to always be with me. I have to search for support when I need it. So, this issue about not having a guide interpreter is something that can destroy us!

Please, share! Thank you for the opportunity. I hope my text and material can collaborate!

Distance and impatience .... bombastic!

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**With my best and kind regards!**

**We keep in touch!**

**Alex Garcia - Brazil**