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Covid 19 pandemic essay pdf

At home? Looking forward? On the edge? So are we. This is a great week to find out that online therapy is as excellent as the face-to-face variety. Here are free appointments you can make now: You may not want or be able to travel to any of these places right now. But the current situation is temporary. When travel bans and home stay orders are suspended... where should you consider for your Plan B? The current crisis served to highlight the need for a war plan. People who live in large cities, especially, should think about diversifying abroad. The importance of a hole where you can get out of the storm has never been clearer. How to minimize your chances of catching Coronavirus The best way to avoid Coronavirus is to stay away from potential carriers. That would mean limiting contact with other people as much as you can. However, this is not always practical. Not to mention that being stuck alone for a long time isn't much fun. Moving to remote areas where the virus has not hit is always a good plan. You are much less likely to come across an aircraft carrier in a quiet city than in a large city. On a personal level, the most important thing you can do is wash your hands regularly with soap and water. You should also avoid touching your face and mouth as

much as possible. If you touched a contaminated surface and then your mouth, you could become infected that way When you're in public, try to keep at least 1 meter between yourself and others. You can contract the virus at close distances. Keeping your distance will decrease your chances of getting infected. Respect others, and cover your mouth when sneezing or coughing. How to avoid the Coronavirus or another pandemic living abroad to escape a pandemic you want to be outside a population center. In most cases, humans are the main carriers of the disease. Avoid people and minimize your chance of infection. Large international cities can be especially dangerous places, with potential carriers coming from all over the world. If Coronavirus hits a new country, you can almost guarantee that the first cases will be in cities with international airports. So you need to go somewhere remote. Somewhere without many international trips. But also somewhere where you can be self-reassigned. If global trade is impacted, then you will need to be in a place where you can be sure that you have your own supply of food and water. You want to be in a place where you can live off the grid. Somewhere where life will not be impacted by events in the rest of the world. Medellín, Colombia Image source: iStock/Luis Echeverri Urrea We consider Medellín as one of the best places to escape coronavirus for many reasons. In Medellín, you'll find health care that surpasses the United States and Canada. From with the World Health Organization, Colombia's health system ranks 22nd in the world, while Canada comes in #30 and the United States #37. In 2019, Medellín was awarded World's Smartest City of Newsweek Magazine and among the top 24 places to retire abroad by Forbes Magazine. Medellín is growing at an exponential rate as one of the most progressive, progressive and innovative cities in the world. Construction is everywhere, especially new high-rise projects in the expatriate areas. Location Colombia occupies the northwest corner of South America and borders Panama, Venezuela, Brazil, Peru and Ecuador. It is the only South American country with coasts in the Pacific and the Caribbean. Medellín is located in the north of the country, within the Aburrá Valley of the Serra de sands. It is the capital of the Department of Antioquia, which is like a state or province. Cost of living Depending on your chosen lifestyle and location, your cost of living can vary tremendously. In general, the average cost of property, utilities, local items like fruits and vegetables, and entertainment will be dramatically lower in Colombia than in North America... If you prefer imported items such as Peter Pan peanut butter, French and electronic wines made in the U.S., expect to pay U.S. prices or more. Your cost of living will also depend on the stratum you choose. For a complete breakdown of the average monthly expenses you can expect in Medellín, visit here. Health Care Colombia's overall standard of care is the best in Latin America, along with high-quality medical facilities that feature state-of-the-art equipment and techniques. You'll find many English-speaking doctors who have trained in the United States or Europe, however most staff don't speak English and move on can be frustrating. Colombia is home to 24 of the top 58 hospitals and clinics in Latin America and 9 of these high-ranking facilities are located in Medellín. Medical Insurance: Basic local medical coverage, called EPS, is inexpensive and easy to purchase. It takes time to navigate the system, even for basic care and preventive check-ups. Similar to a PPO, you should seek service within a preferred system and network of providers. Some expats find it easier to pay for additional private coverage or pay out of pocket to receive faster care. Private Insurance: You must have EPS coverage to apply for private insurance and the maximum age to enroll is 60 years. Your pre-existing conditions will be considered, and the cost will vary depending on which carrier you choose, the level of coverage you want, and your medical history. The benefits of private coverage include private hospital rooms, extra coverage for different conditions, no EPS co-payments, private doctor's home calls, avoiding the concierge's primary medical referral system and more. As of today, there are three cases of coronavirus in Medellín —two men and a female who came from Spain. Crime and Security Like any other great, Medellín has crime. Since the late 1980s, the city's homicide rate has dropped 95%, the extreme poverty level has dropped by 66%, and is not even in the top 50 most dangerous cities in the world. In fact, you're usually safer here than in Baltimore, St. Louis, Detroit, or New Orleans. The most common crime is pick-pocketing. With a little common sense and awareness, you can protect yourself from the most dangerous situations. Most of the violence involves gang fights in certain areas of the city. These are places you should not live, nor visit. Arriving in Medellín The international airport José María Córdova is undergoing its second expansion in the last five years. New airlines are serving Medellín with nonstop flights to 23 destinations in 7 countries. Direct destinations include Madrid, Spain, along with Miami, Orlando and Ft. Lauderdale, Florida and New York. Nicaragua Image source: iStock/sandropc Affordable real estate and real estate prices in Nicaragua have fallen in recent years. This is mainly due to the political situation. In 2018, there were protests in several cities aimed at President Ortega, and his pension reforms. The protests turned violent and made headlines around the world. This has led tourists and retirees to stay away. The housing market fell sharply as a result. There are signs today that Nicaragua is returning to normal. This is especially true in the field. If you are looking to buy a property in Nicaragua as a hedge against a future pandemic, then now is the time to buy. The cost of living in Nicaragua is also low. The dollar is stronger than ever against Nicaraguan Córdoba. In Nicaragua your money will go considerably further than in the United States. Live off the grid in Nicaragua you can live off the grid, away from people. The soil is fertile and you can easily grow your own fruits and vegetables. If you live near the sea, you have easy access to fresh fish and seafood. Nicaragua receives a lot of rainfall throughout the year to provide drinking water. A water and well purification kit will ensure you never dry out. With a diesel generator and some solar panels and you could live for months in Nicaragua. Diversifying Coronavirus has had a huge impact on the stock market. Investors who failed to diversify were hit. There is an investment that continues to provide strong returns to investors, agriculture. Nicaragua has excellent investment opportunities to ensure cash flow in a crisis. The first is teak. This tropical wood provides return year after year. Even in an economic slowdown, demand is still higher than supply. Teak investments can be totally unfounded. You buy the land, and a management company takes care of the rest. This is a generational investment and will provide you with a lifetime of returns. Nicaragua is one of the largest coffee producers in the world. No matter what's going on in the world, people will always need coffee. This is another investment that is not to the stock market. Uruguay Image source: iStock/Tuditou Uruguay has a last section of the coast with undeveloped and untouched beaches... Untouched... white sand bordered by deep waters of the blue Atlantic. It is an area that has few developments, no skyscrapers, and more than 100 miles of beaches dotted with small seaside towns. We are referring to the Uruguayan department (province) of Rocha. And the best news in Rocha is that property prices here are still relatively affordable when compared to the rest of Uruguay's Atlantic coast. Rocha is the last frontier for Uruguayan beach real estate. Why is Rocha, uruguayan, a good place to run? It's unpretentious. In Argentine society, which strongly influences the real estate market in Uruguay, you generally do not have bragging rights to buy in Rocha, as you would in Punta del Este or José Ignacio. So bragging rights are not priced in properties here, and people are more on the spot. Rocha is less expensive than the most popular resorts further down the coast towards Punta del Este. Small friendly communities are rocha's trademark. And it's safe and secure. You are far from the big city, with your greatest crime and poverty. Best of all, it's part of Uruguay... a non-aggressive nation with its friendly, honest and non-confrontational people. Uruguay may be the first choice for a Plan B nation. Being away from a big city means being away from large conglomerates of people... the perfect place to prevent the spread of diseases. Large Exchange Rate At the time of this writing, the exchange rate is 46 Uruguayan pesos per US dollar. Years ago, it was around 18 per dollar, which makes Uruguay feel like a half-price sale today. Properties in Uruguay cost in dollars, so you won't see an immediate advantage there. But everything else -- from dinner to property taxes to gasoline -- will benefit from today's historically high exchange rate. Quality And Affordable Health Care Uruguay offers private and public health care options at a fraction of the price you would find in the United States. Many doctors speak English, but most of the time you would need someone to translate for you. Even though Rocha is not a main city, you can still find hospitals and clinics where you can be assisted with any medical concerns. Image source of Belize: iStock/Gary Gray Out of Belize City, the whole country is the ideal Plan B to escape any kind of emergency. Ambergris Caye, the great tourist town of the beach is the only exception. The bustling beach town is popular with tourists and many people live nearby. Fortunately, Ambergris Caye is not the only option to live on the beach. Belize has many quiet Cayes where you can live away from people. Houses here usually come with solar generators and large water boxes. Regardless of what's happening in the outside world, life here remains idyllic. Fruits and vegetables can be more difficult to then you will need to be prepared and have a lot of canned goods. A great benefit is the infinite supply of fresh fish. The best place in Belize to escape coronavirus The best to escape from Coronavirus in Belize is is Cayo District. The area has everything you need to avoid a major pandemic. The lack of people, the lack of international travel and many fresh and natural products that you can easily cultivate. Cayo District is the best place for a self-contained life in Belize. Although tourists come here to visit the Mayan ruins, the rest of the region is quiet and scant populated. You can drive for miles on Cayo without seeing a soul. This clearance is perfect for limiting contact with other potential carriers. Many houses in Cayo are designed for an off-grid lifestyle. With a little preparation, you can easily create a perfect hole to escape coronavirus or any other global emergency. Solar panels will take care of your electricity needs. You can even combine this with a gasoline backup generator and make sure you have power under any circumstances. Most of the houses here are built to make use of the prevailing winds. These winds will keep the house cool and avoid the need for air conditioning. You will find that you use very little electricity here. Large water boxes and purification kits can provide enough water for months. In some areas, you can dig a well to get an infinite supply of drinking water. Cayo is the bread basket of Belize. A huge variety of fruits and vegetables grow here. The tropical climate with lots of sun and water means you don't need to be a great farmer to harvest a substantial harvest. Belize is also close to the United States. You can even drive here if the need arises. This can be an important option to have in the event of a major emergency. How can I get the ball rolling in my Belize bunker? One of the best things about Belize is the ease of getting residency. Thanks to the QRP program, retirees can move to Belize with minimal confusion. In the event of a global crisis, this will be the most important. It is possible for countries to close their borders to people outside during an emergency or pandemic. With a Belizean residence, they'd have to let him in. Belize is a cheap option as well. Real estate in Cayo is very cheap, as well as the cost of living. If you like the idea of having a Plan B but are concerned about the cost, Belize is the answer. What if the apocalypse never comes? Belize is a beautiful country with warm weather all year round. You can spend your winters here and never have to worry about clearing the snow again. Loja, Ecuador You will never regret moving to the Cultural and Musical Capital of Ecuador. Shop is modern, convenient and has full city services. However, it retains all the cultural richness that has made it unique in Ecuador. The countryside around Loja is dramatic and beautiful, with green mountain peaks, idyllic valleys and rushing rivers. This is a good city to be in the case of a pandemic, since the population is smaller when compared to other Ecuadorian cities like Quito or Cuenca, but there's still everything you need: good health care, infrastructure, culture and more. To Stop which can be delayed by altitude, Loja is also at a lower altitude than both Quito and Cuenca. Health Care In Ecuador, health care is recognized by many as the best value for their money worldwide. You can receive medical care at a cost of only 10% to 25% of this in the United States. In case of medical emergency, there is no need to go elsewhere. In Loja there are several laboratories, clinics and good hospitals to choose from. A government-sponsored hospital can be found, as well as a private hospital —connected to the city's largest university. Cost Of Living Shop is an affordable city to live in. The city is walkable, so a car would be unnecessary in Shop. But if you need to cover longer distances, public transportation is cheap and easy to use. You can rent a two-bedroom apartment for about \$300 a month. When it comes to shopping, buying imported items will always be more expensive. To really save a dollar, go to the city markets to find fresh produce, meat, fish, etc. That way, you can spend around \$300 to \$400 a month for a couple. Mazatlán, Mexico Weather In Sinaloa, Mexico, Versus Mazatlán, Mexico Earlier this year, we examined Mazatlán, Mexico, as our #1 the top choice for living and retiring abroad, and we also chose Mazatlán as one of the best places to escape in case of Coronavirus. Access to North America One of the great and only things about settling in Mazatlán is how close it is to the United States—so close you can drive! The city is about 720 miles south of the Arizona border (1,160 km)... It's a simple trip on the 15D highway all the way, which takes about 14 hours to cover by car. Go to the interstate in Tucson, Arizona, and get off at the Exit for Mazatlán. (We suggest Ciudad Obregón as your stop point overnight.) If you prefer fast flight though, your options are also excellent. Just 20 minutes from the city, Mazatlán International Airport offers a number of direct flights to the United States and Canada. Food And Weather Mazatlán is a gastronomic paradise with miles of sandy beaches, a vibrant cultural scene and excellent health facilities similar to what you'll find in North America. Mazatlán's climate is magnificent during the North American winter, with warm, sunny, dry days and cold nights. You can expect highs between the 70s and 80s during the depths of winter (25°C to 26°C). But during the summer, it can be hot and humid, with temperatures in the 90s (around 34°C). Mazatlán has a wet and dry season, with rains usually occurring from June to August —the rains are not very heavy, but with less than 10 inches throughout the year. When it rains, humidity levels can rise to 80%. Saúde México has universal health care, so everyone in the country has coverage and the available service can be excellent, but the quality of care can vary from one unit to another. The best facilities have top-notto technology, speaking English English and low prices. Medical tourism is a rapidly growing industry, with more Americans choosing to cross the border to seek quality and affordable health care in Mexico every year, and many Mexican doctors are trained in the United States, Europe or Canada and speak fluent English. Private facilities are the best option for expatriates if you can afford them. They are similar to what you are used to in the United States or Canada. The best way to start this process is to find your preferred hospital first and then see what insurance plans they take. Some hospitals have staff who can help you make insurance claims, including from outside Mexico. Expatriates of any age or employment status can apply to IMSS, the national health service, as long as you are on a temporary or permanent residence visa. Many Americans in Mexico choose to keep Medicare basic, given that the trip home is so fast. Culture and Entertainment This city offers everything a true First World city should offer through cultural entertainment. There is an active live music scene, which is a great way to enjoy time with your friends and neighbors, as well as classical music, theatre and art, all popular and well frequented by expatriates. Guests will find wine shops and cafes in all neighborhoods. , Panama The city of, in constant growth, is worth considering in case of pandemic. It's about seven hours from Panama City, it's not overpopulated, and becoming more self-ressure is possible. Housing options The town is small, and looks cramped, but villas and other accommodations are not usually in the city center. As a result, it's easier to have a little space. A popular area for housing is Palmyra, just before arriving in the city of. Just as popular is Bajo Mono, about 10 minutes after the city center. offers a variety of housing options... from wooden huts hidden on the hillside to scattered family homes overlooking the mountains. Language and Expat Community Living Here, many of their neighbors would be fellow Americans. Finding compatriots with similar minds to commend themselves to the trials and tribulations of everyday life in a foreign country would not be difficult. Besides, you won't need to speak Spanish... Most restaurants and shops are run by expatriates... It's an eclectic mix of cuisines and almost everywhere you go has English-speaking staff. Grow Your Own Food is an ideal place for someone who is looking to grow their own food. The climate is perfect for different types of fruits and vegetables. If you produce enough, you can sell your products at the farmers market on Tuesdays. In addition to fruits and vegetables, if you are a coffee lover, it is the perfect place to explore what life is like in production Coffee. Health is 30 minutes from David. Hospitals and clinics provide good and reliable health care. Cost of Living Daily consumables are a little cheaper here than in the United States, including the cost of American Americans The quality of fresh local produce is significantly better than that available in most states. If you own your own home, you can live in for about \$1,300 a month. Comments Comments

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