<u>Fourteen Outbreaks</u>

I am very close to my family. I know that if a sickness, like Ebola, hit my family, and someone got really sick and possibly died, it would impact my entire life. These types of things are happening all over the world for people who may not have access to health care. I know that I would be so sad, but this is just imagining what it would be like for me, but there are some families who have to go through this. This is one of the main reasons why I believe we should help make this global goal successful.

I believe that having good health is particularly important to life. Good health and well-being is one of the 17 Sustainable Development Goals according to the United Nations. Without health care and vaccines, so many more people in the world could get deadly sicknesses or diseases. If this happened, think also about family, friends, and people who cared about the person who got sick. We can all agree that life is so much easier to enjoy if you don't have to constantly worry or feel physically terrible. When sicknesses get to pandemic level, like COVID 19, we won't be able to go to school or work, so, like COVID 19, only scientists, health care workers, and vaccines can help us. I chose this goal because I know how much it would impact everyone, including me, if we didn't have health care, or if something happened to family or friends.

The country of Congo faces some of the biggest health challenges in the world right now. In Congo, they face an Ebola outbreak, which is hard to recover from. In Congo, there are currently many armed groups fighting so it is harder for them to focus on fixing Ebola. The US will not let any experts go and help the people and health care workers in Congo because they believe it is too dangerous for them at the present time. According to un.org, "This is the fourteenth outbreak of Ebola since 1976 in the country of Congo." This means that they are

struggling, and they are failing to find a solution to this problem. As well as there being fourteen outbreaks since 1976, there have also been six outbreaks since 2018, which means more than ever they need all the help they can get. It has been such a big problem that there have been 426 cases in Congo, and at LEAST 198 have died. According to Newsela, "Many who catch it die very quickly. Only about half get better." Ebola is spreading and getting worse, so if this continues to happen, many more people could die. Improving the health system would also address issues of poverty, hunger, clean water, affordable and clean energy, and quality education, which are some of the other sustainable development goals.

One innovative strategy, that would help with this problem, would be to increase funding and focus on making the vaccination. Another thing we can do is educate the people there on health care and keeping yourself and others safe. The local people in Congo would be included in helping by keeping the vaccines going and making sure everyone gets vaccinated for Ebola. Once we educate them on what we know about strategies to stay safe and healthy, they are the ones who will apply that and continue doing it. This would be a long-lasting goal because for any sicknesses or diseases, your knowledge of how to stay healthy will help you stay safe. The vaccine will be sustainable as well, even if booster doses are needed. The knowledge of health could also help them deal with other sicknesses when Ebola finally gets under control. If we acted on this solution, the people in Congo won't have to deal with Ebola for the 15th time.

Life with good health and well-being is better than life without it, because I think we can all agree that life is much better without sadness, loss, and worry, which are all things that would happen without health care. In my life I have a lot of privilege, like access to food, water, shelter, education, etc. This also includes health care, to stay healthy and safe. Some people do not have this privilege and that seems very unfair to me. I also know how much that would impact and

affect me if my family didn't have this privilege or something happened to one of my family members. To address this issue, I believe the first step is to acknowledge that we have privileges that some others don't. Also, to use these privileges with respect knowing that others don't get to use them the same way we can. I also believe that we can stand up for what we are passionate about, as well as helping to take care of others that are sick. If we succeeded in this global goal, I believe that many more people would recover from sickness, and that not as many of those people would get sick in the first place. In the future I hope that everyone has access to health care and many other things that people in this world should have.

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