

# COVID-19 Pandemic: Education Is a Society's Vaccine.

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Following the abrupt turn of COVID-19 into a pandemic, humanity had to confront an unseen new foe. People needed to adhere to cleanliness regulations and have access to suitable means of protection against the infection. Populations with low levels of education are more likely to have global public health issues, which can lead to an increase in the spread of infectious illnesses. In addition to being crucial for people's personal and social well-being, health is also a requirement for economic expansion and productivity. Disease prevention and public health go hand in hand and advance the common welfare [1]. As a result, people need to understand that they have the capacity to influence the public's health. Individuals have to make an effort to take charge of their health and the circumstances that shape their lives.

The development of early health education is the primary vehicle for this process. Health education is a multifaceted process that combines medical, psychological, social, and spiritual fundamentals with activities to improve understanding of health issues and empower individuals to make decisions that promote their own well-being as well as the well-being of their families and society. This procedure must be methodical and continuous.

The World Health Organization states that health education integrates instructional strategies to help people and communities improve their health by raising awareness or altering attitudes.

Hundreds of thousands of kids attend school each year all throughout the world. While some of them could already be experiencing some health issues, others might be more susceptible to health behaviors.

\* Send letters to the author at the University of Patras, Patras, Greece, Department of Public Health, Medical School; email: pplotas@upatras.gr issues [3]. For children and teenagers, health education should start in school. Early adoption of healthy habits is preferable to later attempts to break a bad habit that has already been formed [4]. In addition to developing views toward their surroundings that are difficult to modify, children also act as role models for others, encouraging others to behave responsibly. Children therefore have the power to shape their parents' thoughts and actions. A research by Garbin provides a comparable example, in which parents and other family members of preschoolers altered their dental health regimen because their offspring passed on what they had learned in school.

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