

# A HUMAN FACE TO A HUMAN CRISIS

HOW ARE INDIVIDUALS COPING WITH MOVEMENT RESTRICTIONS?

“...this crisis has for the most part, unearthed a human spirit, a level of solidarity, a new unity of purpose that has ebbed in this 21st century... The post-COVID world needs to take that spirit and energy forward.” ([United Nations, Mar 2020](#))

An estimated **2.6 billion people** (one-third of the world’s population) ([WEF, 9 Apr 2020](#)) in **more than 100 countries** have experienced some form of lock-down, movement restrictions or quarantine.

The Movement Control Order (MCO) in **Malaysia** was enforced on 18 March 2020, with the latest conditional MCO (CMCO) to end on 9 June 2020.



This Snapshot explores the various ways individuals have **kept their spirits up** during this time, facing adversity with **creativity, warmth and humour**, even as they continue their daily lives.

## SOLUTIONS SNAPSHOT



### COVID-19 WEBCOMIC

Tickling the funny bone - local cartoonist depicts the Malaysian fight against COVID-19 in an ongoing webcomic “[Covid-19 Saga](#)”. The latest instalment of the webcomic has garnered over 11,000 shares. ([MalayMail, Apr 2020](#))

Photo: [@dontlikethatbro](#)

### SINGING THE BLUES AWAY

Creative Malaysians come up with COVID-19 inspired songs - from staying at home to expressing gratitude for front-liners ([TheStar, Apr 2020](#)). DJ duo turns snippets of the Prime Minister’s speech into a dance track ([TheStar, Apr 2020](#)).



Photo: [@BassAgents](#)



### RAMADAN: SPREADING COMMUNAL JOY

Muslim occupants of a People’s Housing Project (PPR) share their Ramadan cooking with each other over WhatsApp ([TheStar, Apr 2020](#)). Mosques continue to distribute food by conducting food drive-throughs and direct delivery to households ([MalayMail, Apr 2020](#)).

Photo: [The Star](#)

### COOKING AND BAKING

Malaysians tap into their culinary skills during MCO with users reporting that their social media feeds are “full of meals every day” ([The Star; MalayMail; TheSunDaily](#)). This accords with an increase of 800% sales in frying pan and wok, 250% in salt sales and 347% in gelatine powder sales ([DigitalNewsAsia, Apr 2020](#)).



Photo: [Miera Zulyana / Malay Mail](#)



### KEEPING THE BODY ACTIVE INDOORS

Studios offer free live classes ([Hype, Apr 2020; TheStar, Mar&Apr](#)). [Gyms](#) rent out equipments. Individuals are creative in using household items as weights – a baby, wok, rice, etc ([TheSmartLocal; MashableSEAsia](#)). A Malaysian man managed to complete a 263km indoor-marathon within 36 hours. ([MalayMail](#)).

Photo: [@yuuuqing / MashableSEAsia](#)

## INTERNATIONAL



Photo: [AFP / The Star](#)

9-year old Italian boy builds COVID-19 inspired video game ([The Star, Apr 2020](#)).



Although pubs are shut in Britain, pub quizzes are thriving online ([Barron’s, Apr 2020](#)).



Photo: [@CollegeMusic](#)

Viewership of “Lo-fi beats” Youtube channels increasing rapidly ([TheVerge, Apr 2020](#)).