

lockdown	fistfight	hoarder	spread	bonded
flooded	contagion	pandemic	groceries	soaring

Don't forget: disasters and crises bring out the best in people

Disasters and crises bring out the best in us. This simple fact is confirmed by more solid evidence than almost any other scientific insight, but we often forget. Now more than ever, in the middle of a 1) _____, it's crucial to remember this.

Sure, our news feeds are 2) _____ with cynical stories and comments. A report on armed men stealing rolls of toilet paper in Hong Kong, or a passing comment about the Australian women who got into a 3) _____ in a Sydney supermarket. In moments like these, it's tempting to conclude that most people are selfish and egotistical.

But nothing could be further from the truth. For every antisocial jerk out there, there are thousands of doctors, cleaners and nurses working around the clock on our behalf. For every panicky 4) _____ shoving entire supermarket shelves into their cart, there are 10,000 people doing their best to prevent the virus from spreading further. In actual fact, we're now seeing reports from China and Italy about how the crisis is bringing people closer together.

"We've learned how to accept help from others," writes a woman living in Wuhan. "Because of this quarantine, we have 5) _____ with and supported each other in ways that I've never experienced in nine years of living here." Millions of Chinese people are encouraging each other to stand strong, using the Cantonese expression "jiayou" ("don't give up"). YouTube videos show people in Wuhan singing from the windows of their homes, joined by numerous neighbours nearby, their voices rising in chorus and echoing amongst the 6) _____ towers of Chinese cities. In Siena and Naples, both on complete 7) _____, people are singing together from the balconies of their homes.

Children in Italy are writing "andrà tutto bene" ("everything will be alright") on streets and walls, while countless neighbours are helping each other. On Thursday, an Italian journalist told the Guardian about what he had witnessed with his own eyes: "After a moment of panic in the population, there is now a new solidarity. In my community the drugstores bring 8) _____ to people's homes, and there is a group of volunteers that visit houses of people over 65." A tour guide from Venice notes: "It's human to be scared, but I don't see panicking, nor acts of selfishness."

The words "andrà tutto bene" – everything will be alright – were first used by a few mothers from the province of Puglia, who posted the slogan on Facebook. From there, it 9) _____ across the country, going viral almost as fast as the pandemic. The coronavirus isn't the only 10) _____ – kindness, hope and charity are spreading too.