

Reflections on the COVID-19 Pandemic

~ With a Focus on Japan ~

by

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Abstract

Introduction and background: I am a local government civil servant who had been assigned to the Health Section, which is now part of the Public Health Department, for 11 years, from April 2001 to March 2012. We felt very uncomfortable as to why there were so many applications for the COVID-19 Vaccine Immunisation Health Relief Scheme in such a short period of time compared to other routine vaccinations up to the COVID-19 outbreak. Around that time, close family members, parents of friends and several colleagues at work developed lung cancer, aplastic anaemia, hair loss and extreme fatigue after vaccination, and three of them died. A causal link between those symptoms and the COVID-19 mRNA vaccine has not been proven and none of the Symptoms of four had applied to the Immunisation Health Relief Scheme. However, several members of each family suspect that the vaccine may be related to each patient's symptoms.

The COVID-19 infections in Japan have moved from "new influenza and other infectious diseases (equivalent to category 2 infectious diseases)" to "category 5 infectious diseases," and annual events and activities that had previously been impossible during the pandemic have resumed; life is returning to the way it was before the COVID-19 pandemic, and awareness of the COVID-19 pandemics is fading and waning. We also realize that we had only a vague understanding of what the COVID-19 pandemic was.

In the COVID-19 pandemic, many things happened simultaneously all over the world. There were also developments unique to Japan that were not seen in other countries. With the memories of many people still fresh in our minds, we thought it was very important to consider what the COVID-19 pandemic was and what problems and issues arose from a comprehensive and exhaustive perspective in order to prevent similar issues in the future.

Method : This is a literature review.

Through my graduate coursework, we gained the experience of doing our own research, and from this experience, we learnt that there is little or no coverage of public health in the major media, such as television and newspapers. The method used in the present review was to select and collect information that was considered important from various information media, including social media such as X and YOUTUBE, in addition to the national and international books and magazines on the COVID-19 pandemic. Information that could be confirmed by official data and articles was organized and summarised.

Academic articles were searched on PUBMED, except for preprints. Data were retrieved from the Ministry of Health, Labour and Welfare (MHLW) and the Ministry of Internal Affairs and Communications (MIC) homepages. Information from the news was mainly retrieved from the NHK. Website information was retrieved from those provided by public organizations such as medical associations and other insurance medical-related groups, academic societies, and governments, as well as from official websites provided voluntarily by medical professionals.

Main body of the paper : In addition to the basic information in the time series, which focuses on Japan, this report is based on primary information up to October 2023 and summarized in 25 thematic sections. The entire report is divided into four periods. Information was compiled mainly from Japan, but information from overseas and around the world was also added for comparison with the overall flow, and the descriptions are from Japan.

The four phases are outlined as follows:

Phase I: 2019/10 - 2020/10 (major strains: conventional strains)- From the emergence of new coronavirus infections to the spread of infection-.

Phase II: 2021/11 - 2022/1 (major strains: alpha and delta strains)- Infection spreads, vaccination begins.

Phase III: 2022/2 - 2023/4 (Major strain: Omicron strain BA)- Infection spreads, additional vaccination begins.

Phase IV: 2023/5- (Major strains: Omicron strains XBB-EG)- Shift from "new influenza and other infectious diseases" to "Class 5 infectious diseases (equivalent to influenza)".

Discussion: Based on the content of this article, the following five points of interpretation are discussed.

The first point is the increase in the number of deaths in Japan during the COVID-19 epidemic and the factors behind this increase.

The second point is the urgent approval of the COVID-19 mRNA vaccine.

The third point relates to the dishonest behaviour of the Japanese national authorities.

The fourth point concerns biased media reporting.

The fifth point relates to the actions of the WHO.

In conclusion, the so-called conspiracy theory that 'international organisations like the WHO, big pharmaceutical companies and other interested parties are using man-made viruses to cause pandemics, paralysing the economy, fomenting unrest, getting people vaccinated and making profits' is circulating in the public mind, but at this stage this story We cannot immediately and completely affirm this, but at the same time we do not believe that this possibility can be completely ruled out. Further investigation and verification is needed, including the possibility that this story is true.

We believe that the compilation of information on the overall global pandemic of the COVID-19, with a focus on the situation in Japan, has provided an opportunity to identify new issues to be addressed. One drawback is that we were not able to include information on

grants and other financial outlays in various countries related to COVID-19. I believe that this information should be included in future reviews.

Conclusion: One of the most important concerns about the COVID-19 pandemic is that experts as well as the general public have taken political and media reports at face value and often followed them without doing their own research. We live in an era in which it is important for everyone, not just experts, to research primary sources and make their own decisions. It is also extremely important to know opposing views that differ from our own and to deepen the debate.

The impact of the COVID-19 pandemic is ongoing, and we must continue to pay attention to data, information, and scientific articles from various countries and continue to verify the COVID-19 pandemic with a broad, long-term perspective.

List of abbreviations

The WHO	The World Health Organization
WEF	World Economic Forum
WIV	Wuhan Institute of Virology's
FY	Fiscal Year
DVT	Deep vein thrombosis
The BNT162b2	Pfizer-BioNTech
IHR	International Health Regulations