

## Human before Hero

They clap for me, but I don't hear,  
They say they need us, but my children need me too,  
They say we're heroes, but I am only human.

When will they realise I am just a human not a hero?  
When will they realise the guilt I feel when I hold my children-have I passed it on?  
When will they see the pain in my eyes instead of the lanyard round my neck?  
When will they realise I am just a human not a hero?

I've been conditioned not to react like others,  
I've learnt not to flinch at the sight of incomprehensible pain and trauma,  
I've been taught to be calm on the outside whilst crying on the inside,  
I've learnt to put the needs of strangers not just before my own but, before those of my children and loved ones.  
When will they realise I am human not a hero?

I am just a human, not a hero,  
I have an immune system just like you,  
I have a family just like you,  
I have a past and a present just like you but, will I have a future just like you?  
I am human, just like you.

Thank you for your thoughts but, these will not prevent us from exposure,  
Thank you for your claps but, these will not protect us from the virus,  
Thank you for your admiration but, see me as a human-not a hero...I need protecting too.

We are not heroes we are human.