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This reflection is the first time I've had an opportunity to share what life has been like over the course of the Coronavirus pandemic from my own perspective. I'm not sure where to begin or what parts to go into detail about but one thing I know is the world has been changed forever and I have only experienced the first year of recovery from this pandemic. There is still a lot unknown about the pandemic and the vaccines provided, but I am hopeful that we as humans can adapt to these new ways of living. When the Coronavirus was first seen in China, I remembered thinking to myself that I shouldn't worry because how could something impact me from so far away? Not long after there were cases being found within my city.

This was not scary at first because everyone was still very unsure about the severeness of what this virus was. The first time I felt very scared along with my coworkers when facial coverings became mandated at our workplace. At this time, the team of people I worked closely with felt that it was best if we closed our business for the time being to prioritize our safety. Luckily, I work for a company that offered paid time off due to the Coronavirus, but many people were left without jobs and no source of income. It was about a month later when we decided to reopen and return working with prioritizing our safety first. Early in the pandemic safety protocols were changing constantly due to the discovery of new findings in research. This caused us to constantly adapt to all the new rules and regulations of returning to work especially working within close contact of one another.

Over a year has passed and we are still following the same protocols and regulations that were first implemented in the beginning. There are less cases now days but there are still many sick people who are still dying from this virus every day. I am grateful that I have not lost anyone due to the virus but even, so I have still been impacted tremendously by this pandemic. My sister is a nurse who works frontline against this pandemic and is helping positive patients. While doing this she contracted Covid-19 and became very ill for over a week. This was extremely scary because this virus effects everyone differently. Luckily, she had minor symptoms and was able to recover fully and return to helping patients in need. Since then, vaccines have been distributed to everyone to lessen the rate of people testing positive which has helped tremendously. There have been new discoveries of different strands of this virus which is very unnerving because it could cause another wave of illness. From my perspective adapting to new ways of living and new safety protocols are essential to get through this ongoing Covid-19 pandemic.