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Writing 102

Professor Sultan

3 April 2020

Student Journal Assignment During Covid-19 Pandemic Week 2

Monday March 30, 2020:

Today, I am feeling okay. Nothing new, nothing has changed, and that is okay. Karen, my older sister in Portland, Oregon and I are still extremely close despite being on opposite sides of the country. She comforts me every day by checking in on me, talking through things with me and comforting my nerves. My favorite thing about her is that whenever I come to her with anxiety, depressive thoughts, or worry, she always asks, “what can I/we [our family] do to help?” This morning, she was telling me that it is okay to not be okay or your most productive or to be in a fragile state because the whole country is feeling that way. We ARE in a global pandemic and I need to give myself the credibility of doing my best that I can through life right now. I saw a video online today of a man filming what was dead bodies being loaded into a refrigerator trailer outside of a Brooklyn, NY hospital. I also read that makeshift morgues were being set up outside of hospitals in New York City as well, which is terrifying. Those made me nauseous, heavy hearted and brought tears down my face. Over the weekend, President Trump extended federal social distancing guidelines through April 30th, which sent me straight into an anxiety attack which also led me to have a panic attack. By far, the worst episode I have had in a very, very long time. So today, I reached out to my doctor and set up a phone appointment for tomorrow,

because I definitely think it is time to get on medication for this issue that is now affecting and interfering with my everyday life and my everyday activities. Knowing I also would ultimately have to make a trip to CVS sometime this week after my phone appointment with my doctor, I vowed to myself that I was allowed one outing this week and that outing would be CVS. My goal is to stay inside my apartment at all costs and not put myself or others at risk by going to the store or going on walks. My friend Sarah called me today as well, all the way from the Fenway neighborhood across town. Which would not normally seem far, but it seems far now. We talked about how scary times are right now, how we both predicted this would last well into summer, July, maybe even past it. We talked about the fear of us both spending our birthdays alone in our apartments. Conversation lead to the need for human connection; the little things. We talked about how no amount of Instagram posts or FaceTime dates with our loved ones can ever replace the warm hugs with our parents and grandparents (you know, the ones where they squeeze you a little tighter at the end), the eye contact you make with people on the street or the store clerk asking how you are doing today or jumping ahead of the person who is walking towards the same door as me just so I can hold the door open for them, or in my case, asking people if they need shoes or water while they are checking in for class at SoulCycle. Nothing can replace genuine human connection. We not only talked about, but we cried about on the phone together about how scary it must be for people to be in the hospital sick with this treacherous virus, dying from COVID-19, not being able to breathe, not being able to have ventilators, and to be taking their last breaths without their loved ones surrounding them. Alone, in a hospital, surrounded by doctors and nurses who are trying to save lives, and are at war and losing to this virus. We cried about the thought of our loved ones being in that situation and we cried about being in that

situation and we cried about how much we are worried about ourselves, our grandparents, our parents, and even our friends, because this disease does not discriminate.

On a lighter note, over the weekend, Suffolk announced to be working with Mayor Marty Walsh in making one of the residence halls at school available to help the homelessness population during this time and that made me so happy. I am proud to have chosen a school and city to move to that are such great places.

Tuesday March 31, 2020:

I spoke to my doctor over the phone today and he lectured me on not watching, reading and paying attention to so much media and news because it obviously is not helping with my stress and anxiety. He put me on daily medication to manage my anxiety and depression, which I am thankful for and relieved to be taking steps in the right direction. As promised, I went on my one outing for the week to CVS to pick up my prescription and a few other things. Cambridge street looked like a ghost town. CVS also was taking social distancing precautions and set out tables so customers did not have to get too close to the counter. Online classes may not be ideal, but it is nice to still be able to be surrounded by familiarity and community of being in class. I often think about how privileged I am to even be able to get an education in the first place, but especially right now. What a privilege it is to be able to continue higher education during this time from the safety and comfort from my home. I saw a quote today that said “you are not stuck at home, you are SAFE at home” and it brought the situation into a different light for me. Today, Governor Baker extended non essential business closures and the stay-at-home advisory until May 4th. Which did not surprise me or effect me in any way different from Trump’s news a few days ago. It is just a few days more. In a conference today, The White House predicts between 100,000 and

240,000 will die in the United States from COVID-19. Donald Trump says "This could be a hell of a bad two weeks. This is going to be a very bad two, and maybe three weeks. This is going to be three weeks like we've never seen before." I fully believe the outbreak has not even begun in the United States, and we are in for a gruesome and tragic next month or two. I do not think the beginning of the worst of it has begun at all, which is absolutely terrifying. According to CNBC, The U.S. has more coronavirus cases than any other country across the globe with 184,000 confirmed infections, according to data compiled by Johns Hopkins University. New York has now become the new epicenter of the outbreak in the world with 75,795 confirmed cases as of Tuesday morning, more reported infections than China's Hubei province where the coronavirus emerged in December. I truly believe is it for my own healthy and safety and the people in my community to be even more cautious than I am being right now and to do my part in not going outside, social distancing and acting like I am an asymptomatic carrier, because for all I know, I can be.

Wednesday April 1, 2020



Today has been very calm. I did not go outside today, as I am keeping my promise of not going outside this week except for my one trip to CVS yesterday. I woke up and went through my day feeling very, very hopeful. Hopeful that at the end of all of this, the sun will shine, my friends and I will enjoy our time spent together, and outside and never take the privilege of our health for granted. The end of the COVID-19 pandemic was on our minds as we texted about the possibility of spending summer nights together if we are lucky to be able to get a sliver of summer, even if it is late summer. As of yesterday's numbers, the total number of COVID19 tests completed in Massachusetts was 51,738, with 7,738 confirmed cases (up 1,118 from Tuesday*) and 122 deaths (up 33 from Tuesday*). Worldwide, the current total of confirmed cases, per Johns Hopkins University is 921,924 (up 75,768 from Tuesday*) and the virus has killed more than 45,000 people so far.

Thursday April 2, 2020

Today has not been any different from yesterday. Still boring and uneventful. Nothing has happened and I still have not left the house. I was still feeling decently hopeful and taking things on a day by day basis. The Boston Globe reports that the current total of worldwide confirmed cases, per Johns Hopkins University has passed 1 million. **1,002,159** (up 80,235 from Wednesday*) to be exact. Current number of worldwide deaths, per Johns Hopkins University: **51,485** (up 5,233 from Wednesday*). The total cases in Massachusetts is **154 deaths** (up 32 from Wednesday*) and **8,966 confirmed cases** (up 1,228 from Wednesday*). As Governor Baker warns of upcoming coronavirus peak, Mayor Walsh announces plans for convention center to become a 1,000-bed hospital, with 500 beds for the city's homeless and 500 for overflow patients coming from the city's hospitals. The Kraft family had deployed a New

England Patriots team plane to China to deliver about one million desperately needed N95 respirator masks to health care workers in Massachusetts, which arrived a Boston Logan Airport today. Both stories that warmed my heart and brought me hope.

Friday April 3, 2020

Today was not anything specific. I kept my promise of keeping myself inside my apartment through today, so all week, except for my trip to CVS earlier this week. Today I felt extra lazy and bored. It felt like today was dragging on and it might have been a result of my depression. I did not do much or have the desire to do much. I also am feeling less hopeful today and more in the mindset of “I can’t believe we have to go through more MONTHS of this.” So, as you can see, every day is different from the last and different from the next, creating a rollercoaster of life throughout the weeks and soon to be months. We will make it through this time though. I have been writing my feelings out more in my personal journal and have been writing prompts I have found online get me thinking about my thoughts or feelings in a different way. It allows me to step back from my thoughts and analyze them more and not let myself get too inside of my head about current events. The current total of worldwide confirmed cases, per Johns Hopkins University: **1,088,878** (up 86,719 from Thursday), current number of worldwide deaths, per Johns Hopkins University: **58,382** (up 6,897 from Thursday), current number of recoveries worldwide, per Johns Hopkins University: **225,438** (up 16,489 from Thursday). According to the Boston Globe, the Massachusetts total numbers for today are **10,402 confirmed cases** (up 1,436 from Thursday), **192 deaths** (up 38 from Thursday) and total tests completed in Massachusetts are **62,962** (6,354 newly reported tests since Thursday). Today, the CDC has issued new guidelines recommending that the public voluntarily wear non-medical basic cloth or fabric masks. I looked up videos and learned how to do DIY masks at home with fabric and with bandanas that

I would normally wear in my hair as hair scarfs, in the summer, normally in a pony tail or in a half-up hairstyle. I would much rather wear it that way instead of using it as a mask to protect myself from a deadly and terrifying disease. My grandma also had a box of latex gloved delivered to my apartment from online. She also sent me a simple text asking me how I am doing and feeling today. I am so lucky to have her who cares about my well being so much. She is the most thoughtful, caring and selfless person in my life. I truly don't know what I would do without her. My biggest fear is losing one of my family members to COVID-19. It is predicted that the next 2-3 weeks will be the "peak" of the virus in the United States. As I am not sure how accurate that is, considering how nasty and rapid this is spreading, it is very crucial to my own health along with others to take the days going forward very seriously and with caution. I think next week I will continue along with my promise to myself and challenge myself to not go outside in public again.