I've been living in a subdued, but constant, state of anxiety about contracting COVID-19 for the past 11 months. I'm not in a particularly high-risk group and am a very healthy person in general, but I don't want to take the chance of contracting it. I'm of the generation before measles vaccinations became commonplace. Every child got measles (generally everyone in the family/neighborhood/class all at the same time) and everyone just got better. But one of the tragedies of my young adulthood was having a child I used to babysit for contract a severe case of measles and end up, at the age of 8, in a vegetative state for the next 40 years of his short life. So I don't take any disease, even one that "many people do fine with," less than very seriously. I've thus been careful about social distancing, masking, staying home, building my immune system, etc.

Unfortunately, I recently tweaked my neck at my yoga class, which in the way of everything in the body being attached to something else, led to a tweaking of my shoulders, then my back, then my hips, then my legs, etc. The first few days weren't too bad but by day 4, I was getting worse and knew I needed to go visit a chiropractor to get me back on the path of alignment. I had tried to avoid this, as I didn't want to be in public or be in a healthcare setting, but this wasn't possible. So I put on two masks, put on my sunglasses, and sallied forward to the only chiropractor I found that was open on Saturday.

The clinic itself had an open floor plan so that all the chiropractors and patients were in one big room; the reception area had a half-wall separating it from the treatment room. Luckily, there were only a handful of people there, but the 6 feet social distancing mandate wasn't, and couldn't, be accommodated in that space. As a medical institution, I trusted that they followed cleaning guidelines and had a robust ventilation system, but it was still unnerving.

I understand completely why people are hesitating to get medical care for non-COVID-19 medical issues. It's risky to go out in public and to be in a somewhat crowded place. I think it's easier to contract other illnesses and conditions while in this pandemic world, as the stress level is pretty high and stress is the cause of most diseases. I'm sure that the anxiety about having to go get medical care during a pandemic this added to the tensing up of my musculoskeletal system, making my pain and medical situation worse.

Back home, I was still tense since I was worried that I had indeed contracted COVID-19 and that because of my back issues I would be hard pressed to fight it effectively. It's been a tough couple of weeks. Needless to say, I've ramped up my already pretty intense self-care routines to build up my immune system and lower my stress.