

MY COVID 19 JOURNAL

march-april 2020

redmond, washington

MEKA ZIEGER

lifeinaday.posthaven.com





Unexplained Coronavirus Cases in 3 States Raises Specter of Spread.

CA
OR
WA

With the first Seattle death we get
get a state-of-emergency plus from
co-ops: prepare for possibility of a
quarantine & teaching via video.
Can't help wonder: next time we're
here: will some be missing?

Life Care Centre OF KIRKLAND

Coronavirus may have spread undetected in WA state for weeks.
washington post. com

6 of our 9 deaths from here (60+)

"We should change our family group chat name to 'Here-Are-A-Bunch-Of-News-Things-I-Found-To-Make-You-Depressed-&-Scared.'"

"Can I stay home tomorrow?"

Later she has Biology with Mik over Zoom while Elston sits up sofa. Miks teasing about kidneys & too much water & today was the 1st appointment with the new doc. & something inside catches.

"It'd be really bad if I got Elston sick."



Jon preps...

The same people are at Fred Meyer, the crazy people at Costco. Mad house.

Sec? I'm a F.M. gal. Normal.

Every cart in the store taken. Rationing water. No hand sanitizer, etc.

Lots of people in gloves & masks.

today's acquisitions include:

- t. p.
- bleach
- can corn
- rub alcohol
- coffee
- frozen berry
- cheese powder
- pasta

Ouch! So much hand-washing needs cream! (Smart Jon)





Half my students show...



In 4 days, church this co-op meet in - closes.

Nowhere Else in Country that as Hard by Virus as Kirkland

"Oh true apothecary, your poison is quick."

homemade HAND SANITIZER

(one of the 1st supplies to fly off shelves)

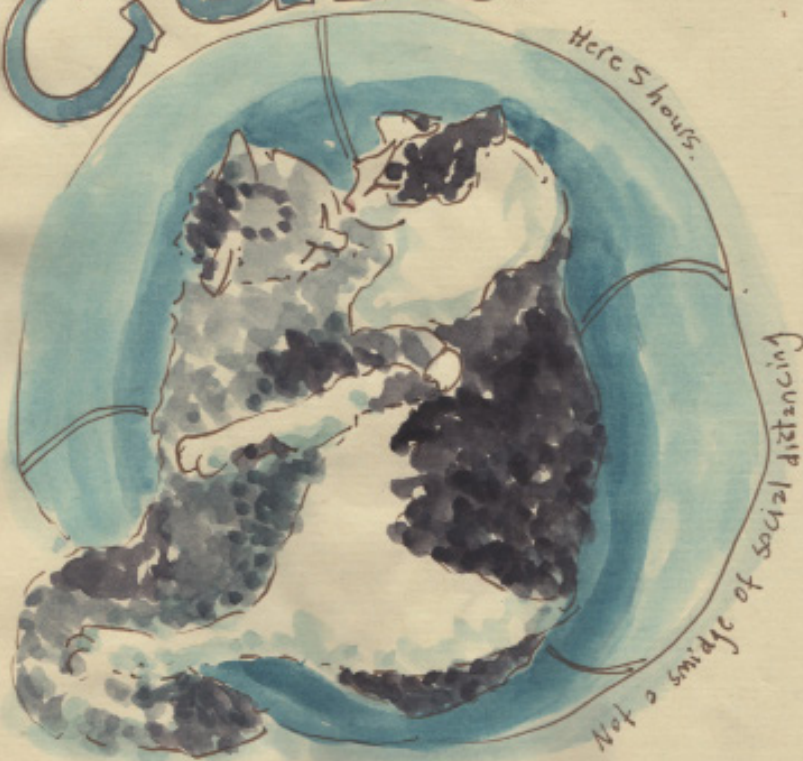


"What?!" Jon stretches his whisk high. "It's the consistency of snot. I think I need the hand blender." Pete worries, "It looks awful. It's goopy." no Pete! His Daddy's Least Favorite Word. Jon oozes confidence "It's fine." Except: "We're gonna get like 1 bottle." There's 9. And mostly alcohol, so it's all good. Besides, Matt offers: "We have 2 couple extra big bottles if the recipe doesn't pan out."

- aloe vera - 1:3
- rubbing alcohol - 2:3
- lavender E. oil - drops

Mix well. Apply to hands & RUB 'til dry.

not a corona virus care:

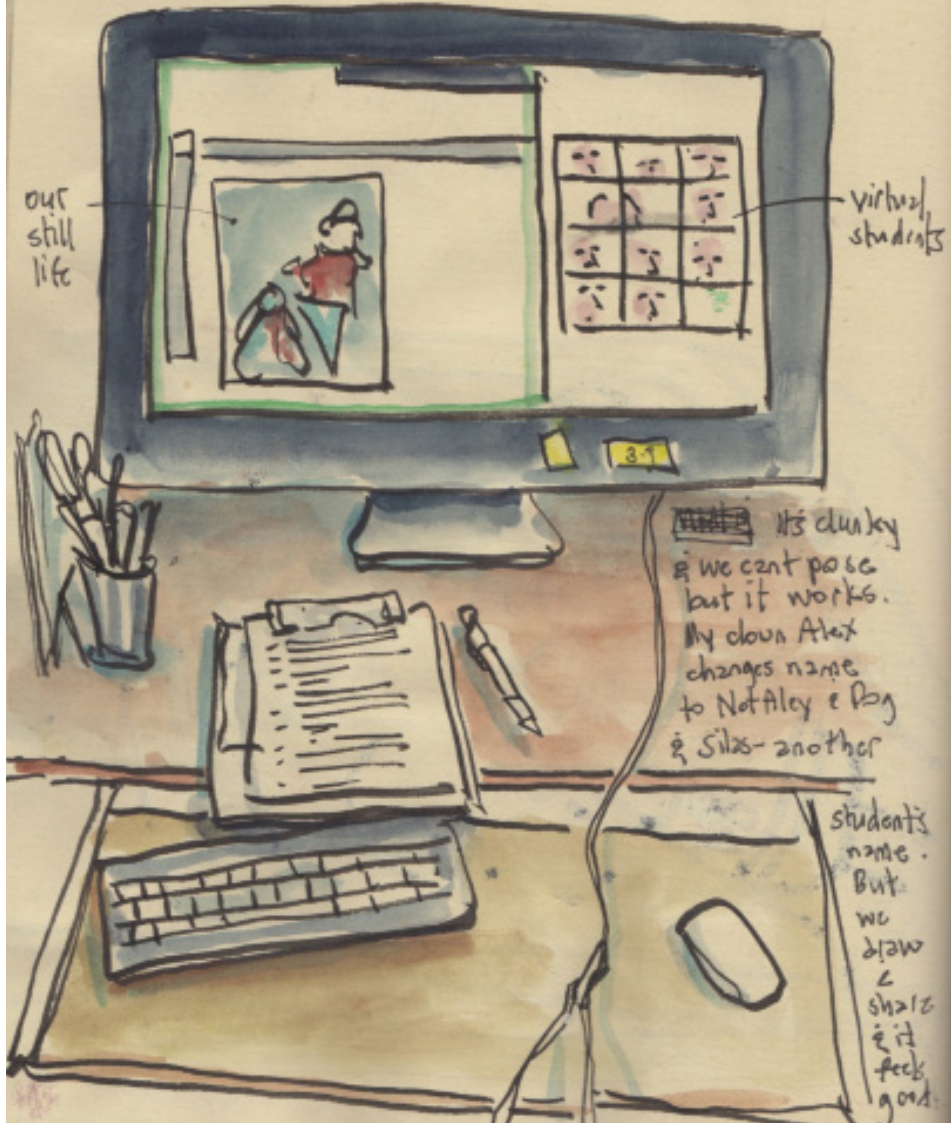


Here 5 hours.

Not a smidge of social distancing

Stock Markets Plunge

FIRST ON-LINE CLASS



our still life

virtual students

It's clunky & we can't pause but it works. My clown Alex changes name to NotAley e Dog & Silas - another

student's name. But we drew & shared & it feels good.

I will be on a call from
8:30-10:00 today, fyi

Pete's 1st 2 classes.

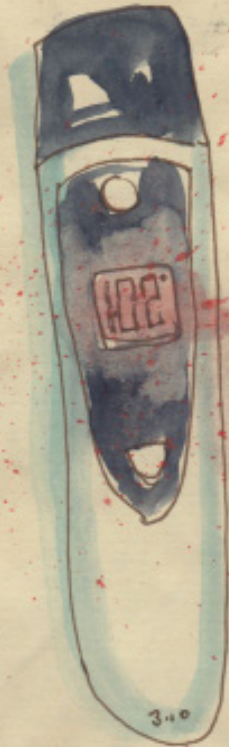
Liz 2 remembers: "DDGs!"
Happily: nope.

I have a dry cough
& a temp of 102°

Oh Mitz. Are you
sneaked?

Emma calls.

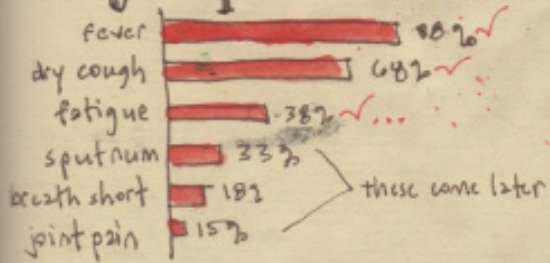
If you are in King County
& believe you were
exposed to a confirmed
case of COVID-19, call
206.447.3577



Maybe it's
just that
time of
the month
& night
sweats?

"I'm worried
about you."
-you

symptoms



Italy Locks Down Entire Country of 60 Million



A STATE CONFIRMS 267 CASES



7p & tanked.
Mitz's most
opportunistic
about this
warm body.
& probably
I shouldn't
let her. I
don't feel
so good.

Self quarantining now

Oh good! Now my job is to be highly entertaining

Made 6th grade so I'm ready for the zombie apocalypse.

Emma sends photos of an English guy who grows bigger-than-heads onions.

RN on Twitter suggests humidifier

Alternate Tylenol & Advil to bring fever down. Hydrate

not yes! no Advil

Long night. Fever & headache

I wish you weren't sick

I think you should have a cat in quarantine



This is cat's work



a dolendum; cats can maybe get it - yikes!

Are you sleeping all day?

Mostly

This page is compiled with posts - 3 days later:

Elizabeth
I'm concerned about you friend.

many
Praying for you my sweet friend. You are strong & healthy & are gonna kick this thing in the booty!

She checks in regularly & sends me verses

Can you take in a breath & hold it for 10 seconds without coughing?

Rhigail told me to do this before she left this w/c.

Holly
Are you able to take care of yourself? I wish I could do something

neighbors
Hugs. You're in my prayers & here's to hoping nobody else gets it.

michelle not man
How are you feeling? We're praying for you.

actina
Hi friend. Just checking in to see how you're doing?

Lisa
You must be feeling terrible if you're content to flop.

Lord please be close to our dear Melz - fill her lungs with your good air... Let her rest & be restored.

mum
Melz Darling, know we are very much thinking about you. I very much sympathize.

dad
Dearest Melz. All my sympathies. I know you are very well looked after, but uncrazy nonetheless.

Jon
I have been thinking about you all day. Happy to run errands if you need anything. Remember we talked about asking for help?

Hey do you need a place for Abigail? She's welcome here.

I'm so sorry to hear this. You are such a blessing to our family. We all love seeing what Dorothy has learned from you. Oh Dorothy.

STATE TOTAL SUB

SPAIN ANNOUNCES NATION-WIDE LOCKDOWN

Got back from Spain just in time!

I am glad my dad is not around for this

I am quarantined for 2 weeks

& clearly for Jon.

My one hope is that Trump's incompetent handling of this crisis & the resulting stock market crash will get rid of him. For good, like a rotting Halloween pumpkin in the trash.

Nurse Emma:

From what we heard you're through your fever days.

Taking your medicine?

Drinking more?

Avoid tea & coffee - easy

Avoid cold bathing - showering can generate heat - tell me about it. lol again.

Worried you're not getting enough calories

Rachel & Patrick drop off this beautiful spring bouquet that makes me cry.



How are you feeling? Can I drop off a pot of soup later?

Oh sweet neighbor Jennz. Perfect on the night Jon has to feed the homeless. The orders from El Treadador which is brilliant & comes home with more soup - from Patricia.

Oh especially since now:

RESTAURANTS CLOSED





My wife has had a fever, dry cough, other flu symptoms, teaches in a cooperative school that had a family member diagnosed with Covid-19. Told to go to ER if symptoms get bad enough. That's it. Weirdly she could get tested if she recently traveled from one of the high risk areas or been at the Life Care Center in Kirkland, which seems like exactly the opposite of what you'd want to do.

2.3.836 ♡ 2.931

Sounds like you recently visited Life Care then I remember seeing you there.

or say the magic words "chest pains"

Maybe she should join a pro basketball team that seems to speed things up.

How you know the right answers can you contact a different facility?

Hi Jon please is there any chance I can talk to you over the phone? I'm a reporter from the Swiss Public Radio, trying to document.

drawn over flowers for tonight me. (can't draw)



Elizabeth

check your porch

harriet

Hope you & your family is doing well. Checking in on neighbors. Let me know if you need anything

Jill Ann

Hope you are on the mend now.

Hi dear Sarah-It's Sister's mom... I hope you are well & I am so sorry you & sister can't see each other right now. I continue to be praying for your mom. How is she doing? hugs to you!

ari

What's the difference between covid19 & Romeo & Julietta. One's a corona virus... other's a Verona Crisis

ann

Daily check in

John Connolly

Also told me you're likely struck by that dang virus. If we can help in any way let me know.



PLACES OF ENTERTAINMENT & REC CLOSED

Abigail's gym

the world from my WINDOW



Every morning a Winston-fat robin & I breakfast between glass. Jon revs truck for more supplies. Belah walks Sam's early. Later races by triumphant - found unicycle & it's old days. She gets siblings out of knit, out of game, into the vast vacant school-yard. Jon & Pete walk, looking alike. Delivery trucks rumble past.

- mobile pet grooming
- junk-haul
- tiling
- mobile fitness studio
- fed ex & ups
- amazon

Jon wants chickens. For The Depression.

769 CASES +1

IN SICKNESS

Jon brings cheesy toast & electrolyte drinks on-the-rocks & takes my temperature & washes laundry & dirty dishes. Water runs out & over cracking hands. "When did you last have Tylenol?" In between keeping me alive, the house hums with laundry & fresh bread & the saunich of bleach-spray again. And the children really are content though life's pause-button is jammed. He shouldn't, but he sits on the corner of my bed & rubs my feet & stares at the sky, eyes glazing & I know: I'm The Most Important Thing in His World.

"I'm good in a crisis" he reminds again & I remember all the births.



"Can I draw you?"

carrying all the burden

3-16



1st dandelion from Pete.

Carol

How are you doing dear?
All better? Out of your alone-room?

Elizabeth

It was just 1 week ago that we walked together... Now tonight I walked & prayed over you my whole walk - It's not lost on me that God has had you studying pain - I asked Him to bring these learnings back to you

Sarah:

"Please get better so you can tell me what to do. I don't like change. (Turns out later she did actually mean it...)"

Abigail moves to Matt's (bring much cow)
Days bright spot:

I got the job! Matt!

(Abigail applies for unemployment).

909 CASES + 1



US-CANADA BORDER CLOSED

Good night love. I'm right here if you need me. Don't worry about waking me up

Jon sleeps on the sofa in case I need nursing.

NO FRIED BRAINS:

water · electrolytes · tylenol · so much ice = 103

"Fever is nature's engine which she brings to the battlefield to vanquish her enemies."

- 18c. British physician

But 103?

102

100.1

97?



I'm a wet mess.
I look at Jon, pretty hot huh?
I think he'd a-laughed if he wasn't so worried.

1000 CASES + 1

FOR THE 1ST TIME IN 9 DAYS
I DONT HAVE A 100° FEVER
& I GO OUTSIDE.



Jon comes into my sick room.

"I have a fever.

I'm going to go to bed.

Whats the last time you took
your medicine?

Pete: I want you in bed by 9.

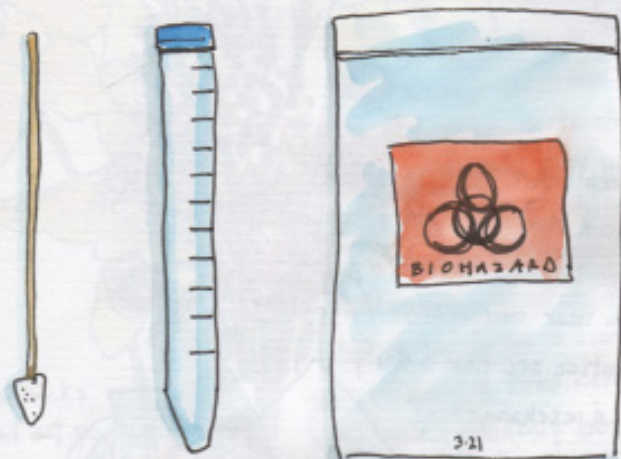
Sazli: Can you plug in your
phone by 9:30?"

He looks at me: "If you need anything..."



TRUMP DECLARES EMERGENCY IN WA STATE

Jon orders us do-it-yourself mail-back
COVID 19 TEST KITS



Now someone has to go to the post office...

Interesting: "Lost Sense of Smell May be Peculiar
Clue to Coronavirus Infection."

Asher: "Apparently mild symptoms of covid-19 means not needing hospitality."

1793 CASES +2 (95 dead)

Experts say don't track cases, track deaths.
When the doubling time exceeds
3 days - we're doing better.



Could someone bring me an ice bag?

101-1



My dearest Meka,
Just found out you
have been so ill
with this terrible
virus. And you are
now feeling better.
Wishing you & all
love & courage,
sincerely mado

daffies Bekah
found* for me
on her walk.

322

Today

is the 1st I haven't
required an ice
head to get through
the night. Slept til 7:30.

I do my stretches like my body
might snap, certainly my head says
"We must only stay upright." I dust
off my planner, skipping past 2 weeks.
2 weeks! of unchecked \square . This week
is blank. For Mexico. I venture to my
desk & try to get a handle on classes-
Sarah's spring & Peter's next year & I prep
mine, tiring suddenly before recording.
All this would be wildly encouraging
if I wasn't worried about Jon. We 2
toddled 'round our yard a couple times
but his joints feel loose & there's a kinda pressure
& pain in his chest. A UW medicine article
worries: the prevalence of "cardiomyopathy"
"the body's immune system desperately trying to
stop the virus, causing massive inflammation through
the heart & lungs. Inflammation. Jon's prone to that."

1796 CASES +2



You need anything - heard through the maternal grapevine that Jon is sick now.

Thankyou Lauren. He has a "pressure" in his chest that worries me.

Would it be a burden to keep me updated on symptoms?

A burden to have our own sweet nurse?

I have an oxygen meter I could drive over. If covid turns into the pneumonia that makes it so dangerous, it will likely cause a drop in oxygen - gives idea of when it's more than you should weather at home

Yes please.

Will you be home all day?

H2 just made myself laugh heartily.

I've prayed God would give me a way to use my education to help so this is my joy.

2469 CASES +2
123 DEATHS

TRUMP, DEPTING EXPERTS, TALKS OF EASING RESTRICTIONS BY EASTER

Hello Nurse Hogan. Jon's Oxygen level is normal. Temp is normal. His chills off & on. Is really tired. Maybe pressure in chest less? Joints feel loose, especially hip, maybe from so much bed?

Aww I love this ❤️

What do you tell yourself when you wake up late for work & realize: you have a fever? '2/1-5/19/20



Normal O2: 95-100

sick
16
15

Carol
How are you doing my friend? Jon?

James
How's Jon doing? Pete? The rest of the house?

How's Daddy?

Peterson:
Have energy to talk on the phone?

"When did you take that?" Last visit.
"Nice shot. I look like Alan before ill, & my mother."

We chat 20 min.



DAYS



Jon's going stir crazy down in our bedroom. Today he relocates to the sofa. We're getting pretty lax on the quarantining...

3.3 MILLION FILE FOR UNEMPLOYMENT

sick
16
15

2580 CASES +2
172 DEATHS

What's your blood type?

"Blood Type A more vulnerable to covid?"

At

This is probably a dumb question but do you have any extra 2nd supplies I could have?

Hey could I maybe have some beef too?

FOUND: 12 CONFIRMED CASE

Today our Wednesday co-op sends out a message: the teacher who has my room before me showed symptoms 3 days before me - 5 days after class... We share a desk. I call my doctor to find out about testing while I still have positive so Jon could - but as yet: no call back. I read: for every case - there's 5-10 unconfirmed.

I'll tell you a coronavirus joke now, but you'll have to wait 2 weeks to see if you got it...

Wo: jeans! & shoes!

16,500 steps
85% - back to self.

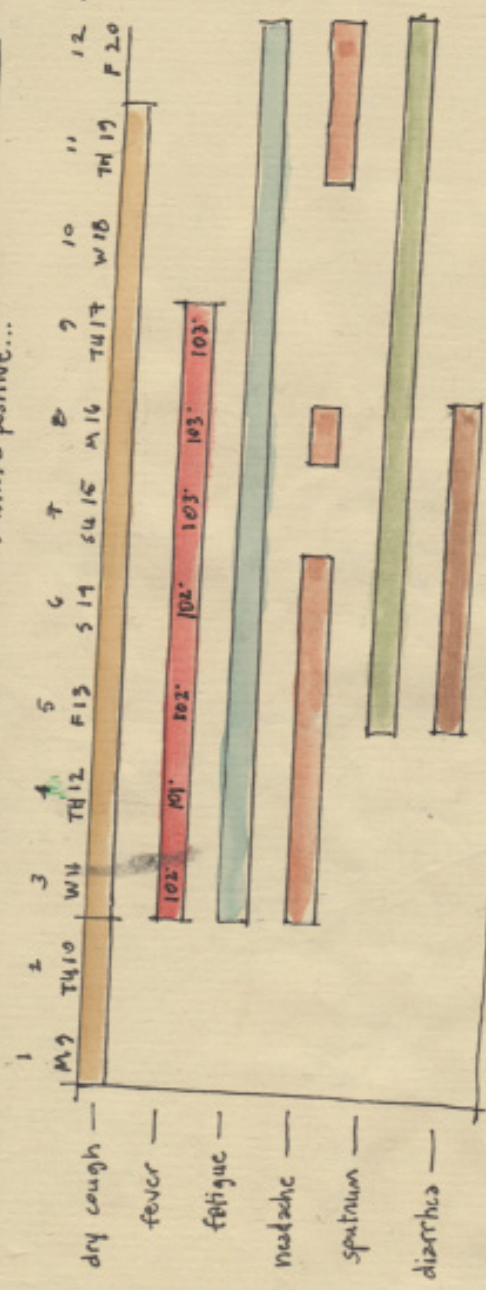


ITALY'S DEATHS JUMP BY 919 IN WORLD'S LARGEST SINGLE DAY TOLL

3723 CASES 12 sick 18 deaths

CORONAVIRUS CASE #1?

(They wait test unless been in contact (<6' for 10 minutes) with a positive...)



That is the most adorable chart I've seen & I've seen a lot

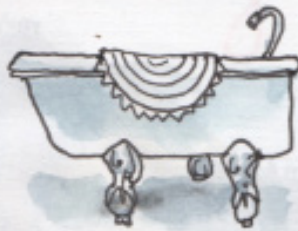
8 days later the only symptom that carries over is fatigue - 4 night sweats - yuk.

Emma posts my chart: "It's been a rough ten days. I'm really, really, really glad my sister is feeling better. This is SO her it makes me teary." Oh.

Why is it called the "novel" coronavirus? It's a long story...

CLUES to a SUNDAY

Since during quarantine all days are the same...



routine flipped: breakfast & then a tub.



thick papers stack *



lunch:
pancake & sausage



collection roadside



on-line sermon
"Let the little things
that would ordinarily bore you
suddenly thrill you."
- a. warhol

4310 CASES +2
169 DEATHS

* ran out of toilet paper & had to use old newspapers. Times are tough...

3-30

LIFE IS BUT A WALKING SHADOW

w. shakespeare

In a few days I have my 1st walk date with Carol after 3 weeks. I'm so excited that when I see her in the distance I throw up my arms - Air Hug! I don't wear my glasses on walks... As the gap between us closes, I realize: that's not Carol. It's not Carol - This woman has a dog. There's an awkward minute 'til we get close enough to talk...

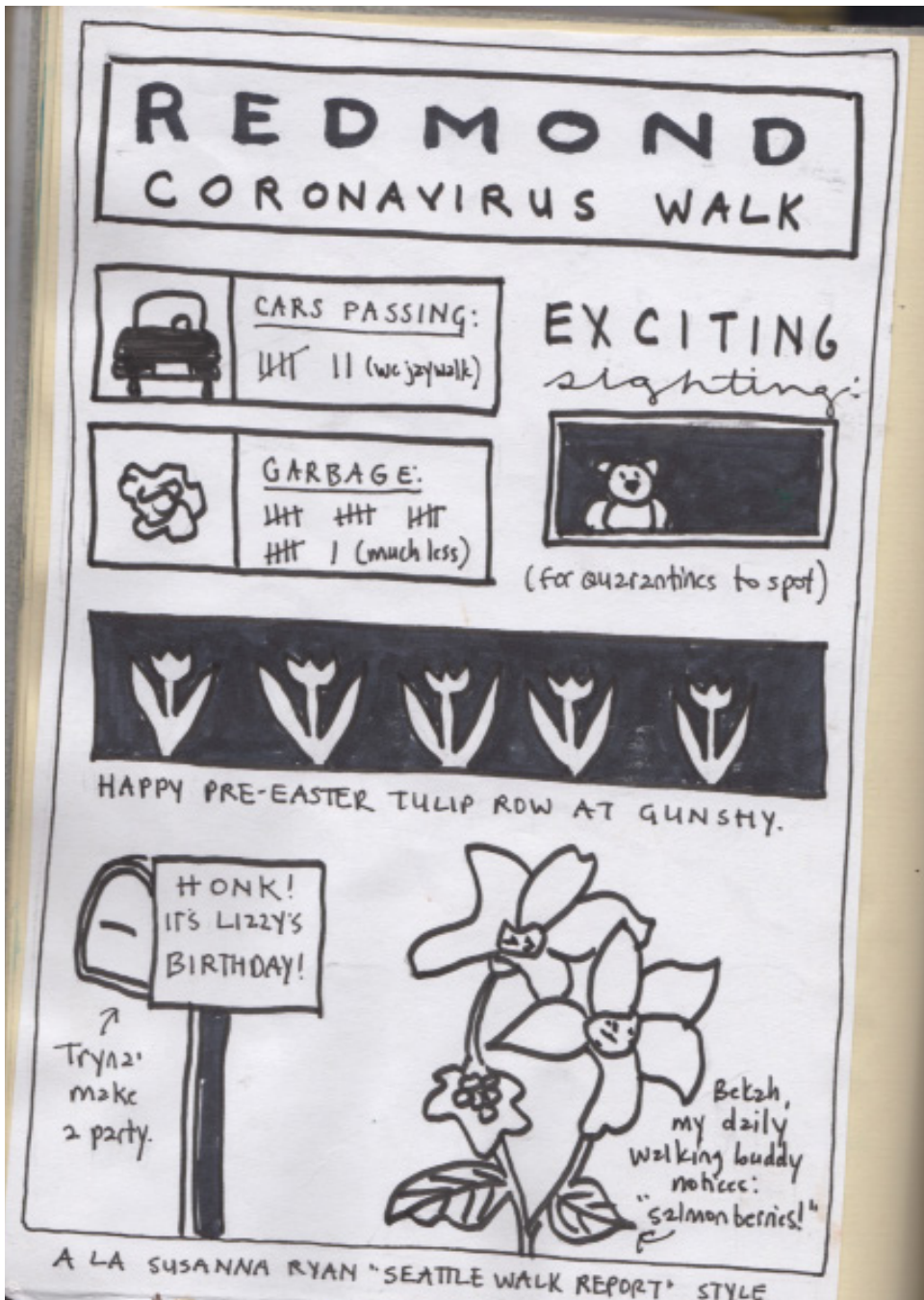


I'm sorry. I thought you were my friend. she laughs, "I was trying to figure out who you could be!" Well now she has a story to make endless days different. So do I.

updates don't get reported for several days due to data-flood.

4806 CASES +2
155 DEATHS

TRUMP EXTENDS PANDEMIC GUIDANCE THROUGH APRIL



The most adorable masks by
NEIGHBORSARA

I actually can't wait to wear mine. (Wash after each use.)



↑ only touching bands on face

reverse is star Wars!

Not Cam - he's got 2 boxes of N95's.
 "My Dad always talked about

THE 10th MAN

Basically if I start prepping, it's up to you to cover all. He ordered them weeks ago. He sweetly gives me 5 for Pascale, my H.S. best friend, when I learn she only has 1 but she has to re-use.

What goes around, comes around:



soak soap choz FOR THE DOCTOR.

Winston, our best greeter at home & church, looks like he's saying:

"WHERE IS EVERYBODY?"



loss list:

- Abigail moving out.
- interacting with my students.
- Hostessing.
- Mexico with the boys.
- Walkers.
- Care-free between jobs time.
- Visiting with Seattle & BC family

quarantine
 in a period of 40 days. Uhh...

16679

CORONAVIRUS U.S.A. 4-11



20,456
DEATHS

↳ New: most in the world.