

My Covid-19 Reflection

DISCLAIMER: This item may have been submitted in response to a school assignment prompt. See Linked Data.

I caught COVID-19 in January 2021 after being around a family member who was positive. The trail of transmission could've been my aunt to my cousins to my mother then to me and my brother but it is still unclear. I firstly got a headache one night then went to bed. I woke and felt my throat feeling tight and dry and had a very bad headache, with congestion, fever and body aches/pain all over. I did not want to eat, just wanted to stay in bed and sleep. It was very difficult because it was also my brother and mother who were sick with the virus as well. I tried to make as many herbal remedies as possible for me and my family. I made teas that helped expel mucus from the lungs and throat as well as garlic, honey, elderberry, zinc and vitamin C, B-12 & D. The first two days that I was sick, my fever was over 100 degrees and I had to take Ibuprofen. To help with my body pains I tried to stay out of the bed and keep my body moving. I lost a lot of weight from not eating as much and my body working hard and using energy to recover. What was very interesting about this experience was that I would feel empty even after I ate food. This strange feeling lasted few days after my COVID symptoms were over. It was discouraging because I got my regular appetite back and could not smell or taste at 100%. Everything tasted very plain no matter the amount of flavor. During this experience I was not very worried. I just knew I would get better quickly and remained positive.

Senior undergrad majoring in Nutrition & Health Sciences