

What a time to be ALIVE ? COVID-19. 2020

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My My My what a time to be alive. COVID-19 has put things into perspective for me personally as far as pursuing a career in the medical field which Ive always had a passion for. Just like anything COVID-19 has its pros and cons, mostly cons but I try to see the light in everything. My personal experience with COVID-19 has been pretty close. Being an essential worker, a student, and having people you care about contract COVID-19 is heart wrenching. Things shifted quickly for me in March. I vividly remember working at a Dermatologist office in LI. and one of my co-workers that went to Molloy College said their school had closed school down, but CUNY was still in school which was alaming to me but I paid it no mind. I noticed that my co-worker had been sneezing and coughing, but again I didn't think it was COVID-19, and it wasn't in America like it was in China. On March 22nd I received an email from my doctor that my co-worker tested positive for the virus. I am in close proximity to her at the office and in her car when she drops me off home. Now I am worried for my families well being including mines. My sister is a city essential worker, she is a supervisor for NYCHA groundmens, my mom works for a Utility company, and my niece is 5 years old. I never displayed any symptoms so I didn't get tested. My immediate family is safe and sound as well. I ended up leaving that job, because the doctor was money hungry, and didn't really care about the safety of his employees. I later found out that his son had tested positive for the Virus, and he was still coming to work, we also never closed down for 14 days, perhaps 7. Now I only have one job which is for another Doctor, an Optometrist, we closed down for about 6-8 weeks. The Rockaways which I reside and work in has one of the highest COVID-19 cases in Queens county. I live close to St.John's Hospital and walking past those trailers on a day to day basis is very sad, especially knowing what lies inside. To make things "better" On April 8th I found out my Best friend contracted the virus along with her sister that is a Nurse, and dad that is a Welder. My friend already has pre existing health conditions such as UC (Ulcerative colitis.) My spirit was low when I got the news. Luckily for me my

best friend is still here. It took her about a month to fully recover at home with plenty of rest and antibiotics. On August 19th, I thought I would certainly lose my 97 year old grandmother that resides in a nursing home because she too tested positive for COVID-19. However, she was asymptomatic, the nursing home kept us abreast of her daily progression which put us at ease. The nursing home quarantined her for 2 weeks and she pulled through no ventilator and was pretty healthy. Some good things I will take from COVID-19 is the much needed family time and mental break from society. As New Yorkers we are always on the go and I feel we don't get time to appreciate what we have in front of us. This was the time to start the healthy journey, learn to love yourself, relax, do an at home mani and pedi, binge eat, play video games, watch tv, read a book, make a budget, maybe even start a business, and most importantly learn to love and appreciate life no matter what the situation is. Everyone is fighting or going through something you know nothing about and will always be going through something whether it was precovid, postcovid or during COVID-19. Just remember to always look at the lighter side of things and smile. It will get easier with time.