

For what seemed like the millionth time, Tom sat upright on his creaky bed at the dead of night. Tom is just like any other teenage boy. His life was enjoyable up until March 11th when a pandemic was declared for COVID-19. Tom was separated from everyone in the world, all except his family of 4. While the virus was spreading like wildfire, Tom was ordered to stay home as well as 3.9 billion others, half of the world's population.

During this particular night however, Tom was sleepless as he reflected on the past few months in lockdown. In which what was originally thought as a delightful early end to the exhausting school term, had turned into tedious days on end. It was like he was in groundhog day, constantly repeating the same routines and the same things happening in the world. Tom had even asked his younger sister to accompany him, which was unusual as he despised her presence most of the time.

He thought of activities to cure his boredom but he came to a conclusion that most of it was not possible with the restrictions. Instead he pondered on what he had done and what he hadn't. He's already exercised and watched all the shows on Netflix, but he hadn't hugged his grandparents or played a game of soccer with his friends. He wanted to but he wasn't allowed to. What he missed most was the physical affection of those he loved and the daily interactions with mates and strangers. Without these moments, Tom felt empty and quite lonely.

It wasn't just him who had this sense of confinement, it was the billions of others in isolation too. As the death tolls rose higher and higher, the amount of people who couldn't say to goodbye to their loved ones increased and domestic violence in family homes spiked in lockdown. The coronavirus had taken a toll on people's mental health with issues coming from all sorts of places. Tom was one of the billions who had to endure hardship, as he would soon learn that his grandparents on his mother's side had tested positive for COVID-19.