## Rayna Cason

## Covid 19 Journal

## March 27, 2020

I am living in self-isolation at this time. I traveled to Florida for spring break before I grasped how dangerous this was. After I got back and had to move out of school I started to feel very ill. I was told that I should not worry and that I should just self-quarantine unless my symptoms get worse.

I think about my grandparents a lot knowing I won't be able to see them in this stressful time. It hurts me every time I see people partying and not self-isolating. I think about my grandparents with the weaker immune system who would die if they caught this virus. I always think back to the times before there was any mention of this. When I could see my family and friends. I think about when I could go outside and see all of my classmates. I miss living in the city and everyday feeling like an adventure, now I feel as if I am in prison. I know I sound dramatic but this virus is getting to me.

Online classes have always been a struggle for me. I hate being at my computer all day because all it does is make me feel worse and give me migraines. I try and stay positive but this is really getting to me. With all this fake news I don't know what is real or what is fake. I know there are a lot of articles out there trying to scare people and it is working. I am scared out of my mind, not only for me but for my family, and friends.

When I look on social media some people are going mad thinking we are all going to die, and the other half is people not caring about anything and still going out. The only stores that are open in my state are the grocery stores and some food places. I still constantly think about the people who are risking their lives by having to still work because they need a paycheck, one of those people being my dad. This is getting to me. I constantly see people debating about if landlords should still get paid if their residents lose their job due to the coronavirus. I don't know anymore. I just know this is really getting to me.

I know my feed has been full of people upset with Joe Biden because he said something about still going out to vote during this time. I don't think that is a good idea. People are more important than some votes.

My mom will leave and come back and talk about how our town is a ghost town, no one is ever out. We barely have water and toilet paper because our stores ran out and we are waiting for them to reload. That scares me not knowing what will happen. I try to remain hopeful but it gets hard sometimes seeing how crazy people are acting, but I don't blame them. What my family and I have that others may need is people to be there for them and support them. I need support and love more than ever now and I am grateful to have that with my family.