

The Virus Diary: March 2020–March 2021

By Jon Nalick
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Sunday, March 15, 2020

The COVID-19 virus has been circling the globe for a few months now, but the U.S. is only just now starting to take it seriously. Only two cases have been reported in our local community, Pasadena, California, but that's clearly the tip of the iceberg. But as a precaution, both kids' schools are switching to online classes this week, so the kids are already at home for the indefinite future.

My office at Caltech, where I work in the communications office, has adopted a policy that allows for people to work at home, coming in only as needed. And my wife KT actually lost her job on Friday at a company whose client base solely consists of venues that put on public performances—all of which are closing down if they have not already. So, she's also at home for the indefinite future.

We expect the virus to hit pretty hard in the weeks and months ahead. Already a semi-panic has gripped the region, with runs on toilet paper and canned goods hitting every major store. Row upon row of empty shelves are the norm—oddly, except for booze. But most people you run into are reasonable and taking things in stride. But life is definitely being put on hold: graduations, reunions, public events of all kinds are canceled. I anticipate we'll be watching a lot of movies at home in the month ahead.

Friday, March 20, 2020

Last night, city, county and state officials issued a joint “Safer at Home” order, directing non-essential businesses to close and for people to stay at home for the next month. As a result, down at the park behind our house, city workers just cordoned off the playground equipment with large orange mesh to deter little kids from spreading the virus on the plastic and metal surfaces.

My 30-year high school class reunion at Pasadena Polytechnic, slated for May 2, was canceled this morning.

The stores are still hit with shortages, but life inside the house is a little cramped but otherwise normal. The kids are going to class virtually, and I'm telecommuting to work. KT is venturing into the world to do shopping, but otherwise staying around the house and doing long-deferred decluttering projects.

The current worldwide infection count is 271,000 confirmed cases, with 11,300 deaths so far. In the U.S., where testing kits have been largely unavailable, known cases are 17,500, although

this is probably a dramatic undercount. A panel of epidemiologists asked their estimates for how this plays out going forward offered a huge range of values, with U.S. deaths expected to be anywhere from 19,000 to 1.2 million.

The national economy is collapsing, and the stock market has crashed faster and farther than in the 1929 panic that kicked off the Great Depression. This will be one of the seminal events of the century.

Wednesday, March 25, 2020

| World Cases | World Deaths | US Cases | US Deaths | Pasadena Cases |
|--------------------|---------------------|-----------------|------------------|-----------------------|
| 461,791 | 20,774 | 58,891 | 904 | 6 |

The president is making noises about ending the safety measures as soon as possible because of the wrenching effects on the economy. Public health officials are aghast, saying it's way too early to consider anything along those lines. The numbers of celebrities and politicians known to be testing positive is starting to rise, becoming a daily occurrence, the most notable from the last few days including U.S. Senator Ron Paul, Prince Charles, and comedian Kathy Griffin.

Locally, popular hiking and camping destinations are closed, meaning I can't take Emma on our long-awaited camping overnight at Henninger Flats. Eaton Canyon is closed. The hike to the Hollywood sign, ditto. So we're staying close to the house and going on walks in the neighborhood. It's been raining a lot, and gray, so staying inside has the advantage of being cozy at least.

Friday, March 27, 2020

| World Cases | World Deaths | US Cases | US Deaths | Pasadena Cases |
|--------------------|---------------------|-----------------|------------------|-----------------------|
| 583,030 | 26,999 | 102,605 | 1,570 | 10 |

Daniel's school just sent home a note saying that one of the teachers there has tested positive for the virus. Daniel does not have a class with the teacher, who started showing symptoms well after the kids were sent home, so he was probably never infectious when the kids were around.

Saturday, March 28, 2020

| World Cases | World Deaths | US Cases | US Deaths | Pasadena Cases |
|--------------------|---------------------|-----------------|------------------|-----------------------|
| 644,417 | 29,904 | 113,416 | 1,908 | 10 |

KT just went to the farmer's market to get food and was horrified to be standing next to someone coughing freely. She backed up and glared at him, but he seemed carefree and entitled to be there. His cough was not his problem. Now KT is in a crappy mood, probably as mad at herself as with the guy, since I had told her earlier the farmer's market was probably a bad idea given the circumstances and because they don't enforce social distancing as does the supermarket.

Wednesday, April 1, 2020

| World Cases | World Deaths | US Cases | US Deaths | Pasadena Cases |
|--------------------|---------------------|-----------------|------------------|-----------------------|
| 891,487 | 44,232 | 190,022 | 4,102 | 25 |

Settled into a somewhat boring routine and jokes online keep referencing the *Groundhog Day*-feeling people have, like, "It's March 91st," or "It's the blurnteeth of Aprilay."

Looks like we'll be at home for the next couple months and future death tolls are estimated to jump to between 100,000 and 200,000 American dead by the time this is all over. News stories yesterday started noted notable people who have succumbed already including a famous jazz musician, a CBS News correspondent and a famed surgeon who separated conjoined twins a few years ago. We don't know anyone yet personally who has contracted it, but Bob Elston, a friend from my the LA Times is quarantined with his family, all of whom may have been exposed.

Thursday, April 2, 2020

| World Cases | Deaths | US Cases | Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|---------------|-----------------|---------------|
| 1,015,291 | 52,019 | 240,529 | 5,018 | 37 | 0 |

More than one million cases worldwide now. CDC is considering mandating everyone wear cloth masks when leaving the home.

Monday, April 6, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 1,369,868 | 71,323 | 339,131 | 9,689 | 58 | 2 |

CDC now recommends wearing masks to supermarkets and other places where comparatively crowded conditions cannot be avoided. Pasadena has had its first few fatalities. The infection is spreading much slower in California than in New York, which has more than 10 times the numbers of infections and deaths—121,000 versus 15,000 infections; 4,100 deaths versus 350.

Meanwhile, more of the same at home. We're enforcing "mandatory fun" for the family, so we are not sequestered in our respective rooms and ignoring each other on our computers and iPads. We did a tough puzzle as a group in the last week, which took a while, and last night we played charades and I did an epic charade of a salamander, which Emma got surprisingly quickly.

Wednesday, April 8, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 1,515,519 | 88,322 | 431,244 | 14,655 | 80 | 3 |

CNN reports that new cases are trending downward and projections of deaths by August 1 are being lowered nationally from 82,000 to 60,415. That's the equivalent of the number of deaths in the Sept. 11, 2001 terror attacks multiplied 20 times—and it's considered *good* news at this point. At the same time, the *Los Angeles Times* is reporting 29 coronavirus deaths yesterday in L.A. County, the largest daily surge so far.

Meanwhile on our streets here at the eastern-most edge of Pasadena, we're seeing a lot more people walking around throughout the day wearing masks, something we didn't see too much of previously.

Wednesday, April 15, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 2,026,0651 | 129,078 | 615,895 | 26,185 | 179 | 12 |

The *Pasadena Star-News* headline this morning: "Coronavirus has deadliest day yet in Pasadena." Three people in the city died yesterday and it seems four nursing homes are implicated in the spread. That said, most everyone out and about these days are wearing masks and/or walking separated by six feet or more—even when walking together in groups.

My friend from high school Ann Fromholz reports on Facebook she is sick and is presumed to have COVID-19: "Out of breath all the time and really achy. My fever hasn't gone above 100.5 so not so bad."

The government is sending economic stimulus checks to families making \$150,000 or less nationally. We just submitted a request for ours online. Taxes and refunds are not supposed to be politicized, but Trump has demanded that his name appear on paper checks going out to citizens, the implementation of which will delay the checks to millions of people who need them. I'm glad I've got direct deposit.

Friday, April 17, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 2,178,149 | 145,329 | 675,640 | 34,522 | 215 | 20 |

Wildlife in the area is enjoying the relative lack of cars and people. While I was on a morning walk along New York Drive near the Eaton Canyon nature area, I saw a family of six deer meandering down the street. When cars did approach, I shoed them up into the hills on the far side of the road. Meanwhile, a lot of reports online of coyotes patrolling the neighborhood—more so than usual here on the east side of Pasadena near the mountains.

I cut my own hair the other day, surprisingly successfully with an electric razor and scissors. No one was more surprised than me that it turned out well.

My neighbor across the street is a registered nurse who works at Huntington Memorial Hospital. She's livid over the lack of supplies and governmental support there and also despairs over the state of medical care as a result. Her husband also lost his job, a story that is extraordinarily common these days.

I spent a good bit of time today collecting documentation for my son Daniel's private high school, of which we are requesting additional financial aid since KT lost her job. Our household income, even including unemployment insurance (which KT applied for 4 weeks ago and from which we have yet to have a single payment approved), has plummeted by 50%.

Monday, April 20, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 2,479,985 | 170,555 | 786,556 | 42,201 | 215 | 20 |

Things get weirder. We're starting to see anti-quarantine and anti-safer-at-home protests. Conservative media and even the president are encouraging people to protest state efforts to limit the spread and severity of the virus. I recall reading about similar protests occurring in certain cities during the Spanish flu epidemic a hundred year ago. It did not end well for those cities.

Monday, April 27, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 3,015,373 | 207,933 | 987,916 | 55,425 | 325 | 30 |

I feel like we've adjusted to the new normal. Aside from constantly asking each other variations of "What day is it?" we stay at home and do our work and school all week and on the weekends, we play board games, garden, make silly photos and videos, and do long walks in the neighborhood. People seem friendlier in the neighborhood, always smiling and waving when out and about, if from a respectful distance.

On TV, *Saturday Night Live* is broadcasting a show made primarily by the performers at home, presenting video recorded on iPhones and laptops, and presenting comedy bits via Zoom. The technical constraints are forcing the writers and performers to get more creative and it's kind of fun to see how they address the challenges of putting on a show. I'm not a sports guy, but I understand the sports networks are showing sport events from years and decades past routinely now.

So COVID or not, life is going on, the good parts and, unfortunately, the tragic parts as well. John M., my best friend for more than 30 years before we had a falling out several years ago over his opioid abuse and increasingly florid lying, shot and killed his father at the home in Temple City he shared with his parents. He's in Central Jail now, awaiting arraignment in Alhambra tomorrow, \$2 million bail.

Meanwhile, the president is being pressured by advisers to curtail his coronavirus briefings, because they tend to be little more than political rants with little of actual substance related to the virus. The portions that are about the virus tend to go off the rails very quickly as in the last week when Trump, on hearing that bleach and UV light kill the virus on surfaces, mused about possibly injecting bleach into the body to fight the virus. (On Twitter, the hashtag #DontInjectBleach started trending immediately. Bleach and disinfectant product makers quickly started begging people not to listen to the president.)

Thursday, April 30, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 3,304,139 | 233,829 | 1,095,0149 | 63,856 | 406 | 50 |

Today's headline in the *Pasadena Star-News*: "Six dead in Pasadena due to coronavirus on Wednesday, highest 1-day total yet."

Tomorrow marks the end of seven weeks working from home, and today I had a pretty tame day punctuated by Zoom meetings with work—and also two personal Zoom calls with friends far away who I normally don't get to talk to but maybe once a year if they're in town. One works in Seattle, and the other lives in Australia. The upside of the virus's effects is that so many people are now using videoconferencing software that it's trivial to communicate face-to-face with friends even if you're a world apart.

Monday, May 4, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 3,620,522 | 250,789 | 1,200,874 | 69,121 | 439 | 56 |

Today's headline in the *Washington Post*: "Government report predicts covid-19 cases will reach 200,000 a day by June 1."

So the outlook is not great, but even so, lots of states and municipalities are starting to push back hard against continued restrictions. In Michigan, armed protestors showed up at the governor's office to decry restrictions as an affront to freedom.

There is a lot of community spirit in places though. KT just dropped off all our bikes at a shop where a cycling enthusiast has volunteered to give tune-ups to bikes for anyone who requests them. There are lots of news stories about young kids who can't have birthday parties, so their friends do drive-bys, honking and wishing happy birthday in caravans that parade past the birthday boy/girl's houses. In one instance, a school that dropped its in-person graduation ceremony had a caravan of teachers drive past every graduating kid's house.

My friend Ann Fromholtz has recovered.

Wednesday, May 13, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 4,394,701 | 295,707 | 1,417,873 | 84,186 | 593 | 66 |

Still no strong or coordinated response from the federal government to address the pandemic. The CDC prepared guidelines to help states determine when specific categories of businesses should feel confident about reopening and the White House stopped its release as being "too prescriptive." Basically, economic considerations trumped the public health advice. This seems to be the norm these days for the federal government.

Meanwhile, the White House has been hit with a wave of infections and only now are staffers required to wear masks, although the president and vice president have exempted themselves from the rule. At the same time the most secure office in the land is having trouble keeping virus-free, the White House is desperate to get Americans back to their own workplaces as soon as possible. And in Nebraska, officials are dealing with troubling rise in virus-related deaths among meatpacking workers by ending the practice of making those numbers public, instead of addressing the actual problem.

Thursday, May 21, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 5,154,201 | 295,707 | 1,591,731 | 94,276 | 784 | 77 |

It's worth noting that because of the lack of widespread or systematic testing, the numbers of U.S. cases is undoubtedly a gross undercount of the actual number of people infected.

The number of Americans who lost their jobs because of the virus has reached nearly 39 million. KT, one of them, still has not seen a single penny from Unemployment, despite being eligible. Some kind of glitch with her record in the system. She spent about eight hours the last few days on the phone and actually talked to someone who seemed to understand the problem—and possibly even fix it. But still no concrete proof it will work out. She's making a few dollars here and there by signing up for paid focus groups for companies doing marketing research.

Tuesday, May 26, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 5,652,534 | 350,403 | 1,711,580 | 107,068 | 853 | 82 |

We've reached the milestone of 100,000 Americans dead. The CDC and many state governments urge (or require) citizens to wear masks when outside the home. Trump refuses to wear masks in public and frequently undercuts his own health officials who say wearing them is simply good hygiene and helps limit the spread of the disease. Wearing masks—or refusing to do so—is becoming a hallmark of political affiliation.

At the same time, numerous Republican politicians are scoffing at public health measures and urge the fastest possible reopening of the economy, saying that economic loss is a more pressing concern than the loss of human life, or at least that the loss of human life has been blown out of proportion.

I suspect I know how history will judge these folks, and it'll be similar to how we judge people who said the same things before the second wave of Spanish flu deaths swept the country.

Tuesday, June 2, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 6,409,593 | 378,336 | 1,862,347 | 100,054 | 934 | 82 |

So we're living through a horrific confluence of events at this point and the stresses on American society are very bad and getting worse. We're dealing with a 100-year plague, the economic devastation that comes with it, psychological stress from confinement, and now, in

the last week, a racially-tinged killing of an unarmed, restrained black man by a white officer who knelt on his neck for minutes as the man begged for his life until suffocating to death. Riots in multiple cities around the country have triggered overreactions from some police forces. Violence is escalating everywhere. National guard units are being deployed to stop arson and looting that has become common in metro areas national. Pasadena was under curfew again last night from 6 pm.to this morning at 6 a.m.

From the White House, still no comprehensive plan to deal with the virus. The administration is leaving everything to the states while blaming them for inaction and mismanagement. The irony is palpable.

But yesterday, to show it is a strong law-and-order administration, it used tear gas and rubber bullets on peaceful protestors at St. John's Episcopal Church in Washington, D.C., to clear the area for a photo op at which the president could demonstrate strength and resolve.

Meanwhile, two astronauts flying for the first time to the space station on a privately-owned rocket this have been lauded for their wisdom in getting the hell off the planet at this particular time.

Tuesday, June 9, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 7,311,062 | 412,993 | 2,044,953 | 114,133 | 996 | 84 |

A lot of Black Lives Matters protests nationally this week, and locally in Los Angeles, Pasadena, Sierra Madre and even San Marino. Anti-racism is having a moment, and cities across the U.S. are reevaluating the mechanisms that have increasingly militarized police departments.

Meanwhile, along with the multitudes of mass protests, people are venturing out of the home with greater frequency, to restaurants and beaches, many practicing good hygiene and social distancing, many not. It will be interesting to see if the numbers tick up as a result of all the social activity.

Tuesday, June 16, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 8,168,038 | 440,514 | 2,188,198 | 118,487 | 1,048 | 84 |

The weeks fly by so fast now, with days just blurring into each other. Americans have become some bored with the virus that many are just saying, "Fuck it," and heading back to bars and restaurants with no precautions at all. Trump supporters seem to be among the most likely to do so, often with his encouragement.

Trump is planning to hold a rally in Oklahoma and fill a 19,000-seat venue to do it. While he is publicly saying the virus is totally under control and equates it with scattered “embers,” instead of a brush fire, his campaign is disavowing any responsibility for spreading the virus at the event, instead requiring attendees to sign waivers saying the take responsibility for all risk.

The biggest non-virus news is the Black Lives Matters protests have gained support across all political stripes and among all ethnic groups. The widespread hope is that this movement will result in greater racial equality and progress than so many other before it.

Meanwhile, I’ve been so bored and played so many hours of computer games like Civilization VI and Fortnite, that I’ve finally returned to screenwriting after a 20-year hiatus. I took classes at USC in the 90s and actually wrote a comedy that landed me an agent, but after a couple meetings at Sony and Paramount, that deal fizzled... then I got married and had kids and basically stopped creative writing. But lord knows I have the time now. Started writing a low-budget horror movie called *Parasomnia* last week and am on page 39 today. We’ll see how that goes...

Sunday, June 21, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 8,953,249 | 440,514 | 2,331,550 | 122,003 | 1,145 | 87 |

Trump bragged in April that the U.S. would be able “very soon” to do 5 million tests a day to help stop the spread of the virus.

Then he said the federal government had no responsibility to help states perform those tests.

Yesterday, he announced that his administration would deliberately *slow down* testing because it was causing the numbers of confirmed cases to rise: “When you do testing to that extent, you’re going to find more people, you’re going to find more cases,” Trump said. “So I said to my people, ‘Slow the testing down, please.’ They test and they test.”

I can’t even.

Thursday, June 25, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 9,710,205 | 491,783 | 2,504,588 | 126,780 | 1,213 | 89 |

There has been a huge surge in cases nationally the last few days as the predictable effects of rushing to reopen the economy and relaxing restrictions kick in. Almost 40,000 new cases were reported in the U.S. just yesterday.

Wednesday, July 1, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 10,803,599 | 518,968 | 2,779,953 | 130,798 | 1,341 | 93 |

As frustrated as I am with the lack of national leadership to address this outbreak, I cannot imagine how much more so I will feel three months from now. In the first two months after the first case, the U.S. racked up 48,000 cases. Yesterday alone, the nation added an additional 48,000 new cases.

The national death rate is 18% higher than normal now, largely because of COVID-19.

Still, Trump refuses to wear a mask and denigrates those who do despite the data showing there would have been 33,000 fewer American deaths by now if everyone routinely wore masks outside the home. He says the pandemic is blown out of proportion by the media. He says the plague is just “down to embers” and focused on just a few locations.

California and many other states are now re-closing restaurants and bars due to the recent surge in cases.

Meanwhile, I actually finished that screenplay last week. Working on draft #2 of it now.

Wednesday, July 8, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 12,054,147 | 548,943 | 3,120,481 | 134,309 | 1,415 | 97 |

I type those numbers and my blood boils.

Statistics show by the time this is over nearly everyone will know someone who died of COVID-19. And most of those deaths in the U.S. will have been preventable with serious and committed national leadership.

CNN Headline today: US reaches 3 million virus cases at a ferocious pace
The Sun: Trump wages war on CDC over ‘tough’ school reopening policy

On the upside, it’s summer and the days are long. For now, we’re all healthy and active. All in all, I’m pretty grateful for being able to live through a 100-year pandemic in the comfort of air conditioning, internet and cable TV. There’s food in the fridge, and supplies at the stores and life goes on, even if the comparatively minor inconveniences go on as well.

Also, working from home every day is pretty nice.

Tuesday, July 14, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 13,462,460 | 581,316 | 3,545,077 | 139,143 | 1,580 | 101 |

First good news in a while: an experimental COVID-19 vaccine shows promise in activating a robust immune response against the disease. It's a Phase 1 trial, but Phase 3 trials will start in late July.

Friday, July 17, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 14,176,006 | 598,446 | 3,766,605 | 141,976 | 1,643 | 101 |

Bolding added but otherwise submitted without comment this article from *IFL Science*:

"On Thursday, July 16, the day the US recorded its highest single-day rise in Covid-19 cases, taking that title away from the previous week, which took the title away from the week before that, the White House held a press conference in which it reaffirmed its plan to reopen schools.

During the conference, press secretary Kayleigh McEnany was asked about the reopening of schools, given that some school districts were deciding to go online only.

"The President has said unmistakably that he wants schools to open. And when he says open he means open in full: kids being able to attend each and every day at their school. **The science should not stand in the way of this,**" McEnany answered.

Thursday, July 23, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 15,636,755 | 635,560 | 4,166,471 | 147,263 | 1,822 | 104 |

So now the number of U.S. deaths is nearly equivalent to 50 Sept. 11, 2001, attacks.

Monday, August 3, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
|--------------------|---------------|-----------------|------------------|-----------------|---------------|

18,422,484 697,189 4,862,174 158,929 2,016 109

Meanwhile, Caltech has now 19 cases reported to date.

Monday, August 13, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 21,033,860 | 751,853 | 5,407,564 | 170,127 | 2,178 | 111 |

We went on summer vacation to KT's parents place in Santa Cruz for a couple days, then went to Calaveras County to relax and do some whitewater rafting. Stayed socially distant throughout, wore masks, slathered on hand sanitizer for the duration. Both locations have low levels of community cases, so we figured we were pretty safe. It's probably our last trip anywhere meaningful for a while, given the geometric spread of the disease.

Now, back at home and Caltech is announcing that the upcoming school year will rely on remote learning. The kids' schools are also going to be doing the same, which makes sense.

I remember back when there were only 14,000 U.S. deaths and thinking: if the Trump administration can keep this from getting out of hand and keeping the death toll below 50,000, I'll be the first to say they did a good job. I figured 100,000 American deaths was possible, but could definitely be avoided with thoughtful and effective preventive measures. And I figured if more than 150,000 Americans die, this administration would be about as incompetent a group as could be imagined. I did not really imagine the death toll would be significantly higher than 150,000.

In retrospect, I should have. They've never taken any of this seriously.

Thursday, August 27, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 24,403,223 | 831,045 | 6,010,322 | 183,913 | 2,320 | 111 |

Caltech has had 21 known cases to date.

Schools are reopening, although in California, that just means online. Several college campuses nationally have reopened, with many immediately seeing spikes in cases. My guess is before long, most campuses of any sort will reconsider in-person classes, unless they hew to very stringent standards.

I have two friends—one a coworker and one a Pasadena Poly alum—who have both had, and recovered from, COVID. Neither recommends disease, although both weathered it with no ill effect.

Friday, September 11, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 28,488,787 | 916,296 | 6,598,228 | 196,479 | 2,455 | 117 |

Wildfires have erupted across California and Oregon this month. The Bobcat Fire northeast of Arcadia and Monrovia has charred 29,000 acres and blanketed the region in a pall of smoke that has all but blotted out the sun. Visibility is about 2,000 feet here in eastern Pasadena. The air quality is the worst it has been in 30 years, so if COVID hadn't trapped us indoors already, the air would have.

On top of it all, political tensions, already frayed across the country, grow starker as Trump has begun rallying supporters to distrust mail-in voting and actively monitor polling places in November for signs that the election is being "stolen." Polls show him 8 points behind Biden in the popular vote, so his attempts to discredit the upcoming election make strategic sense, but won't do a country already on edge any favors when the votes are tallied.

So, basically, nothing but bad news lately.

Monday, September 28, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 33,546,663 | 1,006,344 | 7,361,611 | 209,808 | 2,565 | 122 |

Hard to believe but the numbers above reflect a comparative leveling off of infection rates in the U.S. But forecasts suggest that when the fall comes, new daily cases will spike again in the next few months with U.S. deaths expected to rise to 400,000 by year end...

In bad news for kids back east, it sounds like because school and students have gotten so proficient with online classes, the "snow day" is likely to be a thing of the past for colder climates.

Monday, October 5, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 35,693,460 | 1,045,849 | 7,678,381 | 214,994 | 2,618 | 126 |

A crazy past week. In a turn of events that surprised absolutely no one, Trump contracted COVID and was hospitalized over the weekend. He has famously eschewed masks and encouraged the people around him to do so as well. Now, as a result, half of the staffers in the West Wing are ill, along with members of the senate judiciary committee tasked with ramming through another Supreme Court pick before Trump is voted out of office next month—an event that currently seems to be about 80% likely according to state and national polling.

I do hope that if and when that happens the next administration returns to a science-based mindset, lets the public health officials do their jobs without political interference and adopts a national plan to deal with the epidemic.

Better late than never.

Tuesday, October 20, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 41,017,460 | 1,128,770 | 8,516,440 | 226,284 | 2,692 | 129 |

No comment.

Tuesday, November 3, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 47,530,334 | 1,214,287 | 9,576,327 | 237,142 | 2,846 | 129 |

Election Day.

Nearly 100 million American cast their votes early already in an election largely framed by the current administration's handling of the virus. Trump has in the last weeks disavowed responsibility for the "China virus," and yesterday promised to fire Anthony Fauci, the infectious disease expert who has served four presidents, over disagreements over the latter's prescriptions for stopping the spread.

Current polling has Biden up about 8% nationally over Trump, whose electoral college advantages in rural states make him surprisingly competitive. The current forecasts are that he still has about a 10% chance of winning despite his performance the last several years, which is nothing short of astonishing.

Meanwhile, a resurgence in cases nationally means that we can expect a surge in deaths soon, especially in the Midwest, where a 500,000-person motorcycle rally in South Dakota in August became a super-spreader event and triggered countless infectious in neighboring states. No one wore masks because *freedom*.

While I don't expect today's election will be the beginning of the end of COVID, I do hope that if Trump is sent packing, it will, at least be the end of the beginning.

Sunday, November 8, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 50,545,012 | 1,259,717 | 10,213,688 | 243,420 | 2,929 | 129 |

The major networks called the presidential election for Joe Biden yesterday. He spent the day conferring with health experts to map out a plan to fighting COVID when he assumes office. It includes mandatory face mask rules, paid sick leave, free COVID tests and restoring Obamacare.

Monday, November 16, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 55,205,485 | 1,330,201 | 11,455,502 | 252,272 | 3,083 | 129 |

Trump has hunkered down alternately in the White House and various golf courses and cancelled much of his official schedule in the wake of his election loss. He does not mention COVID and tweets exclusively about how he really won the election.

Meanwhile, the U.S. added 1 million new cases in just six days.

On the upside, two pharmaceutical companies have announced experimental vaccines that are in the 90-95% range effective. It will be months before either is approved and rolled out to the public. It'll probably be summer before everyone who wants the vaccine can get it.

Tuesday, November 24, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 59,883,001 | 1,409,103 | 12,837,037 | 264,573 | 3,405 | 132 |

Tomorrow is Thanksgiving and despite all the warnings from public health officials locally and nationally, it seems like the holiday will be one massive super-spreader event. I do fear what the numbers will look like in about 2-3 weeks.

Caltech has seen 37 cases to date.

My family had plans to get together in San Marino at my mom's house, with two of my three brothers coming in from Colorado and Orange County respectively, each with a spouse and two kids. After the recent warnings, I dropped out, then my brother Steve dropped out, then my brother Jim. Given that, we decided to re-up and join my mom tomorrow, so just five people

from two households, socially distant, for no more than two hours—well within the public health guidelines.

My friend from high school J. REDACTED is the most recent of my friends to get COVID, although she seems to be doing well and is in good spirits in New York.

Meanwhile, three different companies have announced vaccines and are expected to gain emergency FDA approval soon. The discussions now revolve around how quickly they can be rolled out and who will get them first, most likely key civilian and military health officials, medical personnel and the elderly.

Friday, November 27, 2020

Johns Hopkins recorded the first case of coronavirus in the US on Jan. 21.

98 days later, on April 28, the US hit 1 million cases
44 days later, on June 11, the US hit 2 million cases
27 days later, on July 8, the US hit 3 million cases
15 days later, on July 23, the US hit 4 million cases
17 days later, on Aug. 9, the US hit 5 million cases
22 days later, on Aug. 31, the US hit 6 million cases
25 days later, on Sept. 25, the US hit 7 million cases
21 days later, on Oct. 16, the US hit 8 million cases
14 days later, on Oct. 30, the US hit 9 million cases
9 days later, on Nov. 8, the US hit 10 million cases
7 days later, on Nov. 15, the US hit 11 million cases
6 days later, on Nov. 21, the US hit 12 million cases
6 days later, on Nov. 27, the US hit 13 million cases

Thursday, December 3, 2020

The U.S. just hit 14 million cases today.

Each day's toll now exceeds the number of deaths on September 11, 2001.

Typical headlines:

- *Trump largely silent as health officials sound COVID-19 alarm*
- *Covid-19 Hospitalizations, Single-Day Deaths Hit New U.S. Highs*
- *Some doctors ration intensive care as coronavirus patients stretch hospitals*
- *California to be locked down for THREE WEEKS*
- *Preparations underway to distribute vaccine, but a Covid-19 'worst-case scenario' is coming, expert says*
- *Covid top killer in USA this week; Overtakes heart disease*
- *ROMNEY: Trump leadership in pandemic is 'great human tragedy'...*

So it's safe to say our government could have done better these last several months. But it's worth noting that a subset of Americans deserve significant blame for asserting the primacy of "personal rights" over "personal responsibility."

Monday, December 7, 2020

Now up to 15 million U.S. cases.

Today's headlines:

- *U.S. states scramble to curb COVID-19 without national leadership*
- *33 million Californians face COVID-19 stay-at-home order that will restrict movements and business*
- *Giuliani hospitalized after testing positive for coronavirus*
- *Americans' Mental Health Ratings Sink to New Low*

Saturday, December 12, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 71,662,371 | 1,604,992 | 16,306,192 | 302,904 | 4,615 | 157 |

Known Caltech cases to date: 72.

One popular meme from last week pointed out (mostly accurately) that four of the deadliest days in U.S. history occurred in the last eight days, with non-COVID records being the Galveston, TX hurricane, Antietam, 9/11, and Pearl Harbor.

On the upside, the FDA approved the Pfizer vaccine on an emergency basis yesterday and the first recipients have already been inoculated.

On the downside, the White House specifically rejected Pfizer's offers several months ago to lock in priority for millions of additional doses beyond the first 100-million dose order, so we may have a delay in completing the national immunization process while the next lots are diverted to other countries and we get in line for subsequent doses to be made.

Still, the end of the tunnel is at least visible now.

Wednesday, December 30, 2020

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 82,647,486 | 1,803,521 | 19,997,206 | 347,074 | 6,530 | 157 |

Known Caltech cases to date: 111.

As recently as mid-December, the Trump administration touted an ambitious goal: 20 million COVID-19 vaccinations by the year's end. A CDC tracker shows only about 2 million people have been vaccinated so far...

We quarantined for a week, then went to KT's parents' house in Aptos for the week ending yesterday. We limited our social interactions outside us and her parents to a few people, all outside and wearing masks. I wasn't keen on the trip but got outvoted, but in the end I think our caution and precautions rendered the trip safe.

Meanwhile, a new, even more contagious strain of the virus (originally seen in the UK last week) has been spotted in Colorado, infecting a man who has had no recent travel, so that's not great.

Area hospitals are in a state of emergency, running low on supplies of oxygen. Healthcare is being rationed and ambulances are being diverted from hospitals. The percentage of available ICU beds in Southern California is now zero.

Nationally, 3,700 new deaths yesterday: a new record. Luke Letlow, Louisiana's incoming Republican member of the U.S. House, died Tuesday night from complications related to COVID-19.

Friday, January 8, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 88,721,818 | 1,910,580 | 22,164,253 | 374,588 | 7,895 | 369 |

Known Caltech cases to date: 140.

Headlines the last few days about the skyrocketing death tolls and about ambulance crews being told not to bring likely-dying COVID patients to the hospital because the ICUs are full have been blasted off the front pages the last few days. The reason? On January 6, Trump incited a mob of supporters to challenge the counting of the election results at the Capitol, and in short order they stormed the building, many using tear gas and firearms, mortally wounding a police officer and wreaking havoc. One woman in the mob was shot and killed attempting to force entry into a chamber.

Headlines today:

- *Calls grow to remove Trump as he acknowledges 'new administration'*
- *After inciting mob attack, Trump retreats in rage. Then, grudgingly, he admits his loss.*

- *Report: Trump Agreed To Condemn Insurrection Only After Being Warned Of Potential Criminal Probe*
- *Invoke the 25th Amendment: Donald Trump forfeited his moral authority to stay in office*
- *Donald Trump's Final Days: The best outcome would be for him to resign to spare the U.S. another impeachment fight.*
- *Could Trump, Giuliani face charges of inciting violence?*
- *Insurrection marks moment of reckoning for Republicans*

In COVID-related news, health experts regard the mass of unmasked people rushing the Capitol and shouting and exerting themselves inside the interior of the building while in a closely huddled mass is likely to mean the event will be a mass-spreader COVID event in addition to a violent insurrection. So we have that to look forward to now.

Closer to home, I ran into a neighbor who lives nearby who reports that a family on her block is sick with COVID now and having a rough time of it.

COVID headlines:

- *'Triage officers' would decide who doesn't get care if L.A. County COVID-19 surge continues*
- *1 in 5 coronavirus tests are positive in L.A. County, pointing to tough weeks ahead*

Wednesday, January 13, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 92,324,383 | 1,978,161 | 23,412,049 | 390,875 | 8,708 | 394 |

Caltech cases to date: 160 with two deaths.

Yesterday, 4,197 Americans died of COVID, a new daily record. Still, the news is primarily focused on the recent insurrection at the capitol and its fallout, the most notable consequence of which is that Trump will probably be impeached (for the second time) in a few hours.

Latest headlines:

- *20,000+ TROOPS GUARD DC*
- *Armed Guards, Fences, Boarded Windows: Washington Under Heavy Security...*
- *Hundreds of soldiers sleep in Capitol hallways...*
- *Secret Service launches massive operation to protect Biden inauguration...*
- *Prosecutors weighing sedition charges in riot...*
- *Republicans Terrified of Crossing The Don: 'Fear For Their Lives'...*
- *Threats of 'armed protests' in multiple cities challenge National Guard support for inauguration*

COVID headlines:

- *U.S. sets single-day coronavirus death record, and new strains emerge*
- *9.3 million vaccinated: 9.3% of the prioritized population; 2.8% of the total population.*

2:42 p.m. addendum from the *New York Times*:

- **TRUMP IMPEACHED AGAIN**
Charge Is 'Incitement of Insurrection'; 10 Republicans Break With President

Tuesday, January 19, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 96,589,001 | 2,063,878 | 24,799,787 | 411,434 | 9,408 | 403 |

U.S. deaths surpassed 400,000 this week.

So far under Trump, only 11.2 million vaccinations have been completed in five weeks, accounting for about 3.4% of the U.S. population. Tomorrow Joe Biden will be sworn in and has a coronavirus team promising to complete 100 million vaccinations in his first 100 days in office. His CDC nominee says this is doable. I certainly hope so. As a nation, we've been floundering for a year and it will be nice to have some leadership for this crisis at last.

Trump, banned recently from Twitter, his favorite social media outlet, has been almost entirely out of public view since the insurrection at the capitol. His only recent comment of note was to deny any responsibility for the rioters' behavior.

Latest headlines:

- *Trump administration leaves Biden with 'confusing' Covid-19 vaccine numbers and states in limbo*
- *At last, a nation mourns: President-elect Biden calls on Americans to 'shine the lights in the darkness' to honor the 400,000 people who died from Covid in the US*
- *Gallup: Last Trump Job Approval 34%; Average Is Record-Low 41%*
- *Trump leaves town an outcast, trailed by Covid-19 pandemic, joblessness*
- *Vice President Pence handles tasks declined by Trump in final days*

Meanwhile, while looking for evidence of a new highly contagious strain of virus from the U.K., researchers realized there's a quickly spreading strain that originated here in California that also seems highly contagious. That may partially explain why California has been so hard hit lately.

Thursday, January 21, 2021

The day after inauguration, Biden is rolling out a new national strategy to fight COVID. It includes:

- A new federal COVID-19 response team to coordinate efforts across agencies and restores a White House team on global health risks that was established during the Obama administration.
- Regular public briefings on COVID-19 to be led by scientific experts. The federal tracking of data on virus cases, testing, vaccinations and hospital admissions and will make it available to the public.
- Increased production and purchasing of vaccines, including through the Defense Production Act
- A national campaign to educate Americans about vaccines and encourage them to get shots.
- Biden's order asking Americans to wear masks for 100 days, and a separate order to federal agencies to require masks on airplanes, trains and other public transportation.
- A new national testing strategy to expand testing supplies and increase laboratory capacity, and the federal government will work with schools to implement screening programs to help them reopen.
- A program to develop new treatments for COVID-19 and other pandemic threats.
- Having the CDC develop new public health guidance to help schools and businesses make decisions on reopening.
- Increased emergency funding to states and orders the Federal Emergency Management Agency to reimburse states for certain costs tied to the pandemic, including supplies of protective equipment and for National Guard personnel supporting the pandemic response.
- Having federal agencies to invoke the Defense Production Act to close shortages of syringes, N95 masks, gloves and other supplies needed for virus testing and vaccine administration.
- Development of a national strategy to increase U.S. manufacturing of supplies needed to fight pandemics.
- Development of a national strategy to reopen schools, hoping to meet his goal of having most K-8 schools open within his first 100 days in office.

And a lot more.

This comes one year and one day since the virus was first detected in the U.S., and after more Americans died of the virus than died serving in World War II.

Meanwhile...

- *Biden Pledges 'Full-Scale Wartime Effort' Against Pandemic*
- *Biden inheriting nonexistent coronavirus vaccine distribution plan and must start 'from scratch,' sources say*
- *Biden COVID czar calls Trump vaccine planning 'so much worse than we could have imagined'*
- *Biden unveils Covid-19 plan based on 'science not politics' as he signs new initiatives*
- *More than 4,000 in L.A. County dead of COVID-19 since New Year's Day*
- *California is running critically low on COVID-19 vaccines as people vie for shots*
- *Vaccinating Californians 65 and older may last till June, pushing back timetable for others*

Thursday, February 4, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 105,141,303 | 2,284,421 | 27,167,039 | 462,335 | 10,340 | 479 |

Biden's goal of 100 million vaccinations in 100 days came under fire recently. While the goal seemed a stretch when he first made it, around the time he took office, vaccinations were already running at a pace of about 800,000 a day. He since raised the goal to 1.5 million vaccinations a day.

In other good news, Biden has invoked the Defense Production Act, which enables the federal government to compel private companies to produce critical supplies—in this case, additional vaccines and personal protective equipment. This contrasts with the hands-off Trump-era federal policy that was largely content to leave the states to battle over limited supplies. It's nice to see an administration that 1) takes the disease seriously, 2) assumes responsibility for fighting it and 3) is eager to have biomedical professionals guide and inform policy. Long overdue.

New variants of the disease are popping up with alarming frequency, with new more contagious versions appearing in South Africa and elsewhere that seem to be more resistant to the vaccine.

On the upside, U.S. infection rates are dropping, and more people are trusting the vaccine is safe and effective.

Thursday, February 19, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 111,234,365 | 2,462,703 | 28,603,813 | 507,746 | 10,742 | 568 |

As of today, 36.9% of the prioritized U.S. population has been vaccinated, according to the *Washington Post*. About 14.5% of the population in total has been.

Cases peaked about a month ago, at about 246,000 new cases per day, but the daily infection rate has fallen to about 70,000 per day now.

Caltech has been approved as a distribution point for the vaccine and is expected to start providing vaccinations as early as March 1 for essential education workers, although it's not clear whether or not I really fit in that category since I'm not needed on campus day to day.

Meanwhile, KT's work continues to be a struggle. Selling radio airtime right now is difficult to say the least. She is likely to lose this job in the next few days or weeks. She's already gotten her first written notice to that effect.

The kids' schools are making tentative steps toward reopening, with campuses being open for small cohorts soon for an hour of physical education a few times weekly. Of course, after we got a notice from Emma's school about that program, we got a new notice an hour later saying someone new had tested positive for the virus on campus.

The biggest non-COVID news lately was the landing of the Mars Perseverance rover yesterday. The lander is already sending back its first images of its exploration.

Tuesday, February 23, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 112,381,320 | 2,488,055 | 28,831,573 | 512,8766 | 10,783 | ? |

I've been using the nVOC2019live.com site for my statistics since the beginning (except for the Pasadena stats, which come from the Pasadena Health Department, and the Caltech stats which are official Caltech numbers). And it appears there's a discrepancy between how it's tallies mesh with the stats from John Hopkins University, reported by national media. The JHU stats just reached 500,000 U.S. deaths, prompting a slew of stories about the milestone.

For consistency's sake, I'll continue to use the nVOC2019live.com stats, but thought I'd note the difference.

Also, the Pasadena Health Department site recently added a bunch more statistics but seems to have significantly changed/redefined how they report certain numbers. As a result, the number I've been tracking as deaths is now called "Total Probable Cases." And there's a new figure called "Total COVID-19-Associated Deaths" which is listed as 307.

Anyway, in today's episode of Jon's Confirmation Bias, a CNN headline states, "Experts say the US's staggering Covid death toll did not have to be this high," noting that "The US Covid-19 death toll is by far the highest of any country -- and more than double that of Brazil's, which according to Johns Hopkins University data has the next highest number of virus-related fatalities."

Monday, March 1, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 114,993,503 | 2,550,245 | 29,314,254 | 527,226 | 10,900 | ? |

Today is the first day that the county has expanded the eligibility criteria for getting the vaccine. Now, all employees of schools and universities can get it. To that end, Caltech just now sent out a message explaining how and where to get the shot. I made an appointment at Huntington Memorial Hospital for 10 a.m. tomorrow to receive the Pfizer vaccine, roughly 50 weeks after originally being sent home from work.

As of today, 41.6% of the prioritized population has been vaccinated and about 15.3% of the U.S. population in total.

The current vaccination dose rate, according to Bloomberg.com's tracker, is 1.8 million doses each day. At the current rate it will take 7 months to cover 75% of the population with a two-dose vaccine.

Two days ago, the FDA approved the use of a third vaccine, by Johnson and Johnson: it's a one-dose formulation.

Meanwhile, KT lost her radio sales job.

Tuesday, March 2, 2021

I got my first shot today, concurrent with the announcement from President Biden that the U.S. will have enough vaccine on hold by the end of May to immunize every American adult, dramatically accelerating the previous timeline by two full months. This is due to the arrival of

the third vaccine and the partnership between its creator Johnson & Johnson and Merck to manufacture it together.

Monday, March 8, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 119,120,566 | 2,641,245 | 29,925,902 | 543,721 | 11,011 | 327 |

I'm going to start reporting the Pasadena figures for deaths again. These should be accurate.

Tomorrow makes one year since I, along with most of the U.S., was sent home from work with instructions to shelter in place. Personally, I've found it to be a significant inconvenience, but really not all that bad. It's manageable, if something you'd much prefer not to have to manage.

The strain is showing on the kids though. My son's straight As have plummeted, recovered and plummeted again. My daughter is maintaining good grades, but at the cost of plenty of crying fits over homework and late evenings completing it. Both desperately miss hanging out with friends.

Most of my coworkers at Caltech have started their immunizations. In Pasadena, at just under 40,000 people have at least started their immunizations, so the pool of possibly infected people that KT and the kids are likely to run into before their own time comes is falling significantly and quickly.

Nationally, 64 million people have been vaccinated. In California, the figure is 7.6 million. At the current rate, 90% of the U.S. population is expected to be immunized by August 22.

Saturday, March 20, 2021

| World Cases | Deaths | US Cases | US Deaths | Pasadena | Deaths |
|--------------------|---------------|-----------------|------------------|-----------------|---------------|
| 123,152,684 | 2,717,003 | 30,434,541 | 554,196 | 11,072 | 329 |

REDACTED received her vaccination two days ago. Emma has returned to school a couple days a week and Daniel is set to very soon. I complete my vaccination on Tuesday.

Caltech, which has seen a total of 189 cases to date, has had only two new ones to report in the last 14 days.

So the end appears to be in sight, if, perhaps, still months away.

I do fear that we as a nation performed dismally overall since this plague began, especially early on, having failed to remember the lessons learned 100 years ago. With the interconnectedness

of nations and markets and our disruption of habitats, I worry that this pandemic, now fading, will not be the last in my own lifetime, let alone my kids' lifetimes.

I hope next time we do better.