

In history classes, the word “pandemic” has come up multiple times, but it is never expected to happen while you’re alive. The Coronavirus (COVID-19) was the pandemic nobody in the world expected nor were people prepared for it. The virus started in china and spread worldwide like wildfire, but nobody realized how long it would last. I remember being in my dorm and taking classes online for what we thought was going to be two weeks. Within the blink of an eye, we got told we had four days to move out. When I went home it was March 15, 2020. During the time Connecticut had a fraction of cases compared to what New York had, so I was walking into the storm. It was extremely hard to be in quarantine with my family for such a long time. I wasn’t able to hug my father for the longest time because he is a first responder and I have a very weak immune system. My family was so strict about specifically me leaving the house I couldn’t go on walks, drives, or anything that left included me leaving the front door which effected my mental health. It was three months before I made interaction with the outside world and it was when I went grocery shopping with my mother. Now during the pandemic, while in school it’s very hard. When classmates are in class and you’re on zoom it is difficult to hear. I am a very visual learner and need to be in-person to comprehend information. When you’re on your computer you have so many distractions around you. Also, being in isolation and quarantine again puts a toll on you. Almost half of my college years are going online or at home which is upsetting. I would like future generations to know that the virus isn’t about physically obtaining it. I haven’t had the virus but the negative impact it has had on people’s mental health is just as crucial. When you’re stuck at home 24/7 it is very draining and can be damaging as well. Another point I want to make out to future generations is to follow the rules, especially with wearing masks. If everyone quarantined when they were supposed to and followed directions, we would be out of the pandemic much quicker than the pace we are at now.