My COVID-19 experience was definitely something that I will never forget. At the time with me working in the healthcare field, being a CNA. It brought much stress and especially chaos. After coming home from long shifts helping with elderly patients who were sickened by covid, it definitely was hard to see and it took a toll on me. The whole covid and quarantine brought a sense of loneliness to pretty much everyone. We were expected to change our lives completely for the span of a couple months. We went from hanging with friends, going to school, going shopping, to being stuck inside our homes, and having to teach ourselves math and anatomy through a screen. I was always worried about contracting the virus or someone in my family contracting it because it had a different effect on everyone. At first I didn't take this quarantining seriously. I thought it was just a 2 week break from school, I thought it was nice. Until more and more people started getting sick and contracting covid. It all kind of hit me when on the news you would hear about all these people, from as old as elderly to even children who were passing away from this horrible virus. What I would say to future generations about the COVID-19 era is that you definitely would not want to go through something like that. I would tell them how lonely and nerve racking it was, knowing that no one knew how long this lockdown of the entire world was going to last, or how it was going to affect our life. Seeing how in just one day our lives changed so drastically different. It was frightening because you really had no clue what was going to happen, it was always something new happening, shocking you each day. Since so much has already happened you didn't know that it was just gonna get worse and worse. It kinda felt like the world was slowly deteriorating and falling apart, and there was nothing you could

really do to help but to just stay in your house to hope you don't contract the COVID-19 virus.