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#### Second Written Assignment: Prompt 4

What is it like living through the Covid-19 pandemic? Throughout my entire life, I knew there might be many new diseases and viruses but thought that I would not live through them. If someone told me about quarantining at home, it would seem improbable, yet I am living through it today. I am not the only one who is partaking in quarantine, but almost the entire world. The world is social distancing and now when someone wants to partake in the basic essentials in life such as socializing with ones close friends, going to the grocery store, or merely walking out in public there has to be the usage of masks as well as gloves. This virus seemed to come out of thin air from China from the bats and has slowly made its way around the world. At first, it was merely a joke for many on social media thinking that it would be passing by very quickly, To our surprise, this quarantine has been lasting a very long time and has even showed our weaknesses dealing with problems such as viruses which is slowly getting better as the country deems it more of a priority seeing how the virus has spread around in such a short amount of time. Many are scared, especially those who are older and have health problems because these people can not only get the virus, but they could possibly perish as well. My community that I am surrounded with is also getting affected by making many events and gathering that were done before and changing it completely. The quarantine just seems to always be extending and this is affecting many people with their jobs as well as their education. People rely on their jobs to pay for food,

their car payments, their families, and so much more. During this quarantine many people are affected including myself, my community, the country, and the entirety of the world by changing the way one lives through quarantining and social distancing.

This pandemic of Covid-19 has affected my life in various ways. Before this virus began, I felt as if I was finally getting my life together and creating structure and balance within it. One of my main goals was to work on my social skills because I was going through a rough time and felt that if I surrounded myself with people who were successful and positive, I could imitate and learn from them. This quarantine has made it exceptionally difficult for me and I feel my habits that I was working on seem to be regressing. I am not able to go to university or work which is where I would get the majority of my social skills and habits. Being in quarantine, I felt levels of depression and anxiety due to the fact that I felt alone and was living with my grandmother. Also, I try to keep myself clean and away from other people to keep my grandmother healthy because this virus could be very harmful if she somehow came into contact with it. Although it has been difficult for myself, I looked on the positive side and tried to find new ways to improve my life. I have started meditating and working on my study habits because these are very important to me and my mental health. My grandmother is not able to work so I try to help her in whatever way I can and in some ways, I feel that this pandemic has made our relationship with one another stronger than ever. I found that after a month into quarantine, I began making contact with people that I knew from the past and had excellent conversations with them. I also signed up for therapy twice a week, which really helps me get my feeling out and continue working on my habits to improve my life overall. Having my classes online have been difficult for me as well because it does not feel the same over the computer and through zoom. My classes are very important to me because it makes me feel productive and gives me responsibility

which is very significant to having a healthy life. My grandmother also has been working on herself and we support each other by giving each other love and advice. In the beginning of this pandemic I have been dealing with many problems, but as time progressed, I gained a positive mindset and decided to use this time in quarantine to my advantage.

The pandemic could also be seen having an effect on the community that I am surrounded with as well. While going on walks, people don't get close to one another and try to keep their distance. Relationships are harder to maintain for many because the lack of seeing one another. In the beginning of the pandemic, many were nervous including myself because people were overbuying products that are a necessity for most and therefore many were not able to get toilet paper, hand sanitizer, and gloves. Also being Jewish, I attended synagogue every Sabbath to pray and meet with my friends. Synagogues have closed as well as churches making it difficult for one to maintain their spirituality and follow the traditions of their religion. People in the community are fearful of one another because they don't want to get sick and pass it on to others as well as their relatives. Birthdays have been difficult for most as well because usually family members would meet with one another, but now many just pass by the person's house to say happy birthday and move on. I feel that it is taking the community apart from what it used to be before the pandemic. Many close friends in the community have lost their jobs and this has an effect on me because I tend to worry about others and their physical and mental health. I always loved partaking in my community and helping in whatever way I could, and I feel that now many of my actions are useless. My community is extremely important to me and hopefully once this pandemic is over, everyone could start seeing each other again and be there for one another because that is what unites people together.

The country could also be seen getting affected as many people are losing their jobs which is what they rely and live on. Although many do not have work, people could file for unemployment at this time to get money to live on if they have lost their job. For many this is not enough, and people want to get back to their normal lives. Many people have not been quarantining and maintain social distancing which frightens me because this could make the number of people affected larger and make quarantine longer than what it is supposed to be. Ordering food and eating out is no longer possible and pick-ups and deliveries are available instead. This makes platforms such as door dash, Postmates, and UberEATS more useful to acquire food in a safe manner. Amazon is also useful as many could purchase clothing as well as other products which are either a necessity or something that they would have bought from stores which are not open at the moment. The only things that are open are places that are identified as necessities for daily life such as grocery stores, pharmacies, etc. The country is not the only place that is affected at this time, but almost the entirety of the world.

I believe that in the future things would return back to normal and everyone would continue in their daily life. For many this may be hard as they are accustomed to the structure and situation that they are currently living in. I believe people would value relationships with others more as well as activities in their daily life that they might have partaken in before the pandemic. The future is going to be very positive and people as well as myself would get back on their feet and continue with their routines and daily life. There will be an increase in safety measures in order to not let this happen again as well as procedures to minimize risks in the future if it happens to occur. Everyone has their challenges in life and through this pandemic many will come out stronger and more motivated as well. Families will function better because

people will be staying at home with their loved ones. Businesses will try to bounce back from this quarantine and schools will be open once again.

This pandemic could be seen in many aspects similar to what happened in the past and history as a whole. Looking at what we are learning in class one is able to see that people had to deal with similar types of events to the Covid-19 pandemic. Smallpox in the Americas had a devastating effect on indigenous populations and many people perished during this time. Although there has been measures and advancements in technology in the present dealing with Covid-19, there was not the same types of technologies when there was smallpox. One can imagine what they were going through at the time and how many were put in the same situation of trying to stay away from one another which is similar to the current quarantine and use of social distancing. Looking at the past, one can see and understand how many dealt with the situation of smallpox and what they did in order to survive. There are many diseases that occurred in history, but one can see that although there were many deaths and horrible events that the diseases dies down with the increase of knowledge and understanding of these diseases. Similarly, to Covid-19, when one would get smallpox, they would isolate themselves for about two weeks which usually ended up with survival or death. Covid-19 does not yet have a vaccine and many just have to hope for the best. Both of the diseases were passed on from one person to another and reached various parts of the world. They are working on a vaccine to cure Covid-19 which could take some time due to the process that is taken to ensure the vaccine is safe for public use.

In conclusion, many people as well as myself have been dealing with the difficulties that have come along from the Covid-19 pandemic. I have been working to look past all the bad and focus on the positive aspects that can be found during this time. Dealing with this pandemic, I

will do whatever is possible to achieve my goals that were made previously. I know that like all other diseases this will soon pass, and everything will return to its normal state. This quarantine has provided me with insight on my life and that I should not take simple things for granted. Spending time with family, going to university, and eating out with friends will be something that I value and cherish. People that are dealing with losing their jobs as well as many other issues will hopefully take this time to turn their lives around. Although many people use this quarantine and valuable time for productivity, many go to substances such as marijuana and alcohol. I have found out the importance of having good friends who take responsibility for their actions and their lives and have even decided to let some friends go. My religious values also gain importance and is something that I will forever continue. The world has been affected by this pandemic, but it is the person and their mindset that determines the fate of themselves and the people around them. Diseases such as smallpox share similarities to Covid-19 and one can learn valuable information from these diseases. People need to maintain their strength and unite with one another. The world is a place for love and prosperity and hopefully people will realize that although it is an extremely tough time. With hard work the world, my community, and my family will get through this and let people in the future know that anything is possible if you have the right mindset throughout life.