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Longwood: Life during COVID-19

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Quarantine Journal Entry

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Dear Journal,

may 1,2020

Today is the beginning of the third month of quarantine for myself and many others, however like many others across the nation/ world I am someone who is at higher risk for covid-19. It has been said that covid-19 attacks people with underlying health conditions such as heart disease, asthma, weak immune system and diabetes much harder than those who do not. I have three of the four listed above, POTS or postural orthostatic tarcicadic syndrome, a heart condition I have had since my freshman year of high school. I also have cystic fibrosis which means I have both a compromised immune system and lungs. I also have severe asthma. So for myself and others like me this can be a very troubling time both mentally and physically. This is an unprecedented time for the entire world and we have those who have stepped up becoming heros in many ways such as medical professionals and essential personnel. The world has changed and even with all the bad going on during this time there is also so much good. For example shelters are empty, sense people have to be home they are fostering and adopting cats and dogs. We are still celebrating birthdays with a parade of cars and signs. We are doing all of this while social distancing and taking the necessary precautions. Or atleast most of us are. There are still people not listening to lockdown orders and recommended precautions and for me personally this is heartbreaking and frustrating. Because this is about more than just the individual person, this disease is unbiased and can frankly kill anyone. Being at higher risk for all of this I began quarantine about a week before the rest of my friends and family. The day that it was announced that classes would be online for longwood I left to go home. This was very hard for me because like many others I was going home to a broken home. My family owns a transportation company and the day I came home was the day that the business was shut down. And it was unknown if this business this legacy my grandfather started would end here or if some ways we could rebuild.

Personally some of the most frustrating parts of having to be home is missing my friends. For the first time in a long time I had friends who truly cared about me and what was best for me. I miss them so much it hurts not waking up next to my roommate everyday honestly sucks. Along with missing my friends I miss getting to see my boyfriend we have been dating for almost five years and doing long distance sense freshman year began. I haven't seen him since quarantine began as even though we both don't have covid-19 if we see each other in person we can put his brother, father and myself at risk for getting sick. As we all have underlying medical conditions and sense we have been in quarantine not around others and building up our immune system we could make each other sick. Like I said it has been a very hard time for a lot of people and all I can say is for anyone who reads this 10 years from now or even 10 days it will all be okay. We have to have hope, hope is the guide through darkness. I have hope that one day this will all be better and I won't have to worry as much about becoming sick from covid-19. Personally everyday I have begun to watch "some good news" by John Krasinski or Jim from the office.

So like I said, if someone is reading this 10 years or 10 days from now, know that yes this is the hardest, most trying and even tragic time. And we can either accept that or we can use it as motivation to make it to a better future. Hope is the guide through the darkness, we can and we will get through this.

- Heather Forsht class of 2023