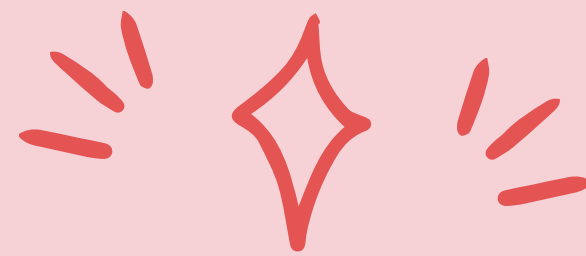


A Student's Covid-19 Experience

Anna Chiang

Senior Public Health Student



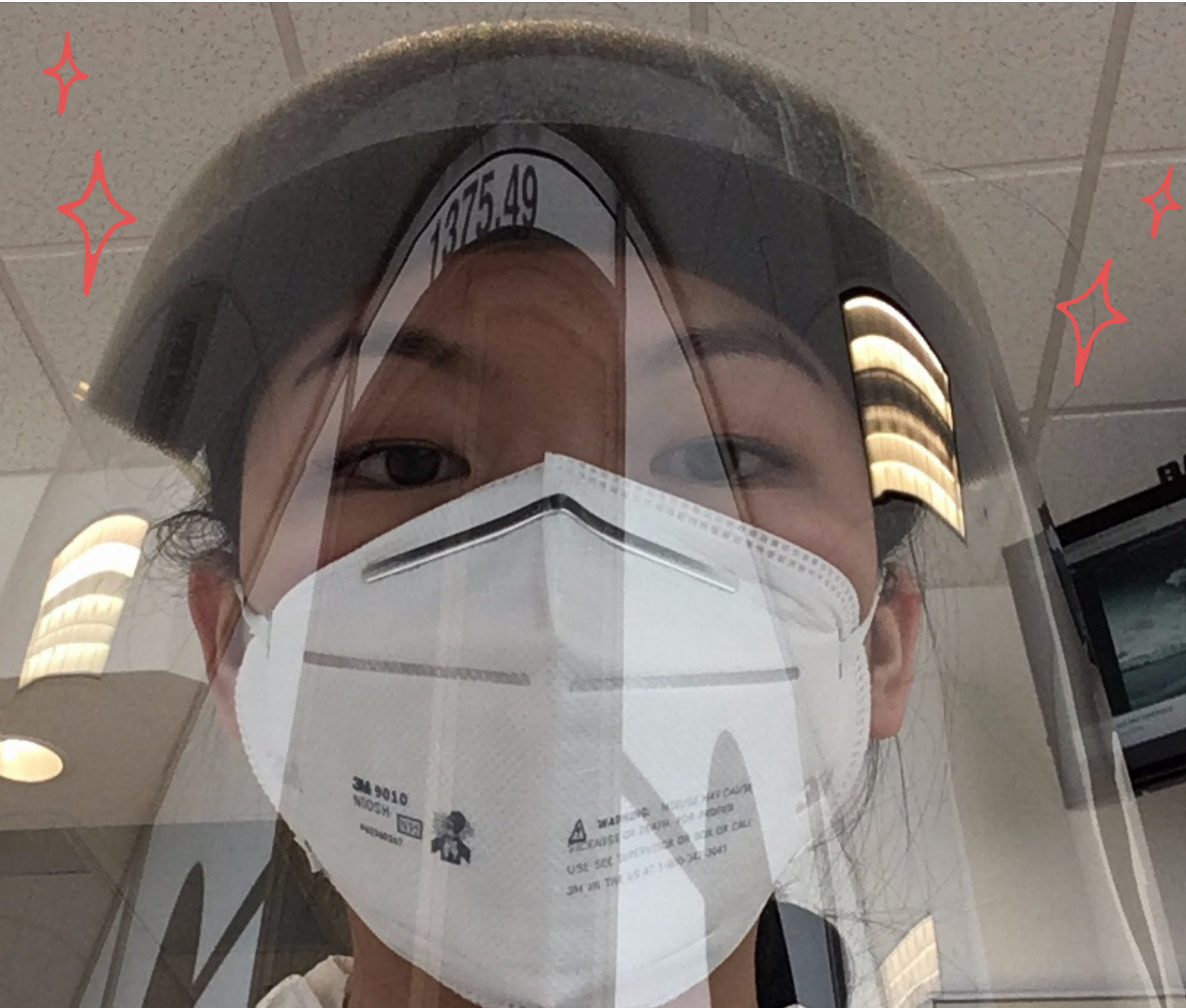


“It is during our darkest moments that we must focus to see the light" - Aristotle Onassis

My Work

During this pandemic and shelter in place order, I have been working as a medical assistant at an urgent care clinic. Each day at work, I wear an N95, face shield, and gloves for PPE.

The clinic is still open, but we make sure to screen every patient for fever, cough, shortness of breath, body aches, chills, sore throat, and even seasonal allergy symptoms in order to protect the safety of staff and other patients. For patients with any of the symptoms listed, we offer telemedicine services! I've triaged patients over the phone for those who would like to have telemedicine visits, or for any patients experiencing the symptoms we screen for.

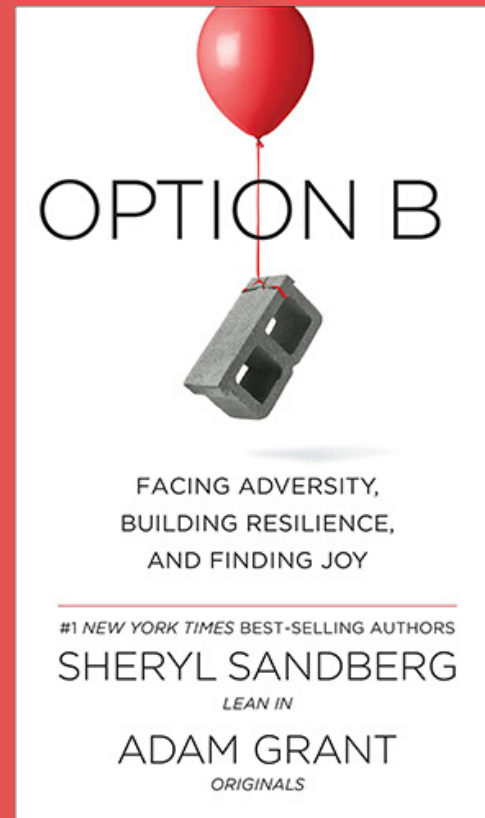




New Activities

I try to stay positive the best I can. Part of me trying to stay positive meant that I was picking up new activities and finding ways to pass the time. I have picked up the game Animal Crossing and have been following home workout videos!

Books to Read



Option B is a book about resilience that I read recently. One lesson that I took from the book that I have been implementing is reminding myself that these difficult times are not permanent. This will come to pass!



Girl, wash your face tells some funny relatable stories about Rachel Hollis. I think anything that gives you a good laugh during this shelter in place is worth the read.



Staying Connected

I have been making an effort to stay connected with friends virtually. I have schedule Zoom or FaceTime calls with friends. Speaking with friends has been helpful as it's a reminder that we are not alone. You can even make it a bit special and send your friend a virtual letter!





✦
We CAN DO THIS!

