



BY MAYA RAI

GENDER STUDIES

FINAL

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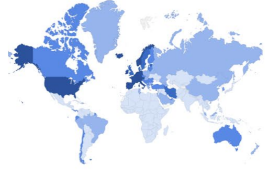


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Worldwide cases



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Help and information

COVID-19 Updates (California)

California Department of Public Health

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Cases overview

Worldwide

Confirmed	Recovered	Deaths
1 48	329	88 5

Coronavirus Updates: Studies Show N.Y. Outbreak Originated in Europe

The C.D.C. outlined how essential employees can go back to work even if they have been exposed. Scientists warn that the virus might not fade in warm weather.

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Published April 8, 2020

Updated April 9, 2020, 12:09 a.m. ET



Here's what you need to know:

- Coronavirus in New York came mainly from Europe, studies show.
- C.D.C. issues new back-to-work guidelines for essential workers.
- In New York, 'the bad news is actually terrible.'
- The virus might not fade in warm weather, scientists warn.
- Homes for disabled people experience a surge in coronavirus cases.
- Alabama treatment guidelines are ruled discriminatory.
- Days before Easter, Kansas legislators overturn an order limiting religious services.

CBS NEWS

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LIVE UPDATES

Coronavirus updates: Cuomo says virus hit New York with 'same evil' as 9/11

UPDATED ON: APRIL 9, 2020 / 2:13 PM / CBS NEWS

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New York Governor Andrew Cuomo compared the devastating toll the coronavirus pandemic has had on his state to the terror attacks of September 11, 2001, which was "supposed to be the darkest day in New York for a generation." Terror attacks that day killed 2,753 people in New York City.

"9/11 was so devastating, so tragic, and then in many ways we lose so many more New Yorkers to this silent killer," he said, referring to COVID-19. "There was no explosion. But it was a silent explosion that just ripples through society with the same randomness, the same evil, that we saw on 9/11."

He said New York has again recorded its deadliest day yet in the pandemic - 799 people lost their lives to the virus on Wednesday, which brings the total death toll in the state to more than 7,000.

"We've lost over 7,000 lives to this crisis. That is so shocking and painful and breathtaking, I can't - I don't even have the words for it."

- COVID-19 tears through U.S. nursing homes



Journal Entry 1

Today I woke up, and I felt sad, who knew isolation could have severe effects on my mental health. I woke up from a 12-hour depression nap, and as I got up from my bed, I could feel my entire back crack as it tried to figure out how to align my spine again. I am always tired and upset, but I don't know where these feelings come from. I still wonder about the drastic intake of online dating websites and social media, is it because I refuse to take my vitamins, or is it the gloomy weather? Why is it that all of a sudden, I struggle to walk up to my stairs, or I am continually frowning. It feels like life got sucked out of me, I don't feel like smiling or talking to others, but instead, I crave to talk to strange men online because, at this point, any interaction with the outside world is a substantial interaction. I am depressed, sadness has overtaken my body, and I am slowly trying to remember what happiness felt like or how holding hands with my best friend brought me joy. These days I just feel like I am becoming mentally sicker. (200 words)

Journal entry 2

Today I stared at a wall for an hour, trying to remember what my life was like before all of this started. I am ashamed of how I can't remember; I feel numb. When people say, isolation can bring the worse out of you, applaud them, they're right. Never have I felt this worse in my life, it's like I am reliving a darker version of my past. I tried looking outside today, hoping to evoke some emotion, but all I saw was gloom and empty streets. It's funny, I used to love this weather but now as far as the eye can see, all I see is a gray outcast where I can't tell where the street or the fog has become one. People keep asking me, "What are you going to do after this global epidemic is over?" To be honest, I don't know; I am a negative person, so I can only think about one lousy moment at a time. I forgot all sense of emotion; my tears don't even feel authentic anymore. Even my weak bones are struggling to keep up with me, so all I do is sleep and dream about a better life. (200 words)

Journal Entry 3

A chair, a window, and a bed are what I see now. Looked up in my room for my enjoyment because why bother leaving my room when there is nowhere to go? I am emotionally exhausted for a person who claims to lack empathy. I am physically exhausted for a person who goes on an hour-long walk. I think I am hitting my breaking point; everything makes me upset, and I am always emotionally closed off, or I am crying for hours on end. It's overwhelming to be in Santa Clara, where I have loving parents and supportive friends (said no one ever). That's beside the point, why do I feel like I am dying every day? My body physically hurts, and my mind is exhausted, but I don't know why I think this way? I also feel like time is passing faster and slower at the same time, the longer I am stuck sitting at home. I don't know what to do; I think I am losing my mind. I've tried everything to uplift my mood, but it's not working. But the weird thing about me is that everything makes me angry, and I don't know how to bring back my inner peace. (204 words)

Interviews #1 Florence Thomas (18 years old, College Student)

Maya: How are you today, really?

Florence; I feel crappy because I had an econ quiz and didn't do that bad but idk.. Like a lot of stuff coming on me at the same time.

Maya: How is your family?

Florence: They're good they're cleaning the house coz they bored... is this for gender studies?

Maya: How are you emotionally feeling?

Florence: Lol, is this for gender studies?

Maya: How'd you know?

Florence: You said the word emotionally lol. I feel guilty to focus on my work in the midst of a pandemic. But I feel because I am older I can feel the effects of it such as unemployment.

Maya: I am sorry to hear that. Do you feel like you can benefit from this epidemic in any way?

Florence: I feel like I am wasting my youth and my time.

Maya: Our final question, what is one thing you're excited to do after this epidemic is over?

Florence: Travel and stop worrying about what others will think.

(The end)

Interview 2: Brianna Smith (19 years old, unemployed)

Maya: How are you today, really?

Brianna: I'm doing okay to start the day. Just relaxing for a bit and planning to shower and go for a walk. My hot topic clothes came in. I finally got my Britney Spears shirt so life is chill. Just watching my spending till Miss Rona is done with her visits to the Usa.

Maya: How are you emotionally feeling?

Brianna: Neutral. Not super up, not super down.

Maya: What are some things to keep yourself busy?

Brianna: I am working out, cleaning my room, reading, cooking, walking my dog, spotify and attempting yoga.

Maya: Do you feel like you're benefiting from isolation?

Brianna: Some parts of me benefit from isolation like I have time to workout. Though tbh before I just wanted to work at the gym and home. So the big part that sucks is not working and being stuck inside with family all the time almost. I miss friends. I do better communication in person.

Maya: Last question, what is one thing you're looking forward to after this global epidemic is over?

Brianna: Going to see my friends, getting back to my job and in general like bookstores, coffee shops, movies and amusement parks. I want to do drivers Ed and therapy sessions.

(The end)

Pictures:



Picture 1: An engineer working from home who is currently sitting on her dining table as she attends her third meeting for the day.



Picture 2: Overly priced hand sanitizer my step dad bought for \$15 dollars each.



Picture 3: KN95 masks my dad sent me in the mail.

Reflection:

The first image is a picture of my mom; I felt like I needed to include a copy of her because she is currently working from home on our dining table. The picture I took is the harsh reality of how many adults all over the world are working from home. In the photo, you can see a big box of chips next to her, a laptop, and our dining table decor as my mother types away on her keyboard in her pajamas. My mother working on the table represents her trying to make ends meet when she physically cannot be at her job. The second picture features three-hand sanitizers my step dad bought weeks ago that just arrived. The hand sanitizers were overly priced but showed the importance of washing your hands and keeping clean during the virus epidemic. In the past, we would overlook hand sanitizers, but now we worship them. Lastly, the final picture featured KN95 masks my dad bought on amazon and then had shipped to me. The covers represent the importance of not catching the deadly virus since I enjoy going on walks. Both my dads are concerned for my safety of not catching the virus, doing everything they possibly can to keep their families safe during this global epidemic. The items are making me realize that I am living in a worldwide pandemic, that the fear

in the world is real and not made up in my head. Sometimes it feels like I'm living in science nonfiction just because this type of isolation and increase in death usually happens in novels, you would never imagine living in one. These items make me feel that I have the chance to survive such a horrible period of my life that I am actively making choices that will make me live longer; It's a sense of hope. I believe that in a couple of years in time, everyone will always be stocked up with food, toilet paper, cleaning supplies, and masks just in case we have to relive another global pandemic. I believe that the virus is a blessing in disguise because people are finally taking the time to slow down and appreciate the smaller things in life. When I am older, I will always remember such a period in my life, and having the constant necessities stocked up is a reminder of a darker and duller time. These items in a couple of years will be a reminder of how dark the world had become and how we made it through with hard work, dedication, and teamwork. Even though isolation is making me severely depressed, I believe that once I can leave my house, I will look at the world differently. I will start taking more risks in my life and start to travel; I am so excited about the future even though the past and the present feel melancholy. These items give me hope for a better life and a better future.

(The end)