

Journal Entry #1 September 18, 2020

Today I got some disappointing news, my roommate tested positive for COVID-19. I feel bad for him and I hope he recovers quickly. Since I've been in contact with him, I now have to get a test myself. I feel anxious and nervous to get a test, from what I've heard it can be painful and uncomfortable. Before scheduling an appointment, I wanted my Mom and Dad's opinion on what to do. They both suggested that I get a test as soon as possible. I called and scheduled my appointment for the next day at 10am at school. I really didn't feel sick or anything and didn't feel like I had any symptoms. I just felt tired and had a dry throat this morning and yesterday. I didn't think anything of it and just went on with my day. I worry that I exposed some of my close friends, I've seen them the past three days. Each of those days I was around them for longer than fifteen minutes and without a mask. Just thinking about the possibility of spreading the virus to others makes me feel bad. I have all these thoughts swirling in my head about if I'm negative or if I'm positive or if I have it will I fall behind my classes. I felt so nervous and anxious before I even had a test done on me. I'm hopeful that my test is negative.

Journal Entry #2 September 21, 2020

It's been two days since I had my test done, I hope it's negative and that I don't have it. At the same time I also hope that I'm positive so I can just get it over with and be immune. Over the last couple days I have progressively been feeling worse and worse. Today I woke up with a headache and a sore throat. I'm starting to believe that I am positive and have it. I try to keep calm thinking about it but I'm just nervous that I have it and I'll be stuck in my room for the next ten days. Around Noon, I get a call from the Eau Claire health department saying that my results

are positive. My heart stopped as I heard that and I couldn't believe it. The man on the phone was very calm and helped me relax. He asked me simple questions like how did you get it, who did you come in contact with, and when was your first symptom. I was on the phone with him for roughly thirty minutes giving him all the information he needed. After getting off the phone with him I immediately called Mom and Dad explaining what happened. I couldn't focus the rest of the day and just felt so sad and down. I still couldn't believe that my test was positive. The next steps are to tell my teachers that I have just tested positive. I'm worried now that I will fall behind or won't get my work done.

Journal Entry #3 September 25, 2020

Today is four days after testing positive, I feel terrible and very sick. This morning I had a terrible sore throat and I couldn't sleep at all last night. I was either sweating and super hot or freezing cold. At first I had thought that it was going to be like the flu but I soon realized that I was wrong. This was worse, I felt worse and had more symptoms than the flu. Some of my symptoms are mild but some are worse. For example, I couldn't breath out of my nose at all and I had body aches all over. Those symptoms really affected me because I have sleep apnea and over the past couple days I have been woken in the middle of the night up more and more. So far each day I have to enter in what symptoms I have and what my temperature is to an online website for the state. I usually don't leave my room unless it's to go to the bathroom or get something to eat. My parents sent me a care package two days ago and it just came today! I'm so excited to see what they sent me. I've been so lonely the past week and I haven't seen anyone in so long. All I have in my room is snacks, my tv, my xbox and some water. I really can't do

anything because I don't want to endanger anyone else. On the brightside i'm halfway to getting out of isolation and back to going out and seeing people.

Journal Entry #4 September 28, 2020

Today is my last day in isolation! I'm so excited to go back out and see all my friends. It's been so long since i've been out of the house or have seen anyone else. I'm just glad that I didn't spread it to anyone else. Over the last week I've overcome some symptoms that affected me a lot. Overall I had four or five bad days that I felt so sick and just wanted to sleep and do nothing. Today the Eau Claire Health department and they released me from Isolation! I can't believe that it's been ten days already. I feel very gracious that I have a brother that lives in Eau Claire and friends that got me groceries and were around if I needed some sort of help. I called my parents and told them that I was done with my isolation. They were excited for me and they planned on coming down the next day to see me. I was so excited to see them and be around them. Throughout the whole isolation period they called me and checked in on me to make sure I was ok and that I was surviving. I'm just thankful that I have a great family and great friends that could help me in my time of need. I couldn't imagine being alone and not having anyone to help me out. Overall a majority of all my symptoms were gone but I still feel tired and easily get short of breath. The Health Department told me that my immunity is only roughly ninety days. I would really suggest to anyone that is going through this to write journals or record thoughts and emotions daily so people can look back at it and reflect on what you went through.