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History 125

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My Covid-19 Quarantine

The primary source that I chose to create for the assignment “Documenting Your Experiences #2” is a log of journals from my 7 day stay in quarantine. The reason that I chose to keep this journal is because I knew that it would be something that I would enjoy having later down in life when I want to tell people about what my life was like during the Coronavirus pandemic. These journals were written from November 5th, 2020 to November 12th, 2020 in my home in Eau Claire, Wisconsin.

11/05

Today is the first day that I will be starting my official quarantine, I got tested 3 days ago after I started to have symptoms. The symptoms that I have been having have gotten slightly worse about every day, I have been having a sore throat, muscle aches, shortness of breath, and the worst of all I lost my sense of smell and taste. The reason that I knew that I had covid and was not just sick is when I lost my sense of taste a couple of days ago that's why I went in and got tested. I haven't been eating very much today because I overall just feel not well so my stomach has been kind of upset all day. The reason that I am only going to have to quarantine for 7 days instead of 10 or 14 like usual is because I started to experience symptoms a couple of days ago so the authorities said that I will only have to do this for 7 days which sucks but is still nicer than

14 days. I have some feelings of anxiety because I am not sure if I got other people sick and I also don't know where I got it from.

11/06

Today is my second day in quarantine, and I have not started to feel better at all, if anything I feel worse actually. It is only the 2nd day that I have been in quarantine and I am already starting to run out of things to keep myself occupied. Because I live with 4 other roommates who have not all tested positive yet we have agreed that I will stay isolated in my room for as much as I possibly can. The only reason that I have been leaving my room is to eat, use the bathroom and shower and occasionally I will go sit on our front porch to get some fresh air. One of the nice things about being in quarantine is I am forced to catch up on all of my school work that I might have been procrastinating or possibly get ahead I am excited to see how my grades will be impacted by this quarantine because I have a feeling I am going to run out of things to do so studying might become one of my only options. I have yet to get my sense of smell back and I am experiencing the same symptoms as yesterday. My parents came by to drop some food off for me, I had a salad and some fries but could not taste any of it. I have also been spending an alarming amount of time on Twitter.

11/07

Today is my third day in quarantine and I have begun to feel a little bit better. I no longer have a headache but all of my other symptoms have stayed virtually the same, I cannot taste anything or smell anything which is a burden because I enjoy tasting my food when I eat. Two of my other roommates have also just tested positive today so that means I will have some company in

quarantine. After hearing the news of my two other roommates joining me as positive for covid the two remaining roommates decided it was best for them to leave the house all together and go home while we recover from the virus so that means I will be able to go wherever I want in the house because everyone here has tested positive. Today I decided that I was not going to watch any TV at all and that my only source of entertainment would be music or my roommates. I wanted to find some new music to listen to so me and my roommates spent a good chunk of the day sitting in the living room showing eachother new music that we enjoyed. This has been the best day of my 7 day quarantine so far. Things are starting to get better.

11/08

Today will be my fourth day in quarantine and I am feeling a little bit healthier from yesterday, the only symptoms that I am having are muscle aches and my loss of taste and smell. I started off by waking up super early this morning and me and my roommates (the covid positive ones) decided to make some coffee and head to the car to watch the sunrise over Lake Wissota in Chippewa Falls. The reason we did this was to try and find something that we haven't done in a while that we missed. Today I chose to watch the sunrise, I realized that for the past couple months I have gotten lazier since my classes don't usually start until 11 so that is when I wake up normally. It was nice to break out of my normal routine. Later on in the day we watched a couple movies that none of us had seen before. One positive thing that I am going to take away from this quarantine is that I got a lot closer with my friends. We were kind of forced to be with each other but I have found a lot of joy from spending more time with them. I finished the night by cooking some venison for us, which I still couldn't taste.

11/09

Today is my 5th day in quarantine and I have started to feel a lot better, I feel back to my normal self but still have no taste or smell. All of my symptoms are gone completely or are very little. I started off my day by trying to get as much of my homework that is due this week done as I could. I know that this is probably not the best way to get my work done but I know that if I get it done now then later I will have the freedom to do whatever I choose. One of the things that I have been doing to keep myself occupied while in quarantine is cleaning my room. As soon as I start to realize that there is clutter I start to deep clean my room so that everything is in place and cleaned up. It gives me a lot of happiness to have a clean living space because then I can stay focused on whatever task I am trying to complete without having to worry about cleaning my room. I spend the evening rewatching a couple shows on Netflix. Things are getting a lot better.

11/10

Today is my 6th day in quarantine and I have little to no symptoms other than my lack of taste. I have started to smell things a little bit better but it is almost as if I can only smell at 50%. I started off my day by hopping on my online classes right away so that I can finish off all other work that I have for the rest of the week. Now that I am done with all of my work for the rest of the week I played Call of Duty for a good chunk of the day with my roommates. The rest of my day was spent going up north to my hunting cabin to drop corn out for the deer. I did this by myself and did not come into contact with anyone since the land is in the middle of nowhere. I then went back to Eau Claire where I finished the night by playing cards and listening to country music with my roommates. Overall this is the turning point where I am starting to feel no physical symptoms of Covid.

11/11

Today is the 7th day of my Covid-19 quarantine and I have no symptoms at all other than my lack of taste. I am starting to become worried because I was reading online that people have lost their sense of taste for quite longer than just their minimum amount of quarantine days which is frightening to me because I enjoy eating food. I have started to realize all of the positives that this time has given me. One thing that I am going to start doing regularly that I did during this quarantine is each day I want to take time to myself to do exactly what I want to do. Because I was isolated for so long the only person that I had to be concerned about was myself and I think that I am going to start making that a habit. Today I didn't really do much other than watch a few movies and sit on my phone, this was probably my least productive day.

11/12

Today is the last day of my quarantine and I am really excited to be done with it because today is Thursday so that means the weekend is almost here and I will be out of quarantine just in time. I have no symptoms other than my lack of taste still but other than that my body feels perfect. I started out the day by looking over all of my school work from the last week so that I could double check to make sure everything was done. One of the things that I really enjoyed about this period in time was being able to just slow down. I did not have a big list of things to do during the day so I found myself doing nothing at all. I spent a lot of time just sitting and listening to music which I found very calming in the middle of all this chaos. I think that I am going to look back on this time in the future and I will really miss it. This was a major life event for me and I will now be able to tell my story of what having Covid-19 was actually like.