

Nick

Age 17

Grade 12

Somers High School

Somers, New York

April 23, 2020



What were your thoughts when the first COVID-19 cases were being diagnosed in China? Did you expect it to spread to the US?

I wasn't sure what to expect, but I knew that COVID-19 was a problem in China by late December. My father was warning my family by January because he watches business news, where industries were being affected by labor shutdown in China.

How have things changed for you and/or your family since the outbreak?

Usually, my dad works home, and me, my mom, and my brother go to school. My mom is a teacher. Now, we are all home. Laundry is being done less, the dishwasher is on every other day, and I've taken more walks with my family over the past month than I have in the past 5 years.

For you, what is the worst thing about this?

The gym is closed.

The barber is closed.

I sometimes feel depressed at home, going through the same motions every day.

In your experience so far, what, if anything, has been positive about this?

I've lost weight, which I've been trying to do anyway, because I'm never eating out with friends anymore. I also like being on my own schedule every day and get my work done when I want to. I feel better in the morning when I wake up at my natural time, which is only 7:00 ish. Waking up at 6:00 for school was enough to give me a brain fog until lunch.



Tell us about a moment or experience during this time that you will never forget.

Hanging out with a group of friends, all 6 feet apart, in a circle, with masks on.

Pretend it is the year 2050 and another pandemic is looming--what would you tell someone who has just asked what it was like to live through the 2020 pandemic?

If you need a webcam, get one before they are sold out. Make sure to ALWAYS have a couple weeks worth of toilet paper, paper towels, and napkins in your house in case a pandemic comes and people panic buy. And most importantly, don't be fiscally irresponsible. Always have a backup safety fund of money in case something like this happens again. So many people spend all their money and it makes a stressful time even worse when it's hard to make ends meet.