

Why Is My Life Different Now because of COVID 19?

You probably have been hearing a lot about the **Corona Virus** or **COVID 19** on the news and when people talk to each other. Because of **COVID 19**, most people are having to stay at home right now. No one knows how long they will have to stay home. This is different from your usual daily life.

This article has been written to help you better understand why COVID 19 is making your life different.

What is COVID 19?

You probably already know about germs and how, whenever people are together, germs get spread by handshakes, sneezing, coughing, or sometimes even touching things other people have touched. You also probably know that some types of germs can make people sick and that, when a lot of people sick in the same way, we say the sickness caused by the germ is a **contagious disease**.

COVID 19 is not a sickness scientists, doctors, or most other people knew about until a few months ago. That means they don't yet understand how to prevent people from getting it or how to make people who have it well again.

What they do know is that COVID 19 is a very contagious disease.

When diseases are prevented for one person, they are also prevented for people who come near that person. This stops diseases from being too contagious. You probably know

someone who had a cold but, because you stayed away from them and washed your hands well, you did not catch it.

Even if you do get a contagious disease, sometimes they can be cured with medicine. Sometimes all the medicine can do is help you feel better. You just have to take good care of yourself by resting, drinking fluids and eating healthy foods until you feel better.

So why do our routines have to change because of COVID 19?

A lot of people are asking themselves, Why can't just the people who are sick stay home and take medicine? They point out that we don't stay home when others have colds. You may be asking yourself the same question too.

The short answer is that, because of how contagious COVID 19 is, and how little we know about it, most people who don't have to go out for work or important errands or medical appointments are stay at home right now. No one knows how long they will have to stay home but, just to be safe, most people also have been told to stay at home until we can stop people from getting COVID 19.

Why are some people's routines staying the same?

The short answer is that even people whose routines appear to be staying the same are having to deal with a lot of change.

Because of their jobs, some people still have to go to work. These people include doctors and nurses, police officers,

firefighters, EMT's, and people who sell very important things like food or medicine. Other people include staff of homes where some people with disabilities live.

But, there are now special rules – different rules -- for these people so they stay as healthy as possible and do not make anyone else sick by spreading germs. For example, they have to wash their hands even more than usual. Some wear face masks. They use even more disinfectants and use them more often. When possible, they stay 6 or more feet away from other people. Make sure your staff do these things when they first come to work and before they go home.

If you get support from your family or staff, these people may also have to go out for you, especially if don't drive. That's to make sure you get the things you need to stay healthy like healthy foods or your medicine. Even if someone is going out for you, it's important to know that many individuals have worked out a system where the people who get these things for them drop them off outside in the bags they got from the store and leave so the people inside the house can come out and pick up their bags.

This would be a good system for you to use so you don't come into contact with someone who may have COVID 19.

What if you have to go out?

You may have to go out yourself for a medical appointment that keeps you healthy. Or, you may not have anyone to go out for you to get the things you really need to stay healthy. Or, you may have to work yourself because you work someplace that

provides important services like in a grocery store, a pharmacy, or a health care facility.

Even if you have to go out, there are new rules you really should follow to make sure you and the people you come near stay as healthy as possible and do not make anyone else sick by spreading germs. You will need to take better care of yourself than ever before. For example, wash your hands even more than usual. Wear a face mask if you have one. Cough or sneeze directly into your elbow (not just on your arm!). Use Purell or sanitary wipes when you go into buildings and when you leave. Most places have Purell dispensers or sanitary wipes near their entrances and exits. Everyone must use even more disinfectants and use them more often.

You may have different hours at work that can change your schedule and some of the people you usually see may not be there. This does not mean they have COVID 19. Many people have to stay home to take care of older relatives or children because schools are now closed.

But you probably won't be able to go to a restaurant to eat, or go to the movies, or get your hair cut, or do anything else that can wait because most of those places are closed for now, too. Some places may still be open for take-out but you should make sure you take better care of yourself than ever before.

When possible, you also should try whenever possible to stay 6 or more feet away from other people including any co-workers, your supervisor, or customers.

What if it is hard for me to change my routines?

It can be difficult to change routines and have to follow new rules. Because of COVID-19, lots of people have had to change routines and follow new rules. Some people may feel frustrated or angry or unregulated.

If you feel one of these ways, too, know that you are not alone.

What can you do if you feel frustrated or angry or unregulated or even alone? Think of things you usually do to feel good again. You may take a break, do some deep breathing, do yoga or other calming exercises, or take a walk. You may use some sensory materials, shut your eyes for a few minutes, or listen to music. You may be able to talk to someone about how you feel by phone, video chat, or even face to face as long as you follow the 6 foot rule as much as possible.

Doing these things can help you think about something else besides staying at home or other ways your life is different now because of COVID 19. It is important to remember that EVERYONE'S life is different because of COVID 19 and you are not alone.

Every day, scientists, doctors, and most other people are learning more and more about COVID 19 than they knew a few months ago. They know that that some ways to prevent people from getting it are by making life changes like staying home,

only going out if you absolutely must, washing your hands more, and so on.

What does it mean to be in quarantine or self-quarantine?

You may be hearing a lot about a quarantine. A person can be quarantined by health care professionals when they have a contagious disease so that they stay away from people who are not responsible for their care. People who work with quarantined people usually wear special clothes to keep them safe.

People who are quarantined want to stay away so they don't spread their contagious disease to other people. They also stay away because they don't want to catch another sickness.

You may know that people in hospitals who have COVID 19 are quarantined, too.

You may also have heard about self-quarantining because of COVID 19. People who are self-quarantining may be choosing to stay away from other people because they had close contact with someone who already has COVID 19 but don't show any signs of being sick yet.

People like you probably have to self-quarantine even if you haven't had close contact with someone who has COVID 19 because self-quarantining is one of the best ways to keep safe and healthy so you don't get COVID 19. Of course, self-quarantining means staying home and not going out unless you must.

And, if you must go out, you know what to do!

In Conclusion

Hopefully, you now know the answer to the question, *Why Is My Life Different Now because of COVID 19?* It is because everyone wants you to be safe and stay healthy, even our government!

Read this narrative as often as you need to so that you remember why your life is different now because of COVID 19. What we still don't know is how long it will have to stay different and when you can go back to the life you had before COVID-19. But, remember, you are not alone and there are lots of things you can do to stay busy and calm. Staying busy makes the days go by faster.