

Experience of COVID-19

COVID-19 also known as the Coronavirus is a newly discovered disease in the end of 2019. It is a highly epidemic disease and can cause human lungs to have permanent damages. So far, it has brought tragic disaster to the world. People have been challenged by the disease in different aspects. For examples, people facing financial problems such as losing their jobs or unable to afford their payables. Moreover, people are facing health issues since some of the countries are lacking medical care and the medical treatments are fall behind. For me, the most challenging thing during the pandemic was doing a 14 days of isolation and the challenges that came from it.

By the end of January, COVID-19 has been a huge issue affecting many states. However, I was able to stock enough cleaning supplies for the upcoming weeks. Right before COVID-19 became serious in the states, I was able to buy masks, hand sanitizer, and daily supplies such as toilet papers, and disinfection spray. Nevertheless, thousands of people were infected by the COVID-19, and the demands of the “prevention supplies” had incredibly increased. As I was running out of these “preventions” from COVID-19, I went to Costco, Target, Whole Food, Daiso, and Lazy Arce so could to get prepare for this fight. Unfortunately, I was unable to get any of those, they were sold out quickly. Meanwhile, the fear of COVID-19 to people was rising. They began stockpiling unnecessary numbers of supplements, even food. I remembered that the aisle in Target was empty and I had never seen this phenomenon before. Storing food and supplements in an appropriate amount was a good way to avoid social contact by having daily supplies ready and staying in the house. Yet, the inappropriate amount might cause others unable to get their necessities. Lacking masks, hand sanitizers, and disinfection sprays made me nervous so I called my dad and asked him “can I go back home?” He then responded to me with one question, he said “what about school?” I knew it

was a, “No,” to me. I was desponded but the thought of going back was in my mind all the time.

On March 18, 2020, the president of CSULB had officially announced that the form of learning would change from face-to-face to remote instruction for the remaining semester for our safety. And since the infected numbers had drastically increased in the States and the new form of learning allowed me to study at home; my father eventually agreed to buy me a ticket and let me to go back home. As I headed back to Taiwan, anyone who departed from California would have to do 14 days of quarantine since the Taiwanese government had listed California as a level 3 alarm state. During the quarantine, the most frequent question that I asked myself was, “What am I going have for the next meal?” This question popped up into my mind whenever I swallowed the last bite of my food. Having delicious food was always a pleasant thing for me. I enjoy savoring taste of the food, the smell of food, and the texture of food. I ordered food on Uber Eats and I tried different cuisines from different places all around the world during the isolation. However, on the seventh day of the quarantine, the pleasure turned into a boring routine. Eating food became a survival thing to me and the food that I ordered became tasteless. I ate because I needed nutrition and energy to survive. I found it hard to concentrate on a situation like this. Every day was the same for me and I felt unmotivated to do any type of work. What I wanted the most at the time was a breath of fresh air and a connection to the world.

As I locked up in my room, what I spent most of my time during isolation was gaming. Recall the first day of the quarantine, I had nothing to do so I decided to get myself a Nintendo Switch. Luckily, my mom was able to get the last one from the game store. I only played one game on Switch called Smash Bros and I have played this game since fourth grade. I also downloaded a mobile game called Arena of Valor from the Apple Store. Many of my friends played this game during quarantine and we even created a group chat so we

could discuss strategy and win matches readily. I kept playing until either one of the game made me bored. Playing video games and mobile games kills time easily at first but after all, even gaming bored me. I felt like a loser who didn't do anything but eat and play a video game all day long, and I wished online courses could start sooner so I could at least do something meaningful. Once a room full of joy and happiness now became a prison to me.

In the beginning, I found it delightful that classes were no longer in person because I didn't have to waste 30 minutes looking for parking. However, the thought did not last long. It was just the beginning of a nightmare. Online courses drove me crazy due to huge differences in time as I headed back to Taiwan. My earliest class began at 2 a.m. and the classes I scheduled were back-to-back. Hence, I usually stayed up the whole night to participate in class and I couldn't get enough time of sleep. Lack of sleep caused my learning ability to deteriorate and it was exhausting and fatiguing. Furthermore, I am an old fashion person, so I prefer a book instead of an e-book, actual writing instead of typing on a computer, and physical class instead of an online class. In my perspective, the physical class has better clarification on a subject and most of the instructor will have reminders of assignments due dates at the end of the class. Yet, because of the time difference and the form of learning, I often forget to turn the assignments in. COVID-19 has caused inconvenience for me to learn. Eventually, learning becomes a struggle, and it makes me anxious and depressed.

As time goes by, I get used to the days when day and night turn upside down and the new types of learning. I sleep at 8 p.m., so I can get enough sleep when the class starts at 2 a.m. I print out books and documents, so I am willing to read. I convert Taiwan's time to Pacific Standard Time and write down the due date for the assignments on the calendar so I won't forget to turn my homework in. My father told me that I am blessed. He wanted me to know that many people lost their job because of the pandemic and could not pay rent, loans, and bills. And I only need to do 14 days of self-isolation and change the way I learn.

Therefore, he hoped I could stay positive and remain grateful under any circumstances through this COVID experience.