

My Covid-19 Experience.

I'm the final year of nursing student. Covid-19 has changed the way I live, in January 2020 I got so many news and messages about covid 19, I took it very lightly and work as a normal like nothing happened out there. A few days China reported a cluster of cases in Wuhan, it make me curious. I started streaming on Youtube, google and other social media to know about the covid-19 deeply, the result shocked me, that this communicable disease has spreaded very fast and no doubt that my country will get infected soon, this covid-19 will add in the history of pandemic 2019.

In 22 March, 2020, India has announched the first lockdown. I'm sure there were many people experienced the same as me during this lockdown. It effected my emotional as well as mental status. I became obsess in every thing, like fear to touch any object near me, getting panic while having

a mild cold, cough or fever and all this distracted me a lot, the negative thought has stuck on my mind and I started questioning myself "am I in hypochondria-sis? No, It might be not and hopefully not. I drank a lot of hot water, took Vitamin C, turmeric, even steam, etc to boost my immune system and I took precaution as much as possible. I felt that I'm totally in stage of anxiety.

I physically unenergized, wakeup late, ate to excess, spent time on TV, and again went back to the bed. This what I have done in first week of lockdown. I didn't stop streaming here, the Covid-19 cases is rising almost everyday. It has drastic effect on social and economic fronts. It very hard to face the pandemic especially for those who lose their job or below poverty. I am so sad to saw the people who can afford bought too much food and other essential items to stored without thinking that there also a person out there who can not afford even a single meal to eat. This is the time for us to help each other.

I really missed my classes, clinical duty, and evening gathering with friends. Slowly it getting better. I got so much support

from family, friends and others. I became very closer to family, I did my praying, exercise and yoga every morning. I have explored my hobbies in painting and cooking during this pandemic. This all stabilized my physical, mental and spiritual status. I also noticed that pandemic has change the environment, it more clean and fresh than it was. I could heard the melodious voice of the birds that trying to told me they are agree with my statement and seem so happy like me!

Beside this I scared if this pandemic may effected on my study too, but I am so lucky and glad to be the part of my university, They help me a lot by facing it, We have started with online study, assignment and online programs. I'm so thankful to my teacher who taught me about prepared inservice education programme on covid-19 guidelines for the staff nurse in Management and about the myth and right practices during pandemic covid-19 in community health nursing to prepared myself.

I have learnt so many things during this pandemic time, I am so proud, thankful and grateful to all my front

warriors out there who fight with the covid-19 and kept us safe till now. I hope I could spread my wings to help others too.

To conclude this stay strong, be safe and stay home because this is the way which help us to fight with this pandemic.

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