



5-1-2020

## COVID-19 Journal | Joy Akles

Joy Akles  
*Jacksonville State University*

Follow this and additional works at: [https://digitalcommons.jsu.edu/lib\\_ac\\_covidjournal](https://digitalcommons.jsu.edu/lib_ac_covidjournal)



Part of the [Epidemiology Commons](#), and the [United States History Commons](#)

---

### Recommended Citation

Akles, Joy, "COVID-19 Journal | Joy Akles" (2020). *COVID-19 Student Journal Project*. 1.  
[https://digitalcommons.jsu.edu/lib\\_ac\\_covidjournal/1](https://digitalcommons.jsu.edu/lib_ac_covidjournal/1)

This Article is brought to you for free and open access by the COVID-19 Archive at JSU Digital Commons. It has been accepted for inclusion in COVID-19 Student Journal Project by an authorized administrator of JSU Digital Commons. For more information, please contact [digitalcommons@jsu.edu](mailto:digitalcommons@jsu.edu).

Joy Akles

Dr. Bishop

HY 201

March 30<sup>th</sup>, 2020

### **COVID-19 Journal**

#### **March 30<sup>th</sup>, 2020**

COVID-19 pandemic affected my life today because it causes social distance from my friends and family. It also causes me to stay at home to keep from getting the coronavirus. It helps me from getting all my class assignments done on time. It helps keep me healthy. It also keeps the number of cases down from staying home.

The incubation period for the coronavirus is between two-fourteen days. People with mild symptoms are recommended to self-isolate. People of all ages can be infected by the new coronavirus. Older people and people with pre-existing medical conditions appear to be more vulnerable to becoming severely ill with the virus.

#### **March 31<sup>st</sup>, 2020**

COVID-19 pandemic affected everyone's lives. It closed businesses and schools. The businesses were jobs, churches, and stores. There are cases everyday about the coronavirus. Everyday someone dies about the coronavirus. I think the limit on a certain amount of people being together is great.

Today I learned some of the symptoms you might have if you are affected by the Coronavirus. Some symptoms include fever, tiredness, difficulty breathing, and coughing. WHO advises people of all ages to take steps to protect themselves from the virus, for example by

following good hand hygiene and good respiratory hygiene. Standard recommendations to prevent the spread of COVID-19 include frequent cleaning of hands using alcohol-based hand rub or soap, covering the nose and mouth with a flexed elbow or disposable tissue when coughing and sneezing. And you should avoid close contact with anyone that has a fever and cough.

### **April 1<sup>st</sup>, 2020**

COVID-19 affected my lifestyle because I can't do everyday lifestyles. Some products are going out of stock in stores. Such as tissue and cleaning supplies. Some stores had to go out its business. Others are having big sales causing people to buy things. Some people are helping with this pandemic. Celebrities are helping families around the world with sending cleaning things to them.

The United States has reached its tipping point on COVID-19. With federal state and local governments implementing new restrictions on where consumers can travel, how many can gather in any given location and requiring restaurants and bars to shut their doors in hopes of slowing the spread. People that get the coronavirus should remain under home isolation until precautions until the risk of secondary transmission to others is thought to be low. You should remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses.

### **April 2<sup>nd</sup>, 2020**

COVID-19 affected people during college because it caused them to move out of their dorms and apartments. It also allowed us to get an extra credit for moving out early. I had to

pack everything out of my dorm room. I also must stay safe. Getting a credit for moving out is good because you can use it for one of your classes.

Across the city, businesses, institutions, and individuals had to make sacrifices to help mitigate the spread of coronavirus. Some may feel like COVID-19 has changed their way of life. The ones working minimum wage on-campus jobs lost work they depended on for financial security. People can leave the house to get medicine and groceries. People must avoid close contact with other individuals.

### **April 3<sup>rd</sup>, 2020**

COVID-19 affected college students and staff. It allowed staff members on campus to stop their jobs. Everyone also got noticed that they must stay at home starting tomorrow at 5 P.M. It caused people to leave campus and go back home. Some college students don't have a place to go back to. College students can also fill out a form to stay longer, I think that is a good idea.

Not only has it affected college students, it has affected other high schools and elementary schools, etc. COVID-19 has taken so many people out of their jobs making them worried on how they would make a living, keep their kids fed and themselves, and make enough money to pay bills. People must avoid transportation whenever it's possible. People should also skip social gatherings and do not go to sporting arenas. People can leave their house to go for a walk, ride bikes, and exercise.

### **April 4<sup>th</sup>, 2020**

COVID-19 pandemic affected people that have jobs because they must have paperwork in order to go to work. The paperwork allows police to know that they are essential workers. An essential worker is someone that provides essential service to the people they work with or for. I'm an essential worker for The Learning Tree. I take care of special needs kids and adults that need help in life.

I think that it's good for people to keep their jobs they must be an essential worker. Some workers are demanding a higher pay and better working conditions. They are also putting their families at risks by continuing to work. Without essential workers everything will fall apart. Nurses are a hero during this pandemic because they are doing their best to care of every patient.

#### **April 5<sup>th</sup>, 2020**

COVID-19 affected everybody because there was a curfew state issued yesterday until the 30<sup>th</sup> after 5P.M. People can only go to the store, do outside work, and essential workers can only work. Law enforcement must cease enforcement of any order that would displace people from their homes. People can also attend religious services, take care of others, and travel required by law. COVID-19 is a very serious pandemic illness.

I also work more since I have classes online. That's a good thing to me because I can get more hours in. I can also get more assignments done and turned in before there due date. I can bring my grades up by having everything already finished and won't have to worry about anything else. I also think that people should be cautious about their surroundings.

#### **April 6<sup>th</sup>, 2020**

COVID-19 affects my life because I can't hang out with my friends without being 6 feet apart. I think there are pros and cons about the 6 feet rule. The pros are that nobody

can get sick and the cons is that people can't hang out normally. It also stops people from doing important things that need to be done. It stops people from going getting their license or anything else because businesses are starting to close or already closed.

I think that working from home is a good and bad idea because it can keep you from being safe. The cons of working from home is that you can forget to do certain things. Some people don't follow the 6 feet rule. The other day people were playing basketball outside. In some states they are taking the rims off the basketball court.

### **April 7<sup>th</sup>, 2020**

COVID-19 affected my life because I found out that African Americans are more able to get the coronavirus. Everywhere people go we must stay 6 feet apart. The coronavirus, CO stands for corona, VI stands for virus, and D stands for disease. The disease was referred to as 2019 novel coronavirus. COVID-19 affects not just African Americans but everybody else too.

Not only has most people affected by coronavirus has been African Americans but 33% of those hospitalized are African Americans. 13% of the US population is African American and 68% of coronavirus deaths in Chicago were African American. People should avoid close contact with people who are sick, and they should stay home when you are sick, except to get medical care. People should also cover their coughs and sneezes with a tissue, and clean frequently touched surfaces and objects daily. Thirty-five of U.S. residents believe COVID-19 will impact their daily life for six months or longer.

### **April 8<sup>th</sup>, 2020**

COVID-19 affected my life because it caused stocks to go down and grocery stores to run out of certain products. The grocery stores across the country are breaking sales records. App based delivery services are being flooded with new users. The virus can cause a range of

symptoms, from ranging from mild illness to pneumonia. Headaches can be a symptom of the virus.

Grocery shoppers are visiting stores less but buying more per year due to coronavirus. In this event of the outbreak of the coronavirus, grocers must assure shoppers that they'll be safe shopping in their stores or receiving food deliveries. The outbreak of the coronavirus is causing Americans to buy their groceries online, a development that could have a lasting effect on the supermarket industry. Grocery shoppers are stuck in their homes during the virus, online grocery shopping is exploding. Grocers are scrambling to adjust and hiring workers to keep up.

### **April 9<sup>th</sup>, 2020**

COVID-19 affected people's lives because more and more people each day get the coronavirus. Some people also die from the coronavirus even today. There are so many deaths that people don't have anywhere to be buried. Some people are burying mass burials for people that couldn't get buried. I think that is bad because now they must get an even worse choice than being buried.

People who are asymptomatic or anyone who is pre-symptomatic can still spread the virus. In public everyone must wear a face mask or cover their face. People should stay home if they feel unwell. They should also follow directions of your local health authority. Protect yourself and others around you by knowing the facts about COVID-19. People should always also keep everything clean and disinfected around them.

### **April 10<sup>th</sup>, 2020**

Today during COVID-19 I took my anatomy test and I passed it. I also took a history quiz I think I did good on it. The coronavirus doesn't affect my working experience because I

decided to go to work today. The death rate also went up today and I found out that we were having bad weather on Sunday. COVID-19 affects everyone's lives today and continues to each day.

There are 3,100 total cases in Alabama and there are 12,159 cases in Georgia. There are 81 fatal cases in Alabama. There are 428 fatal cases in Georgia. There are no recoveries right now so far. The most cases are in Georgia right now is that is very bad. Everyone needs to recover soon so that everything can go back to how it was.

### **April 11<sup>th</sup>, 2020**

Today during COVID-19 I went to work. I went to work for 14 and a half hours. There is a total of 507,422 coronavirus cases in the United States. The coronavirus didn't affect me working today. Every day when I go to work, I must sign this paper about the coronavirus to make sure I don't have it.

The United States says that lifting the stay-at-home rules too soon could result in a rise in infections. The FDA issued an emergency use authorization for a blood purification system to treat patients 18 years or older with confirmed or approaching respiratory failure. There are 18,559 deaths from COVID-19. There are 2,138 travel-related cases and 10,956 close contact cases. There are 459,165 under investigation cases in U.S.

### **April 12<sup>th</sup>, 2020**

Today during COVID-19 I went to work today. I worked for 14 and a half hours. We are having severe weather today. There were multiple tornadoes in Alabama and trees were falling. Thirty-three people died from the severe weather that happened. 125,000 Alabama power people were without power.



There was a bunch of wind damage in the South. Alabama power reminded people to maintain a safe social distance of six feet from crews due to coronavirus concerns. Some trees knocked down power lines and punctured roofs. Flash flooding became a major concern with multiple flash flood warnings in effect. The storm was very bad on Easter.

### **April 13<sup>th</sup>, 2020**

Today during the lockdown of the coronavirus pandemic, I didn't go to work. I stayed in the house so I can stay from getting sick. Things you could do to get through your day is start off with a breathing stress relief, stretching, going outdoors and indoors, eating well, stay focused, and practicing mindfulness.

Take a few minutes to really focus on your breathing also staying active can increase immunity and boost mental health. Even if you don't know how to practice these disciplines, you can simply close your eyes and move your awareness into your feet to feel more grounded. Atypical symptoms include chills, malaise, sore throat, headache, and nausea. Typical symptoms are fever, cough, and shortness of breath.

### **April 14<sup>th</sup>, 2020**

Today during the COVID-19 lockdown, I also stayed home. I did all my homework assignments that were due. With the number of COVID-19 cases in the United States rising, food retailers are experiencing dramatic increases in demand for groceries and ecommerce delivery at the same time interruptions in the supply chain and shortages of products such as hand sanitizer and toilet paper. To deal with the crisis, grocers are also having to balance an increased demand for workers with the needs of employees who may need to take time off because them or their loved ones are sick.

Some stores such as Amazon and Target are taking precautions. Walmart lets workers who don't feel well to stay home. In case of a directed quarantine situation, workers will receive up to two weeks of pay, and absences during the time you are out will not count against attendance. Target is offering workers up to 14 days of paid time off for employees who have contracted the virus or are under mandatory quarantine. They are also disregarding its absence policy to support employees who feel too sick to come into work or who need to stay home to take care of their kids while school is closed.

### **April 15<sup>th</sup>, 2020**

Today during COVID-19 lockdown, I went to work for 7 hours. I wished everything to go back to how it was. COVID-19 can be characterized as a pandemic. This is due to the rapid increase in the number of cases outside China over the past 2 weeks that has affected a growing number of countries. Antibiotics do not work against viruses.

Vaccines against pneumonia, do not provide protection against the new vaccine. The virus is so new and different that it needs its own vaccine. The coronavirus disease is a new strain that was discovered in 2019. For initial diagnostic testing for COVID-19, the CDC recommends collecting and testing an upper respiratory specimen. CDC recommends that travelers at higher risk for COVID-19 complications avoid all cruise travel and nonessential air travel.

### **April 16<sup>th</sup>, 2020**

Today during COVID-19, I went to work again. I worked for 7 hours. The latest on the update there are 1, 995, 983 confirmed cases. COVID-19 is causing some people to work from home during this pandemic. Working from home reduces potential interactions with people that are diagnosed with the virus. When social distancing is practiced it can flatten the curve.

COVID-19 has changed how we work, play, and learn. Schools are closing, sports games have been cancelled, and many people have been asked to work from home. People must avoid groups of more than 10 people. When people leave their home, they should wipe down any surfaces they encounter. People should also wash their hands every day.

### **April 17<sup>th</sup>, 2020**

Today during COVID-19, I didn't go to work today. I took my anatomy test and history quiz. I also stayed in the house and finished all my class assignments. Some people personal life has been impacted by the coronavirus. Nine-in-ten U.S. adults say that their personal life is impacted by the coronavirus. The coronavirus affects people education and income.

COVID-19 has affected all 50 states in America. Seventy-four percent of U.S. residents practice social distancing. Forty-one percent of working U.S. residents worry about losing their job. Twenty-nine percent of U.S. residents have canceled or postponed travel plans. Some people have canceled or postponed their weddings.

### **April 18<sup>th</sup>, 2020**

Today during COVID-19, I went to work. I worked for 14 and a half hours. I worked on this journal and I did my creative storytelling project. Thirteen percent of parents have stopped working or are working less to care for their children. Fifty-nine percent of people limit visits to stores and pharmacies.

This social distance has provided much more downtime. Sixty-five percent of people are avoiding touching their face, nose, and eyes. Sixty-two percent of people are practicing home isolation by voluntarily staying at home. Fifteen percent of people wear a face mask. Fourteen percent of people started using contactless, mobile payments such as Apple Pay and Google Pay.

### **April 19<sup>th</sup>, 2020**

Today during COVID-19, I went to work. I worked for fourteen and a half hours. Nineteen percent of people change their clothes after returning home from the store or pharmacy. Twenty-two percent of people are doing more home improvements and working out less. Seventeen percent of people are eating more.

Also, during COVID-19 sixty percent of people are watching the news more. Forty-one percent of people are using social media more. Thirty-seven percent of people are streaming services more. Nonessential businesses had to close because they weren't essential workers. Pharmacies and law enforcement are essential workers.

### **April 20<sup>th</sup>, 2020**

Today during COVID-19, I didn't go to work today. I stayed in the house all day. I did my math homework also did a journal entry today. COVID-19 has currently affected 1,658,332 patients and there has been 645,019 patients that have recovered from the virus. There have been 170,185 deaths from the virus.

COVID-19 has had 815,204 closed cases. COVID-19 is affecting 210 countries and territories around the world. There are 23,536 new cases and 1,682 new deaths in the United States because of COVID-19. The middle age of cases detected outside of China is 45 years, ranging from 2 to 74 years old. Seventy-one percent of the cases were males in China.

### **April 21<sup>st</sup>, 2020**

Today during COVID-19, I didn't go to work today. I went to Oxford Lake to go walking around the trail. I think it's better than staying in the house all day. COVID-19 is changing how we live our lives daily. Some coronaviruses that affect animals can spread to humans. The pandemic of the coronavirus disease can be stressful. There can be hard times to deal with this disease.

COVID-19 is making people be more cautious about themselves and others around them. It's making us not shake hands with people because that's another way to get the virus. It's also making us stop touching our face and wash our hands all the time. I think that is a good thing because people can get easily sick by that by just putting germs on their face. People are now working out from home and I think that's good because there are a bunch of germs at the gym.

### **April 22<sup>nd</sup>, 2020**

Today during COVID-19, I didn't go to work today. Today is also a very important day, It's Earth day! I went to the store and then stay in the house most of the day. Some people took the coronavirus as a joke. But now, people found out that its very serious. It's also possible that the virus can still live on doorknobs, handrails and other surfaces. That's why people must wash their hands every day and clean everything they touch all the time.

COVID-19 doesn't have any medications, nor a vaccine to prevent infection. People that are not infected by it will still have to change the way they do everyday things. Staying home and away from people can keep the infected cases down. People who are infected can't spread the disease by being quarantined. The most important strategy is for sick people to stay home instead of being around other people.

### **April 23<sup>rd</sup>, 2020**

Today during COVID-19, I didn't go to work today. I took all my final exams and passed them. I also stayed in the house the whole day. More than 1.6 million people have been infected across the globe. More than 100,000 have died and lockdowns have been ordered in numerous countries and counties. Many of the states in the U.S. have issued a shelter-in-place order.

COVID-19 has affected politics in the U.S. The CDC has continued to urge everyone to wash their hands for at least 20 seconds. People have also stocked up on hygiene products. Hand

sanitizer sales went up 73%, while thermometers rose 47% and disinfectant spray purchases went up 32%. Many states began some sort of stay-at-home order, public gatherings of any kind are banned.

### **April 24<sup>th</sup>, 2020**

Today during COVID-19, I didn't go to work today. I did another journal entry for today. I also stayed in the house. Coronaviruses are a large family of viruses. Some cause illness in people, and others cause illness in certain types of animals. Some coronaviruses that infect animals can sometimes be spread to people, but that is rare. The first infections were thought to be linked to a live animal market, but the virus is now spreading from person to person.

COVID-19 spreads mainly from person to person through respiratory droplets from coughing, sneezing, and talking. Based on limited information available to date, the risk of animals spreading COVID-19 to people is considered low. We are still learning about this virus, but it appears that it can spread from people to animals in some situations. The first case of an animal testing positive for the virus in the United States was in a tiger that had a respiratory illness at a zoo in New York City. If a person inside the household becomes sick, isolate that person from everyone else, including pets.

### **April 25<sup>th</sup>, 2020**

Today during COVID-19, I went to work today. I worked 14 and a half hours. Recent studies show that people who are infected but do not have symptoms likely play a role in the spread of COVID-19. Currently, there is no evidence that animals play a specific role in spreading the virus that causes COVID-19. Only a few of the animals reported to be positive showed signs of illness.

COVID-19 has spread to nearly every country. The disease has killed more than 190, 000 people and infected more than 2.7 million people. More than 750,000 people have recovered. Today, the death toll in the United States passed 50,000 among more than 880,00 reported cases. COVID-19 affects how we think, how we relate to other and what we value. It has also spread fear to people in the United States.

### **April 26<sup>th</sup>, 2020**

Today during COVID-19, I went to work today. I worked 14 and a half hours. The coronavirus is spreading quickly around the globe. The pandemic hurts almost all industries, turning the health care challenge into an economic one. People can no longer travel or go out. Health-care workers that are helping the patients can also become infected and need to self-quarantine.

COVID-19 affects the economic demand side. The beaches are closed, while restaurants and bars remain open for takeout and delivery only. All public schools are closed through the end of the academic year. The governor, Kay Ivey announced that local authorities can allow law enforcement officers to issue a order instead of making an arrest for misdemeanors. It reduced the movement of inmates being moved in and out of jail.

### **April 27<sup>th</sup>, 2020**

Today during COVID-19, I didn't go to work today. I stayed in the house all day. Governor Kay Ivey granted temporary relief from residential evictions and foreclosures for duration of the public health emergency. The proclamation saved people from being thrown out of their homes but doesn't relieve them of the need to pay their rent and mortgage. Dental and medical procedures are delayed.

COVID-19 border travel restrictions start to impact daily life. Mexican residents with legal visa are getting turned away from the U.S. Symptoms do not appear immediately after the COVID-19 infection. It means that people can function normally and continue daily life as normal before realizing they are sick. Once the body is infected, it will launch an attack against the virus in which immune cells will target COVID-19.

**Coronavirus has changed the world drastically making people cautious of their health and the people surrounding them. Coronavirus is not only a virus that has affected me but affected the whole world. It has also taken a dozen lives with it. It has also caused some people to lose their jobs, which has caused people income problems. I discussed the percentages of what people do during COVID-19. I also discussed the things I did during the lockdown. I discussed COVID-19 symptoms and facts. I covered this journal from March 30<sup>th</sup>, 2020 to April 27<sup>th</sup>, 2020. I was at my house and work during this time. The year is 2020, but I graduate in 2023. My major is Nursing.**