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4-23-2020

## Diary by CSUSB student Jennifer Duke (April 23, 2020)

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*CSUSB*

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### Recommended Citation

Duke, Jennifer, "Diary by CSUSB student Jennifer Duke (April 23, 2020)" (2020). *Documenting the CSUSB COVID-19 Experience*. 6.

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Friday, March 20, 2020

Jennifer Duke

As a historian, I ~~understood~~ understand how extraordinarily valuable primary sources can be when trying to understand what happened in the past. I feel the need to document the unbelievable shit going on the world right now and I am choosing to do so on paper because I feel like it is less likely to be lost than a file in the cloud or somewhere in the internet universe.

Every now and then, a random virus comes out of nowhere and gets people scared, but it usually disappears as quickly as it shows up. This was the case with the SARS (2003), H1N1<sup>(2009)</sup>, and MERS (2012). These diseases killed thousands, and had relatively high contagion & mortality rates. Scary as they were, life continued normally for the vast majority of people and government and their societies continued to function.

In December 2019, there were reports of a new disease, a type of coronavirus coming out of China. No one took it seriously. I researched the question "Should we be worried about the new coronavirus?" And the answer from several sources was "no". I put it to the back of my mind. When other people talked about it, I dismissed their fears - "It's just a cold/flu. Everyone is overreacting."

In early March, the Palm Springs Golf and Tennis events were cancelled, then the massively popular Coachella

and stagecoach music festivals were postponed till October. All major sporting events, including MLB, NBA, etc, were cancelled after several NBA players tested positive. Canadian Prime Minister Justin Trudeau's wife tested positive. Actor Tom Hanks & wife Rita Wilson tested positive.

It started to look more real. There was a run on bottled water and toilet paper first. A few days later there was a run on food.

Senior citizens & ~~immunocompromised~~ immunocompromised individuals were told to isolate themselves. Stores allowed seniors & disabled in a little early to shop, but shortened operating hours drastically to allow time to restock shelves. Food prices went up. Disneyland & other theme parks closed.

Then employers were forced to send all non-essential employees home to work from home. Schools were moved to online learning or cancelled for the rest of the academic year. At first, there were to be no gatherings of more than 250 people, then 50, then 10, then 0. Kids and adult sports were shut down. All restaurants closed to allow take-out only. Any establishment that sold alcohol but no food closed. Casinos closed.

On March 20, 2020, at 12 am, the state of California was put on mandatory lockdown until further notice to try to "Flatten the Curve!"

Here ~~are~~ are a few other things that we know:

• As of 3/20/20, <sup>World</sup> the ~~United States~~ has 170,125 currently infected patients (worldometers.info)  
162,329 in mild condition (95%), 7,796 in serious condition (5%). 101,917 cases had an outcome: 90,618 recoveries (89%), 11,299 deaths (11%).

The USA has a total of 18,121 cases. 17,763 active, 17,699 in mild condition (100%), 64 in critical condition (<1%). 125 recoveries and 233 deaths.

California has 1,095 total cases, 21 deaths, 6 recoveries, 1,068 active cases.

- The US gov believes China withheld information about the virus and its effect on young people. Based on numbers coming from France & Italy, it seems like young people (millennials) are more susceptible than previously thought.
- Conspiracy theorists are going nuts.

I myself have 2 theories:

1) The virus is worse than we are being led to believe & they are trying to keep us calm.

OR

2) It's not bad, and is being exploited as a way for the government to suspend civil rights and assume unlimited power.

Even if I am wrong about both, these things, life in America will not return to normal for some time.

The stock market crashed so hard in just 2 weeks that we went from <sup>economic</sup> prosperity to economic recession. If there is a run on the banks next, then the recession will quickly devolve into a second Great Depression.

~ Saturday, March 21, 2020 ~

The National Guard has been deployed to some areas of the state. They say it is to help the food banks. We will see.

World has ~~805,000~~ <sup>197,402</sup> ~~cases~~ currently active cases.

US - 24,786 California total currently active cases - ~~217~~ 1,274. That's less than other ~~states~~ states.

Maybe social distancing is working?  
San Bernardino County - 9



Sunday, March 22, 2020

San Bernardino County - 17 cases

Senator Rand Paul positive.

USNS Mercy going to ~~San~~ Los Angeles to add extra hospital beds.

Restaurants starting to sell food - eggs, milk, bread, etc.

Monday, March 23, 2020

I went to 6 different stores yesterday to find flour for mom's bday dinner. Finally found some at the drive-thru dairy.

Upon looking at the numbers and doing my own math, the death rate looks more like 13%; CDC had estimated between 1-3.4%.

First San Diego death from virus was yesterday.

Nurses are striking across the country - they can't get PPE to protect themselves.

Democrats blocked stimulus package that would issue 1k checks to families.

Some private companies have converted their factories/manufacturing plants to making PPE like masks/gloves/etc.

Now government is calling on more companies to do the same. Reminds me of the mass factory conversions that took place on the homefront in WWII. Everyone helped. We need to mobilize like they did because I am starting to think my theory #1 is the correct one.

Wednesday, March 25, 2020

San Bernardino County - 38 cases, 1 death

Congress approved a 6 trillion dollar stimulus package and are toying with the idea of a digital currency.

Thursday, March 26, 2020

54 cases in County, 2 deaths  
45 deaths surpass 1,000

Some stores shut down such as Hobby Lobby & Big 5 since what they sell is "nonessential"  
Essential workers get papers stating that they are needed in case we get stopped. Reminds me of Jewish papers in the ghettos.

Saturday, March 28, 2020

Kaiser closes 7 medical offices to conserve staff & supplies for hospital.

76 cases - 3 deaths

It's in Yucaipa now, 12 people tested positive at a nursing facility a couple streets away.

That means it is probably everywhere.

🌀 The US has now surpassed Italy and has more cases than any other country worldwide. New York City is the epicenter with nearly 100,000 cases.

I 🌀 recorded numbers a week ago today, so I'll record them every Saturday.

Worldometers.info - source

World- 660,150 cases

30,642 deaths = 18% kill rate

~~141~~ 141,464 recoveries

488,044 currently infected

462,500 mild 25,544 critical

USA - 121,043 cases

2,020 deaths #

3,231 recoveries

115,792 currently infected

2,666 critical

California - 4,980 total cases

104 deaths

4,865 active cases

Friday, April 3, 2020

A lot has happened during my work week.

The hospital (Arrowhead Regional Medical Center) bought

2 ocean containers to store PPE. Donations of PPE

came in from all over, plus whatever my company

(Medline) could get in from manufacturers. We spent

several hours wednesday loading the containers.

We are now required to bring a change of clothes to

work; we change out of our scrubs and shoes at

the end of the day so we don't take hospital germs

home with us. We are required to wear a face

mask at all times during our shift. Every few hours



the loudspeaker in the hospital comes on and says "Thank you all for your hard work, we will be ok, we're all in this together," or something like that. I haven't memorized the exact words.

The hospital has 21 cases (I've heard), as of 4/1/20. The unit 4North has been converted to a strictly covid unit. It has been completely sealed off.

A covid patient was wheeled past me while I was stocking the ER. I came out of the supply room and a nurse shouted "Clear the hall! Covid patient" over and over. I went back into the supply room just as the patient was wheeled by with a sheet over his or her head.

The Respiratory Dept (one I am responsible for stocking) is preparing. They use a room to keep a cart in and the cart has what are labeled as "covid kits".

There are currently 68 covid cases in Yucapipa after an outbreak in a nursing home. This is the majority of the nursing home residents as well as 6 employees. I'm surrounded by this virus.

I've been having 2 of the main covid symptoms: dry cough and shortness of breath. I do not think I am sick as these are also symptoms of anxiety which I really suffer from. I attribute the symptoms to anxiety because they get worse when I watch the news, consume caffeine, or think about being sick. I still wear a mask when I go to the grocery store though. If I am sick I do not want to infect anyone.

I have a routine when I get home from work. I use the back entrance only, which leads directly to the laundry room and shower. I come home, take my shoes off by the back door, strip down in the laundry room and toss my scrubs directly in the washer, and take a shower. For the rest of the day I wear pajamas. I don't know if I will keep doing this now though since now we are required to change at work.

I think I have updated everything. I am going to get my computer cleaned up and get it ready for online courses this quarter that start Monday.

Tuesday, April 7, 2020

Signs on the freeway read things like "Wash

your hands to stop covid. Be safe, we are all in this together. "

US Death toll is now predicted to be much lower than models had estimated despite today having been the deadliest day so far.

Face masks are now required when in public in several counties, including mine, San Bernardino county.

New York hospitals are now where Italy was. They do not have enough ventilators for all the patients who need them. California lent them 500. I hope we can get them back when and if we need them.

Friday, April 17<sup>th</sup>, 2020

It has been awhile and a lot has gone on. Governor Newsom and President Trump have laid out plans to reopen the country despite being nowhere near ready. Trump is ultimately leaving it up to State governors but wants to open in Phases. Phase 1 would begin (ideally) in May. Restaurants would reopen, if they can follow social distancing protocol. Movie theatres too and the like. Phase 2 would begin in June or July. Travel can resume, schools can reopen. Bars & clubs can reopen w/ social distancing / reduced capacity.

Phase 3 would begin in August. Life would somewhat return to normal.

Governor Newsom feels differently. He believes things can somewhat open back up w/ social distancing, but mass gatherings including sporting events & concerts would most likely remain prohibited until next year or until we get a vaccine, whichever comes first. Which means I am probably not going to get my graduation ceremony.

I realize a lot of people have it worse & that this virus hasn't upended my life as much as others. However, I have worked my ass off for this, so I feel devastated and robbed.

A coworker of mine is quarantined, but I don't believe she has it. Her symptoms are different. However, she and I supply and order for the Covid unit at the hospital on Sundays so I don't know for sure.

Here are the numbers:

Global cases	2,235,370	Global deaths	153,818
US cases	699,850	US deaths	37,242
California cases	28,887	California cases	1,021
San Bernardino County cases	1,032	SB County deaths	47
Yucaipa cases	113	Yucaipa deaths	not given



Saturday, April 18, 2020

It's been just about a month since we have been ordered to stay home. People, understandably, are beginning to feel uneasy. There are several groups all across the country beginning to organize large protests. Common citizens, not even government officials, are suggesting jailing the protesters. I am not sure how I feel about the protesters. Because I'm not sure if these measures we are taking are actually necessary or if this is the beginning of the fall of democracy in America, I Do know how I feel about jailing the protesters - it is unconstitutional!

Governor Newsom has announced Project Roomkey / Operation Roomkey. This is to get homeless off the streets and into hotel rooms.

Thursday, April 23<sup>rd</sup>, 2020

Yesterday, Governor Newsom announced that we will pull back on stay-at-home orders slightly.

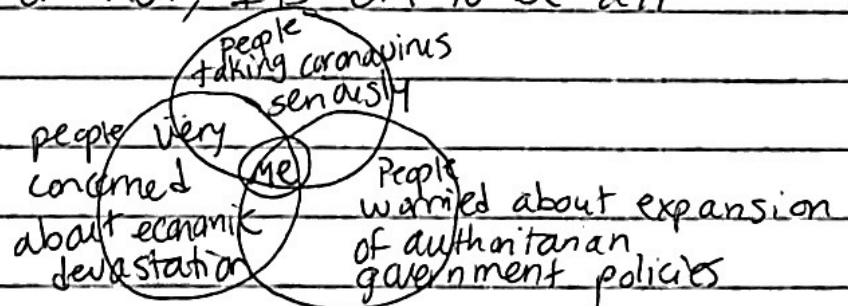
Surgeries that are non-emergent can resume and some beaches and parks have unofficially reopened. Cases and deaths continue to climb, but hospitalizations and ICU admits have decreased slightly. There are fewer patients (covid) at the hospital I work at than there were a couple weeks ago. Other states have relaxed their



own stay-at-home orders much more than ours. People are protesting en masse. They're being called selfish. I'm still not sure about that. I continue to do my part for now - but we can't do this forever it just isn't feasible. Covid is not going anywhere. It will return annually just like the flu. A vaccine can help somewhat, but covid is a virus; it will mutate and develop into several strains. There is a vaccine for flu, yet it still infects and kills thousands. What is the point of "social distancing" when we won't be able to beat the virus? I also ~~don't~~ ~~understand~~ somewhat understand the fears that the protesters have. They feel their 1<sup>st</sup> amendment rights have been taken from them. I also don't agree with them 100% either. While I feel I understand their fear, their actions are a little selfish.

There is a meme going around that perfectly shows / explains where my exact thoughts about it all are. It looks like this:

"Believe it or not, it's ok to be all three"



My graduation ceremony has officially been "postponed". But I am not going to get my hopes up. We likely (IMO) won't see it. This virus will probably

last through the end of the year, or longer.  
If our graduation runs into the commencements  
of the class of 2021, then there kind of won't  
even be a point.

The governor announced today that student loan  
servicers will hold off on collecting loan payments  
for 90 days, and debt collectors will no longer  
be able to touch/garnish relief checks from the  
government.

Store shelves are a lot fuller, but cleaning  
supplies and paper products are ~~are~~ still very  
hard to find.

Arrowhead still hasn't had to dip into their  
ocean containers for PPE since the surge  
still hasn't come.

A picture of me suiting up to go into the  
O.R. at Arrowhead has made my company's  
website. My company (Medline) has also  
given us a 2 dollar/hr raise during the crisis  
as well as 5 additional days PTO  
(paid time off).

A second nursing home in my area had an outbreak.  
Yucaipa now has 167 cases - but mostly from

the 2 nursing home outbreaks. Only Fontana  
and San Bernardino have more.

Testing is much more available than it  
~~is~~ previously was.