**Covid diaries**

**[Zara Maqbool](https://nation.com.pk/Columnist/zara-maqbool)**

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Ever since Covid-19 sneaked into our lives like a burglar at night, life has never been the same. There were those who immediately locked themselves in before smart lockdowns and complete lockdowns were announced. There were also those who called it a western conspiracy and did not believe that this virus is real. And then there were believers who shared every piece of information they could grab on, recklessly forwarded that to multiple forums and tried every herb under the sun. They slept with their sanitisers in their pockets (lame joke), wore funky masks and ran for their lives if they saw someone without a mask coming their way.

And then there were some like me who wore a mask, carried a sanitiser but never really went into lockdown, standing up to Covid in its face and challenging it to hit them.

I did not get affected by it and I secretly contributed it to mindfulness, my positive attitude and my fierce courage.

And then under the healthcare worker category I got myself vaccinated and I proudly patted myself on the back for staying safe for so long and then under the protection of the vaccination, I sat back and again challenged Covid-19 right in its face.

[Oil marketing companies announce hike in price of LPG](https://nation.com.pk/30-Jul-2021/oil-marketing-companies-announced-hike-in-price-of-lpg)

It was a bad idea the second time and just four days back, I got bit by the Covid bug and what a painful bite it is. My first reaction after being tested was of intense betrayal. ‘Sinopharm, how could you?’ And then came fever, chills, unbearable body aches, cough, and an insane kind of weakness that I have never experienced in my life.

It hit me then. Covid is serious! I silently apologised to Covid-19 for not exactly mocking it but thinking that with my healthy lifestyle and good immunity could fight this beast. No, this beast is bigger than us.

Currently it’s day 6 of my quarantine. Stuck in my room, coughing like crazy, weird sensations emerging now and then, the biggest cause of my distress is how chaotic my mind feels. I feel depressed and then very agitated feeling restless and just overwhelmed as sometimes I feel the walls closing in on me. The social isolation is nerve wrecking, I miss my home, I miss the outside and the next one-week seems impossible to bear.

[Global warming will claim 83M lives without emissions changes: Study](https://nation.com.pk/30-Jul-2021/global-warming-will-claim-83m-lives-without-emissions-changes-study)

Again what alarms me is that this is not going to end. Sure the vaccination is probably not letting you die but I remember a moment of intense panic when I found out I am tested positive. This five-letter word really carries a lot of fearful associations. I try not to think of the millions of people who have lost their lives to this disease.

Again the time of isolation is very tough. I fainted last night and after a few minutes, when I came to consciousness, lying on the floor I had a breakdown realising I cannot call anyone to come and help me. I cannot let my loved ones be at risk. In that moment I was grateful for the world we live in, where there is so much support for each other in times of need and how we take it for granted all the time.

I am not sure if I have expressed my thoughts as coherently as I believe I have but then I have Covid as my defence. I just implore others and especially those like me, to take this disease more seriously than they might have been. Its not just about surviving the virus but it might affect the body in ways that are still unknown to us.

[Ambassador of Jordan calls on Air Chief](https://nation.com.pk/30-Jul-2021/ambassador-of-jordan-calls-on-air-chief)

Please take precautions, as this isn’t over yet. Yes, don’t let this affect your mental health and don’t live in fear but an attitude of seriousness towards Covid-19 is a must. ‘Picture abhi baaki hai mere dost’ The film is not done yet.