

## *COVID Chronicles Delaware*

Prompts

April 7, 2020

1. When do you remember first hearing about COVID-19?
  - a. What were your original thoughts about the coronavirus crisis? When did you realize it was serious news that you could not ignore?
  - b. When did you realize that daily life was going to change significantly?
2. What sources (e-newspaper, public radio, social media, spouse/family member) are you relying on for updates related to COVID-19?
  - a. How do you choose your source of information?
  - b. Why these sources?
  - c. How closely do you follow these sources to stay informed? Or, how frequently are you checking “the news” for updates?
  - d. Has this changed how you feel or think about certain sources?
3. Where are you sheltering? Are you staying home? Are you at a family member’s house? Why did you decide to shelter where you did?
  - a. Who are you with on a day-to-day basis? Has it brought you closer together?
  - b. What preparations did you or your family members make?
  - c. How has your daily routine changed as a result of the quarantine (e.g. with pets, with kids, with elderly parents, with work)?
  - d. Have you established a new routine while self-isolating? Please describe.

- e. How are you feeling about your current situation? Do you feel isolated?  
Are you enjoying time away from school/work?
  - f. Are you comfortable finding alternative ways to stay connected to others?
4. Is COVID-19 changing your view of certain occupations (e.g. emergency responders, police, doctors, sanitation workers/janitorial services, grocery store workers, FedEx/USPS)?
5. How is the coronavirus affecting you?
- a. How are you coping with social distancing? Is it a challenge?
  - b. What passion project/hobbies are you starting/completing or what new/old skill are you learning/relearning during the quarantine?
  - c. What's a daily pleasure that you miss right now?
  - d. Have your social habits changed in any significant way? Are you socializing more virtually than you would have pre-pandemic?
  - e. Have you participated in any virtual experiences like virtual hangouts, netflix parties, etc.? What programs are you using? Do you enjoy socializing this way? Has it become a new routine or tradition?
  - f. Personal hygiene routines? Cleansing or disinfecting groceries, deliveries, showering when you return home from going out, washing clothes worn outside right away?
6. Are you or someone in your community (school, business, retail chain) performing a "selfless act" during the pandemic? Please describe.
7. What celebrations have you had to cancel or postpone? Birthdays, weddings, engagements, showers? How did you celebrate?

8. What has brought you relief during your long days in relative isolation? Why?
  - a. Songs, tv shows, movies, books - how do these help you?
  - b. New/old hobbies?
9. Have you seen anything recently that gives you hope? Anxiety? Fear? (in person, in the news, or on social media). Please describe.
10. How do you think the pandemic will impact the future? What will be different? What will stay the same?
  - a. In 10 years, if someone asks you what defined the COVID-19 pandemic, what would you say? What picture would you use to show them?