



# 2020 Isolation Journal

*Capturing the experiences of*

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*during the COVID-19/  
Coronavirus pandemic.*

# The COVID-19/ Coronavirus Pandemic

## WHERE IT BEGAN

In December 2019 the Chinese Authorities notified the World Health Organisation (WHO) that a coronavirus was detected in Wuhan and was spreading throughout their communities.

In February 2020, as the outbreak continued to spread through China, Asia and the rest of the world, WHO announced a name for the new coronavirus: COVID-19. As the spread of the disease continued to worsen WHO declared the COVID-19 outbreak a global pandemic on March 11, 2020. A pandemic is an outbreak of a disease that has spread across a large area, for instance multiple continents, or worldwide.

## WHAT IS COVID-19?

COVID-19 is a new virus that is part of a large family of viruses which may cause humans to become sick. It's like a cousin to the common cold or flu but is much more contagious, spreads faster and infects the breathing system, our nose, throat and lungs.

## HOW IS IT SPREAD?

The germ that causes COVID-19 spreads easily from person to person through tiny droplets when people cough or sneeze. The good news is that the virus doesn't have legs so it can't walk to us and it doesn't have wings so it can't fly to us!

## WHO CAN GET SICK?

Luckily young people and children seem to have immune systems that can fight the virus. So even if a child did get COVID-19 they most likely won't get very sick, it would be a bit like getting a cold. Sadly, the disease is more serious for grandparents and older people as well as those that are already sick.

## HOW TO STOP THE SPREAD

Even if you're young and healthy, it's your job to practice social distancing (keeping 1.5 meters away from others) and to stay at home (unless you're allowed to go to school). Some of the other ways you can help to stop the spread include; sneezing into a tissue or your elbow, not touching your face, washing your hands often and before eating.

## LIFE IN ISOLATION

The world is currently going into hibernation. No AFL, no sports, not even the Olympics are allowed to go ahead! Millions of people are now working from home, schools may close, state borders are shut, international travel suspended and large gatherings for weddings, parties or funerals are all banned.

Living through hibernation and this pandemic will become part of your personal history, we will all be talking about it for years to come.

*Use this journal to record your daily activities so you can look back at it in the years to come.*

*You never know you might miss that time when all you had to do was stay home on the couch!*

*Who am I in isolation with?*

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*Reasons for leaving the house:*

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*Things I'm doing to keep active:*

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*Music that I'm listening to:*

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*Books that I'm reading:*

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TV shows and movies I am watching:

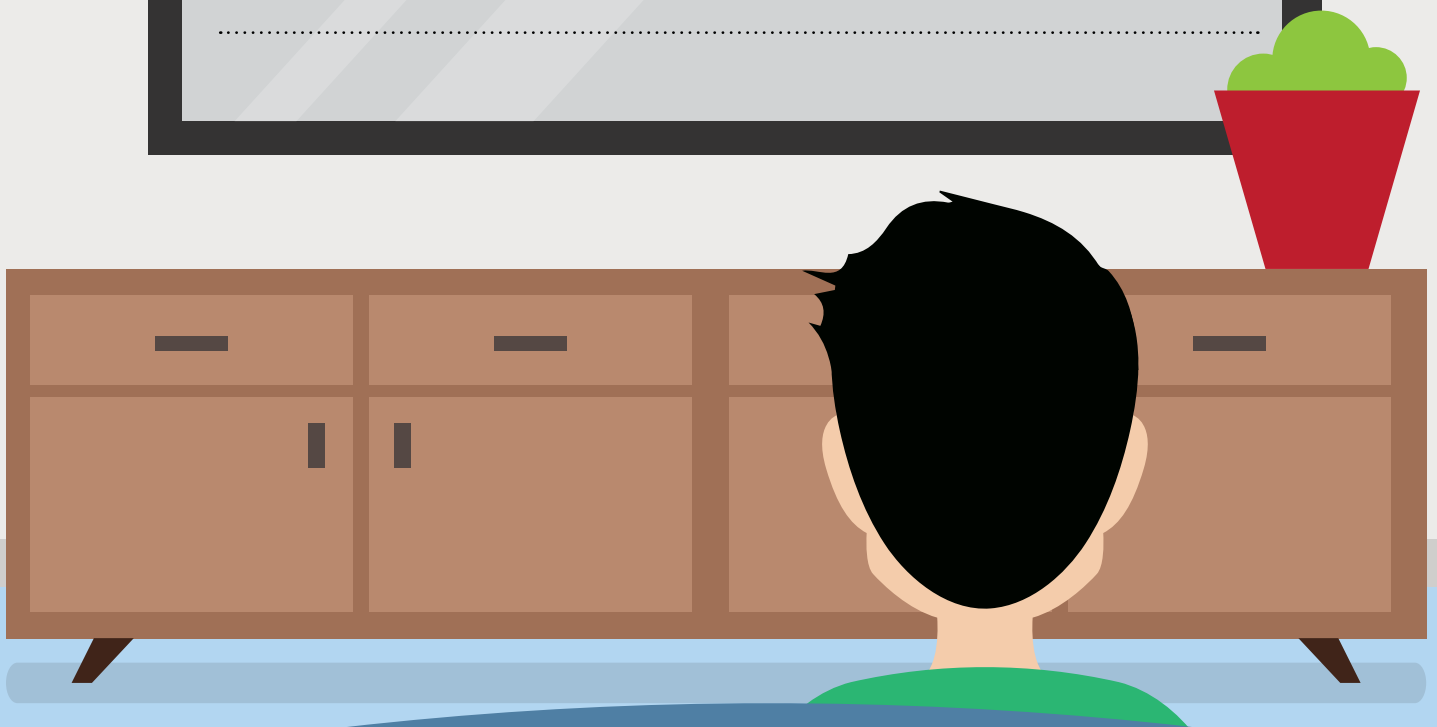
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Other ways I'm entertaining myself:

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*How I'm communicating with my friends:*

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*How I'm communicating  
with my extended family:*

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What I'm eating:



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I'm snacking on: .....

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*The things I miss the most are:*

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*The most challenging thing about isolation is:*

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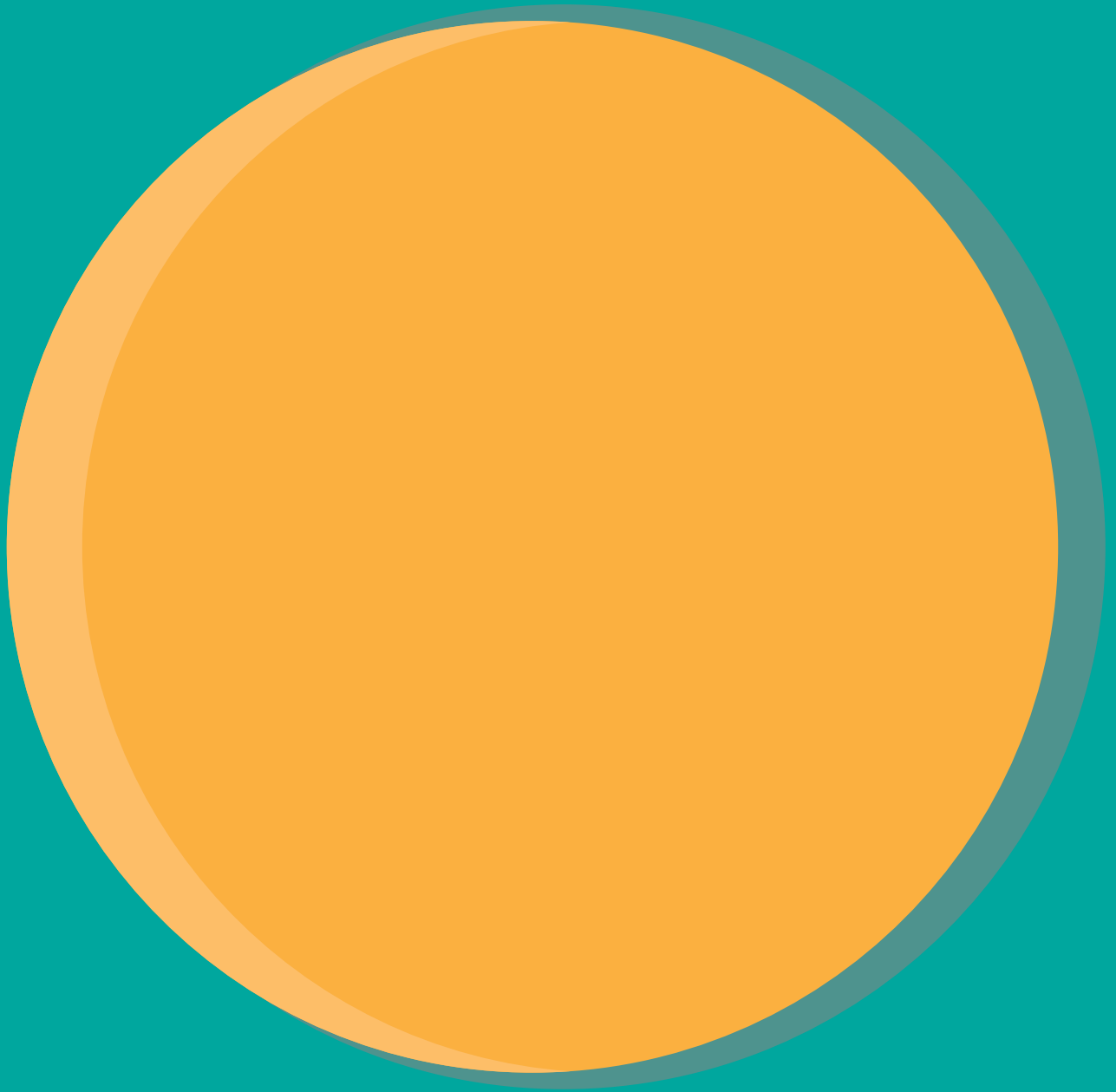
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# How being in isolation makes me feel:

Draw your emotion on the emoji face below:



Why do you feel this way?

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*When this is all over the first  
thing I want to do is:*

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*When this is all over the first  
place I want to go is:*

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**When this is all over the first  
person I want to hug is:**

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**During isolation I have learnt:**

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Creating  
history  
together!

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