

Surviving Covid-19

By Ken Kalish

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Frank:

Sorry to be so long in replying. I've been locked into my HoneyDo list.

The most frightening was fighting the breathing problem. The oddest was waking up in a heavy sweat and wet bed with a temperature bordering on "You're dead, go back to sleep." I had a constant headache, lost muscle mass, lots of cramps in large muscles, a feeling of malaise, a constant cough. Mine was a "mild" case requiring no hospitalization except for the ER visit. The pneumonia lasted for a long time after I got the all clear because of my temperature being static for three days. I have just begun to realize how much strength I have lost. I'm doing the back and forth rock to gain enough momentum to stand, but I can still open jars for my wife. I seem to have lost the desire to write. No appetite.

Scary is the word I would use. This stuff can kill you within a week of showing symptoms.

I am a rabid believer in wearing masks. I wear it everywhere simply because no one knows how long one can "be cured" but still carry the virus. I do not wear it to keep myself safe. I wear it to keep other people safe. That pneumonia thing, for instance, I can tell you that I would rather not go through it again. The biggest crowd I frequent is dinner at our house. That truck driver summed it all up when he recorded his video the day before he died. He said he believed the people who said the threat was past, and that he had gone to a BBQ where one person had the virus, knew it, and spread it.

Here in Minnesota we have free diagnostic tests at various National Guard armories and at some clinics, so no one can claim they passed on getting a test because they couldn't afford it. Like I tell everyone who asks, get tested before you have symptoms. That day or two of lead time, as opposed to getting tested because you have symptoms, can save your life.

I've heard that some people have terrifying dreams or delusions. The most terrifying for me was one in which I was still married to my first wife – even Vincent Price would have been terrified of that.

Be well. Wear your mask. Stay home, if you can. Scrub them little phalanges often and well.

Ken