

## Letter from a Patient

July 2020

One afternoon in early May, while having a walk with my husband, I felt a sudden chill over me, being afraid of getting cold, we quickly went back to home. I started coughing after I got back to our home. My husband started low fever, felling unwell, and no appetite. Thinking we might have caught a cold, we just took some pills for cold, and hoped it would over in a couple of days. As the unwell feeling continued for several days, we started to concern of Covid-19. I called my prime doctor, after carefully listened my narration of the symptoms, the doctor dispatched 911 for us immediately. A moment later, both my husband and I were at the emergency room already.

After vital check, blood work, x-ray and other testing, the preliminary result was a suspected case of covid-19 infection. We were hospitalized for further testing and observation. For our convenience, we were assigned to two adjacent wards. I remembered we were on close monitor on temperatures, blood pressure, and oxygen saturation level, along with procedures of blood work, blood thinner, ultrasound, and x-ray. To help stop coughing, I was taking syrup and some time on oxygen to improve my oxygen saturation. My husband's symptoms were gradually improved as well. Three days later, both our test results showed negative. After two more days of observation to ensure the situations were stabilized, we were released back to home.

The days in the hospital were full of emotion which felt like riding rollercoaster. The moment when the preliminary result hit us in the emergency room, my heart sank with fear and anxiety as we have no clue what it meant to us, since what we've heard from others made us believe that the Covid-19 is fatal, no cure, and rare chance to get recovered once infected. This dreadful feeling accompanied us till we were transferred to the wards, where we received with professional treatment and procedures in the following days.

As doctors and nurses progressing the remedial plan, our symptoms improved, energy returned, and our anxiety relived inch by inch first, then day after day. As our appetite coming back, the nutritionists helped arrange healthy and tasty daily diet to allow a steady recover, physically as well as mentally. Our daughter and son were not able to visit us in the hospital, but they can call our wards to check the progress, talk to doctors and nurse about our treatments, and share with us the progress. One of my students is a doctor in Texas, he checked in almost every day during my stay in the hospital, chatting with me, providing more medical sense, helped release my anxiety, and replace it with confidence.

Our recovery from the covid-19 greatly attributed to professional care and the power of kindness, all of which greatly motivated us and speeded up the recovery, and led to a positive ending, safe and sound. My grateful appreciation to the professionals and all the hands carrying the kindness to the needs, and reviving our caring and healthy community.