

Andrew Olariu

Cossano

Journalism, Period 4

May 29, 2020

Life in the Present

As numbers begin to drop down and plateau and businesses begin to open back up, it is always a good idea to remember to wash one's hands and be conscious of what is being touched. COVID-19 tends to travel in small droplets either in the air or on a surface. Some stores require people to enter only if a mask and gloves are equipped. Parks are slowly opening back up, the weather is beginning to look a lot like summer, and it is very tempting to revert back to how life was before quarantine. Soon enough numbers may hopefully plateau and governor Jay Inslee will slowly change the phases of quarantine. Experts predict that phase 4 may initiate in mid July, or later. This could easily impact colleges and have their first semester online. That would be a very unfortunate outcome to many seniors, but the current situation is still not defined yet. More updates will come as time and this virus plays out. Many seniors are now considering taking a gap year in spite of losing a semester to online classes. While this may sound more desirable, it may not be a great idea because by taking a gap year seniors will be entering and competing with the new seniors of 2021, thus potentially lowering their chances of getting into that specific admissions time period.

After talking to some of the seniors at Skyline, many of them find themselves doing nothing and not spending their time as productively as they want, however, for seniors especially it is very important to stay motivated and keep pushing forward. Look to use all of this amount of time to further improve oneself. Even though the class of 2020 had missed out on TOLO, prom and graduation, seniors still have their plans after high school to look forward to, whatever shape or form that may be.

Not many would think of experiencing a disease that would heavily impact the world, but reality is often disappointing. It is often the tiny achievements in life that define it, set goals and achieve them and keep setting the bar higher to truly witness your full potential.

Juniors, it is highly recommended to take advantage of the time given by studying for the ACT/SAT. Use this time to prepare for college.

Sophomores and freshmen, decisions towards future classes should be taken into account, especially choosing to do IB diploma or not, choose the right path for your way to success.

Use the time given to better oneself, as it may never come back as easily as these times. Good luck Spartans!

Potential public health actions, in steps

A Washington State Department of Health "non-pharmaceutical interventions matrix," shared with the Seattle City Council by a Public Health – Seattle & King County official, includes five response levels.

**Current
King County response**

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> • Increase hand washing and alcohol-based sanitizer • Respiratory hygiene/cough etiquette • Keep distance from others (> 6 feet) • Frequently disinfect surfaces (doorknobs, faucets, phones, etc.) • Remain home if sick 	<ul style="list-style-type: none"> • Voluntary isolation of those sick • Voluntary quarantine of those who have interacted with those sick 	<ul style="list-style-type: none"> • Involuntary isolation of those sick • Involuntary quarantine of those who have interacted with those sick 	<ul style="list-style-type: none"> • Order cancellation of major public and large private gatherings • Order closure of schools, childcare facilities, workplaces and public buildings 	<ul style="list-style-type: none"> • Restrict non-emergency travel outside of the home • Establish a cordon sanitaire (a guarded line preventing anyone from leaving an area infected by a disease)

Sources: Seattle City Council, Washington State Department of Health

EMILY M. ENG / THE SEATTLE TIMES

Photo courtesy of Seattle Times

COVID 19
CORONAVIRUS DISEASE

REDUCE THE SPREAD



Protect yourself and others by wearing a mask



Keep your distance, 6 feet



Avoid touching and crowds



Wash your hands for 20 seconds with water and soap



HHS
Public Health

Photo courtesy of HHS