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Rough Draft 1

How to Survive in Quarantine

Ever since the middle of March, Governor Inslee announced there would be a closure to all state schools for six weeks. At first, the lazy students of Skyline High School were very pleased with this sudden change of events. However, now with the cancellation of the rest of the school year, some students are even missing school somehow. Locked in with their families, and with basically nowhere to go but their own homes, everyone's going a little crazy right now. But with willpower and some due diligence, anything is possible and people will ride out the storm.

Step 1: Get a good idea of your surroundings - is one really in his or her own house right now? If not, it's advised to go to one's own house immediately, as this violates the social distancing protocols.

Step 2: Get acquainted with one's family - many people are now just meeting family members they've never known after being stuck in the house with them. Find out what they like, what hobbies they're into, what they think about politics, the sky is the limit.

Step 3: Do something like a board game with them - the author, Drew Cox's family has been kept busy by a game called "Catan". Catan is a strategy game where the goal is to get 10 "Victory Points". Every spot on the board gives you a different resource - like brick, wood, hay, etc. - and you build roads, cities, and settlements to build up more and more victory points. The parts of the board are interchangeable so every game is different, unlike games like Monopoly where the board is the same.

Step 4: Find a hobby - find something that one thinks is fun and something that makes one willing to spend a lot of time doing it - one will be stuck in his or her house for a long time. Whether it's pickleball, croquet, painting, everyone has a hobby for them that's just waiting to be discovered. For example, author Drew Cox has recently picked up pickleball and is a somewhat average player, but the amount of time he has in quarantine has allowed him to refine his craft.

Step 5: Stay in touch - even though it's not a good idea to hangout in person, that doesn't mean that you can't stay in touch online. Play video games with one's boys, or get on a Zoom call with them, staying in touch with them will keep one sane and have some fun in the meantime.

Step 6: Catch up on sleep - now that schools are closed for the rest of the year - one productive thing one can do is finally get some rest. Use the time in quarantine to go to bed earlier and get at least 10 hours of sleep to get your sleep schedule back on track. That doesn't mean staying up till 5 in the morning playing video games and waking up at 1 in the afternoon - many people complain about their lack of sleep, and there's no better time than the present.



On the left, a game of Catan, and
the right an illustration of
COVID-19

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