

## Diary from quarantine – Episode 1

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I am from Lombardy, the Italian region that – alone – has about 60% of deaths from Coronavirus of the whole Europe.

I lived abroad and I have friends all over the world. They are constantly in touch and worry about us. After I give them the daily updates from this hell, sometimes they ask me how *everything else* is going beside the emergency.

What they cannot understand is that there is no *everything else*. The outbreak, the feelings it creates, and the consequences that it will have are simply too all-encompassing for us to be able to think or talk about *anything else*.

In this situation, *QPost* Editors gave me the opportunity to write my thoughts about how it feels to be in quarantine for weeks, listening to the bulletin every night on TV: number of currently infected people, healed, dead, and total cases.

Just to give you an example last night, March 17, the total cases in Italy were 31,506 and 345 people died in one day.

Every day I will talk to you here, dear readers.

I hope this will be helpful to all the citizens of the MENA region who are starting to see their life changing due to this momentous pandemic.

On the other side, I am sure it will be helpful for me, since this spring 2020 feels lonely here in Italy, and even more lonely in this slaughtered region.

We will talk about the many faces of this monster, from the noises that are becoming familiar – like ambulances and people singing on their balconies – to the psychological impact of being locked at home for weeks and weeks; from the impossibility to see your own family to the importance of national symbols and institutional communication.

Hopefully, together, we will feel a little less lonely and lost.

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