



Guess Who's Back, Back Again?

2-4-25
Yes, February. I
sat on this for awhile!
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Covid's back! Tell a friend.

So yeah, Covid. First off, the end of 2024 was not kind to me. I got sick 4 times from October 22nd to Dec. 31st, everything from razorblade throat with a lost voice to norovirus, aka the "cruise ship virus", which was the most painful experience I'd had in a long time, though the worst of it passed within 24 hours. Still, 4 significant illnesses, all very much separate from each other, in just 70 days. That's almost 2 sicknesses PER MONTH, and besides the violent vomiting of norovirus, all of these lasted a week or more. So, I was sick with something for basically half of all the days in the 3rd quarter of the year. Each time I finally felt recovered, lungs functioning again, exercise possible again... BAM! I get slammed down again. Not fun.

But after norovirus, so from January 1st, I really felt GOOD. It was a solid start to 2025. Getting strong again, doing lots of weight-bearing workouts, running... I felt good for almost a full month. It began to seem like I'd have a normal life in terms of not being sick every damn day. But just as I started thinking I might go months between illnesses rather than weeks or days... Corona virus. And for the first time since 2020, I was unvaccinated. Why? Because I was SICK when they offered the vaccine! So, even though I've caught Covid at least once every year, this one was BAD. Very bad. A lot like the first, and that left me with symptoms for a year. Seems I'm in for the same this time. But get a load of the advice I got: in the MIDST of the illness (it was a 10-day sickness and I'm still feeling it a bit now), I was told to — go for a run; Take at least 5 allergy pills (massive doses of allergy medication cures Covid? Someone tell Dr. Trump! We can all put away our bleach syringes and UV lights!); and for my ravaged lungs, I was told to puff off an asthma inhaler. It'll "clear my lungs", I was told.

Thank goodness for inmate experts on infectious disease. Now I need to go shake hands with about 3 dozen people and share some drinking cups that haven't been washed since 1997.