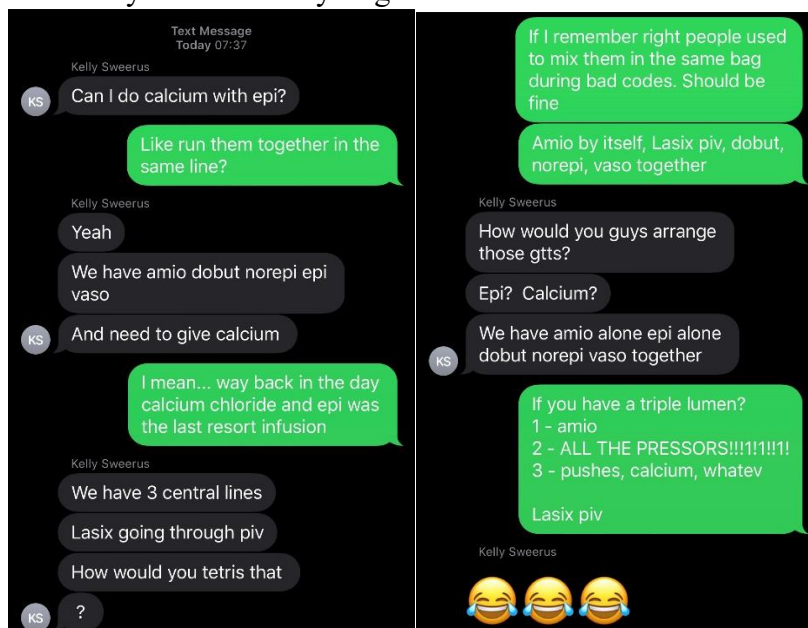


- **Fall 2019**

- I get the bright idea to go back to school, finish my BSN and get my MSN in education. I plan out a timeline which will have me graduating in 12-18 months

- **January 2020**

- January 20
 - CDC reports the first laboratory-confirmed case of the 2019 Novel Coronavirus in the U.S. from samples taken on January 18 in Washington state
- January 28
 - After two years of futile negotiations, SEIU 1199nw announces a three-day strike involving over 1000 nurses and other healthcare workers and staff at Swedish Medical Center
- January 31
 - I get a text from one of the ICU doctors at Swedish asking me how to manage setting up the IV medications for a critical patient. I assume from this exchange that the replacement workers hired to replace us during the strike may not be all they might be.



- Striking workers are told by Swedish management that workers would be locked out for an additional two days because of contracts with the replacement staff. In spite of this, staff RNs in the cardiovascular ICU and only the cardiovascular ICU are called back to work on the night of the 31st. No explanation for this is ever offered. The remaining striking staff are locked out until the morning of February 3
- The Secretary of the Department of Health and Human Services (HHS), Alex Azar, declares the 2019 Novel Coronavirus (2019-nCoV) outbreak a public health emergency.

- **February 2020**
 - February 8
 - Some of the first CDC test kits for detecting the SARS-CoV-2 virus arrive at a public health laboratory in east Manhattan, New York City, N.Y. The laboratory reports that the tests produce “untrustworthy results.”
 - Mid-February
 - Under pressure from Governor Jay Inslee, SEIU 1199nw and Swedish sign a one-year contract, preventing any further disruption to the health care system in the state.
- **March 2020**
 - March 3
 - CDC reports 60 cases of COVID-19 across Arizona, California, Florida, Georgia, Illinois, Massachusetts, New Hampshire, New York, Oregon, Rhode Island, Washington, and Wisconsin. Of the 60 COVID-19 infections detected, 21 are travel-related, 11 are from person-to-person spread, and 27 are unknown.
 - March 7
 - Dr. Ryan Padgett, an emergency room physician at EvergreenHealth Medical Center in Kirkland becomes one of the first front-line health care workers in Washington State to be diagnosed with the Novel Coronavirus. His condition deteriorates quickly.
 - March 13
 - The Trump Administration declares a nationwide emergency and issues an additional travel ban on non-U.S. citizens traveling from 26 European countries due to COVID-19.
 - Dr. Padgett is intubated and placed on a ventilator
 - March 15
 - States begin to implement shutdowns in order to prevent the spread of COVID-19. The New York City public school system— the largest school system in the U.S., with 1.1 million students— shuts down, while Ohio calls for restaurants and bars to close.
 - March 16
 - Dr. Padgett is transferred to Swedish Medical Center and becomes one of the first patients in the country to be placed on extracorporeal membrane oxygenation (ECMO) for COVID-19.
- **April 2020**
 - April 4
 - More than 1 million cases of COVID-19 confirmed worldwide, a more than ten-fold increase in less than a month.
 - April 10
 - With over 18,600 confirmed deaths and more than 500,000 confirmed cases in under four months, the U.S. is the country with the most reported

COVID-19 cases and deaths, surpassing Italy and Spain as a global hot-spot for the virus.

- April 13
 - President Trump announces that the U.S. will cease contributing funding to the WHO, shaking the global public health community.
- April 16
 - The Trump Administration releases a plan outlining how states should reopen
- April 20
 - shortages of personal protective equipment (PPE) like gowns, eye shields, masks, and even body bags, become dire
- April 24
 - Georgia, Alaska, and Oklahoma begin to partially reopen their states despite concerns from health experts saying it was too early to reopen.
- April 30
 - The Trump Administration launches Operation Warp Speed, an initiative to produce a vaccine against the SARS-CoV-2 virus as quickly as possible.
- **May 2020**
 - May 1
 - FDA issues an emergency use authorization (EUA) for the use of the antiviral drug Remdesivir for the treatment of suspected or confirmed COVID-19 in people who are hospitalized with severe disease.
 - May 8
 - Journal entry from May 8
 - Let me preface this by saying that I am very tired. I didn't sleep well today and that is likely coloring a lot of this. I am feeling very demoralized at work. This week is "nurses' week" so last night two of the bigshot nursing executives came around handing out root-beer floats. Along with the floats they were also making noises about how grateful they were for all our hard work, blah, blah. This while they are cutting staffing to the bone and furloughs. The naked hypocrisy of the whole situation is difficult to deal with. Not this alone either. The whole response to the pandemic has been "thank you for your hard work and for literally putting your lives at risk coming to work, and now we're going to do the bare minimum to keep you safe and take whatever measures are required to protect our profit margins and executive bonuses". This is particularly demoralizing given my current career path towards teaching. How can I work to bring people in to this profession when the American health care system is just going to relentlessly shit on them?
 - May 10
 - Journal entry for May 10

- I laundered another set of earbuds today.
 - May 25
 - Journal entry for May 25
 - I'm just feeling really short tempered and irritable today and I'm not even sure exactly why. I suppose I have plenty of reason to be.
- **June 2020**
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 - June 10
 - The number of confirmed COVID-19 cases in the U.S. surpasses 2 million.
 - Journal entry from June 10
 - Another brief entry before I run off to work again. Going in early because the unit is slammed. Once again I don't know what I want to say. Last night highlighted both why I want to stay in CVICU and why I want to leave. There are a ton of sick patients and we had a really good crew on but it was just so much. 12 hours of crisis and I don't see that getting any better any time soon. It would be fine(?) if we had the support and resources that we need but we don't and likely won't for the foreseeable future
 - June 13
 - The Nurse Manager of the CVICU is fired without warning. No explanation is given.
 - June 18
 - WHO halts its trial of hydroxychloroquine after a large, randomized study conducted in the U.K. found that the drug had no apparent effect on mortality when treating COVID-19.
 - June 30
 - Dr. Anthony Fauci warns a Senate committee that the number of new COVID-19 cases in the U.S. could soon rise from 40,000 to 100,000 new infections every day, likely overwhelming an already burdened healthcare system.
- **July 2020**
 - July 7
 - The number of confirmed COVID-19 cases in the U.S. surpasses 3 million.
 - The U.S. begins the process of withdrawing from WHO.
 - July 9
 - WHO announces that the SARS-CoV-2 virus that causes COVID-19 can be transmitted through the air and is likely being spread by asymptomatic individuals.
 - July 15
 - A mandate from the Trump Administration directs hospitals nationwide to stop sending critical information about COVID-19 hospitalization rates

and equipment availability to CDC and instead report this data to a new system set up by HHS using a private contractor, raising concerns over the politicization of public health, data, and privacy.

- Mid-July
 - I leave Swedish Cherry Hill for a staff ICU position at Swedish Issaquah.
- **August 2020**
 - August 14
 - CDC reports results from a representative panel survey on mental health conducted among adults across the U.S. in June of 2020: 41% of responders reported struggling with mental health and 11% had seriously considered suicide recently. Essential workers, unpaid caregivers, young adults, and racial and ethnic minority groups were found to be at higher risk for experiencing mental health struggles, with 31% of unpaid caregivers reporting considering suicide.
 - August 17
 - COVID-19 becomes the 3rd leading cause of death in the U.S.
 - Deaths from COVID-19 now exceed 1,000 per day and nationwide cases exceed 5.4 million.
 - August 28
 - The first documented case of COVID-19 reinfection in the U.S. is confirmed by the Nevada State Public Health Laboratory.
- **September 2020**
 - September 22
 - The reported death toll in the U.S from COVID-19 surpasses 200,000.
- **October 2020**
 - October 5
 - I leave Swedish Issaquah for a staff ICU position at Overlake Medical Center
- **November 2020**
 - November 4
 - One day after the presidential election, the U.S. reports 100,000 new cases of COVID-19 in 24 hours.
- **December 2020**
 - December 14
 - The recorded death toll from COVID-19 in the U.S surpasses 300,000.
 - Sandra Lindsay, a nurse in New York, becomes the first American outside of clinical trials to receive a COVID-19 vaccine.
 - December 24
 - I receive the first dose of the COVID vaccine
 - December 29
 - The first case of the COVID-19 B.1.1.7 / “Alpha” variant is detected in the U.S. by the Colorado Department of Health.
- **January 2021**

- Early January
 - Our basement floods. Again
- January 18
 - The reported death toll from COVID-19 in the U.S. surpasses 400,000.
- **March 2021**
 - March 18
 - I leave Overlake for a staff ICU position at Virginia Mason
- **May 2021**
 - May 10
 - I am diagnosed with bladder cancer
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