

1. Tell us about yourself.
2. When did you first hear about COVID-19 (coronavirus)?
3. What experiences made the situation feel very real or surreal to you?
4. What emotions have you and/or your family experienced?
5. What good things have happened? Have there been “silver linings?” What bad things have happened?
6. What have you found most helpful in dealing with this situation?
7. How have you balanced work life and family life?
8. What are you most worried about?
9. How did you explain the situation to your children and how have they reacted to not going to school, seeing their friends, etc.
10. What is life like for you right now? Your daily routine? What are you doing to pass the time? What are some of the biggest changes that have affected your life and/or that of your household?
11. How are you maintaining connections with people outside of your household?
12. What would you say about the leaders in charge of making decisions about how to deal with this pandemic?
13. What type of technology have you used during this time? Computers, devices, apps, websites, etc.?
14. As your documenting continues, take note how Day 1 felt and Day 5, Day 10, etc.
15. If you were telling this story to someone 100 years from now, what would you want them to know? What advice might you have for a person reading this in the future?