

## AAARCC Covid-19 Pandemic Response

Moving to online instruction and returning home for the remainder of the semester has been quite tough on my mental health among physical and emotional health. Being home puts me back in the small box that I am refined to and requires me to regress in the progress I have made the past four years at Purdue. Although I am grateful to be in a safe place, have a steady job for the time being, and am currently healthy, it's easy to see how much things in the world have changed due to COVID-19. I have begun to realize the amount of privilege that I do have, and although I am in a difficult situation, there are people that are struggling to make it day to day.

The world is regressing and I personally believe that nothing will ever be the same as it was. The connection and social aspect is difficult to follow, but necessary because there are hundreds of thousands of people dying from COVID-19. I think people my age specifically don't understand the importance of following the guidelines the CDC and government are recommending, honestly. I have been trying my best to follow social distancing, while still seeing the people I care about. It's hard, but because I live with my grandma – who is over 70 years old and most at risk – my sister and I must be especially careful.

In addition, I have not personally seen the injustices that many people are facing due to the misunderstandings and lack of knowledge of COVID-19. Like the AAARCC talks about, many Asian Americans have experienced extreme and overwhelming discrimination from strangers in many situations, including direct and indirect harassment. My community has not been directly impacted by this, but I think that my community is part of the bigger problem – not following recommended guidelines, going out without masks, and overall thinking that this

pandemic isn't serious. Indiana is reopening the state, even though my county is the highest growing population for the virus, which doesn't make much sense at all. It only creates the idea that it's okay to go out and do things that put people into danger and bring the potential for spreading the virus.

If I could pass anything along from my experiences during this pandemic, it is to treat other people the way you want to be treated. I know this sounds like something that you hear in your fourth-grade classroom, but I have realized how much hate has taken over our world recently. I think that following what the government is telling us is important; I will always believe in kindness and understanding, but in order to create change, you must act and stand up for what is right no matter the consequences.