

Eastern Illinois University

The Keep

Personal Journals

Documenting COVID-19 in Central Illinois

12-2020

Parillo, Sophia - Covid-19 Journal

Sophia Parillo

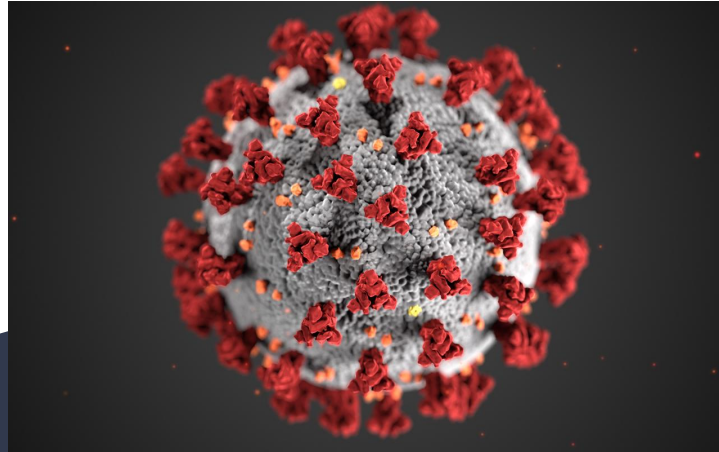
Follow this and additional works at: <https://thekeep.eiu.edu/covid-19-journals>



Part of the [Community Health and Preventive Medicine Commons](#), [Epidemiology Commons](#), [Medicine and Health Commons](#), [Regional Sociology Commons](#), and the [Viruses Commons](#)

Life For a College Student at Home in a Pandemic

By Sophia Parrillo
HIS-3810



Introduction



Photographer: Mia Billings

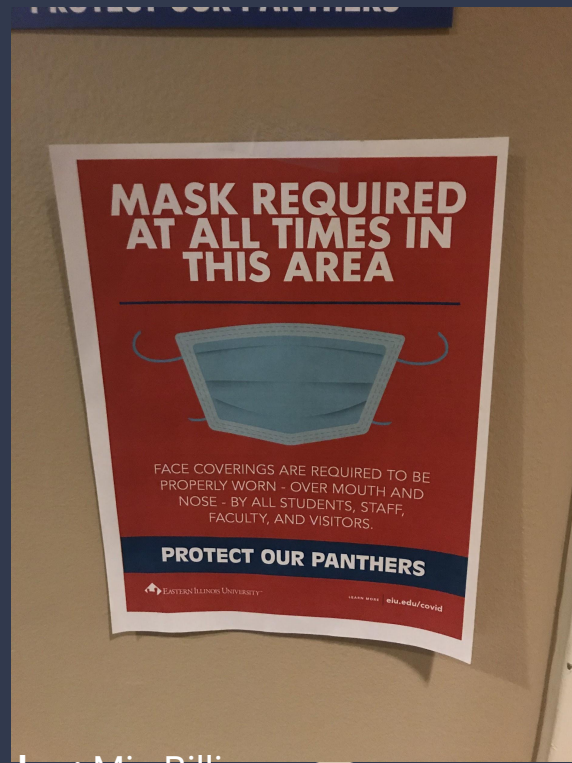
Location: EIU Greek Court- Building 2

Description: This poster is posted all around campus to inform students on the importance of wearing a mask to stop the spread of germs.

Date: 12/13/2020

My name is Sophia Parrillo, I am currently a junior elementary education major at Eastern Illinois University. I have a minor in orchestra as well, and these two major areas of my education were deeply affected in the pandemic. I am finishing this semester at home, so in the following slides, I will be outlining what life is like during the holiday season during a pandemic (and during finals week)!

Since I am mostly at home, there aren't a lot of opportunities for me to get lots of documents that are too different from one another, so I recruited a friend and some family to help me out. Each slide will consist of a diary entry from my day along with a typical document or tool used for communication as life carried on through the time of COVID-19.



Photographer: Mia Billings

Location: EIU Greek Court- Building 2

Description: This poster is also put up around the EIU campus to remind students that our campus utilizes masks everywhere, especially in common rooms.

Date: 12/13/2020

12/8/2020

Today was the second day of the second week of having all-remote schooling. No matter how long I do this, it doesn't get any easier! Not only does this point in the semester have inevitable burn-out, but burn-out in a pandemic is the absolute worst! My mom goes into work in person on Tuesdays and Fridays, so it was just my sister, Francesca, and I at home working on homework. I found out that I did not get the SSA job in Greek Court, and I was really sad about that. I'm not sure if I want to be an RA again next year or if I want to get an apartment. All of my interviews for the job were completely online, which was my 2nd time ever interviewing for a job on Zoom! I spent most of the rest of the day practicing the violin before my lesson at 6pm. My lessons are completely online over FaceTime. We started about 10 minutes late because of connection issues. My lesson is so late in the day because my teacher is currently in South Korea with his parents, so it is morning there and evening here! I had a SPED meeting on Zoom at 7pm, which was nice!

BATHROOM CLEANING GUIDELINE

As you are responsible for the regular cleaning and disinfecting of your bathroom, due to the COVID-19 concerns, we offer the following guidelines to maximize your safety, and maintain the hygiene of your space and the health of you and your fellow residents.

Increase the frequency of cleaning and disinfecting your bathroom

- o **Cleaning** - removes dirt, grease, and grime.
- o **Disinfecting** - reduces germs by killing them, but does not remove dirt. Disinfectants need contact time to kill germs.

Use Appropriate Supplies

- o **Detergent** - for cleaning phase before sanitizing or disinfecting.
- o **Disinfectant** - use an EPA-registered disinfectant for use against COVID-19.

General Guidance

Practice frequent cleaning and disinfecting of high touch areas such as:

- o Door handles, faucets, knobs, counters, door latches, safety rails, toilet seats/handles/lids, and the walls, floors, and surfaces around these areas.
- o Clean surfaces and objects that are soiled first using a soap detergent prior to disinfection.
- o Follow the guidelines and labels of the products being used, in terms of proper personal protection equipment.
- o Use chemicals as labeled, following the manufacturer's instructions carefully.

ONLY toilet paper is to be flushed down toilets.
DO NOT flush wipes, paper towels, or any other items down toilets.

PROTECT OUR PANTHERS

12/9

Today was a big day! I had Music History at 9am, and then my friend, Dani, picked me up and we drove to Aurora University. I was helping her deliver Christmas packages for her chapter of Kappa Delta Pi (teaching honor society). When we went to the education office, there were 3 people in the lobby and they all had masks under their nose! So, we stayed at least 12 feet away. The campus was completely empty, it was like a ghost town! I got back home around 1pm, worked on some homework, and then I had to finish my final paper for Music History. Thankfully, it was pretty much done, so I just had a little bit left to do, but I still stayed up to make sure it was perfect.

Photographer: Mia Billings

Location: EIU Greek Court

Description: Housing has been trying to push EIU residents to clean up thoroughly after themselves to decrease COVID contact. This motivates students to do so thoroughly.

Date: 12/13/2020



Photographer: Mia Billings

Location: EIU Greek Court

Description: Although EIU has surfaces cleaned by BSW's on campus, this document encourages residents to wipe down surfaces and tools whenever they use it to decrease the chance of spreading COVID

Date: 12/13/2020

12/10

Today was difficult. I had to finish all of my module work for my Illinois History class and finish my math lesson plan. I got about halfway through my lesson plan before taking a break. When I got back to my computer about 15 minutes later, it had randomly shut down, and my entire lesson plan was lost. I started freaking out, and my mom tried to help me retrieve it. I emailed my teacher and he gave me an extension, luckily. Not long after this, my dad called me and told me that he got into a car accident on his way home from work. He and the other person are okay, but both cars are totalled. He was driving my car, so I may not have a car next semester. It was hard for me to focus on my work, but I finally got it in!



Photographer: Mia Billings

Location: EIU Greek Court

Description: This document acts as a reminder for students to conduct self-checks of their symptoms, and if they aren't feeling well, to not expose themselves to others.

Date: 12/13/2020

12/11

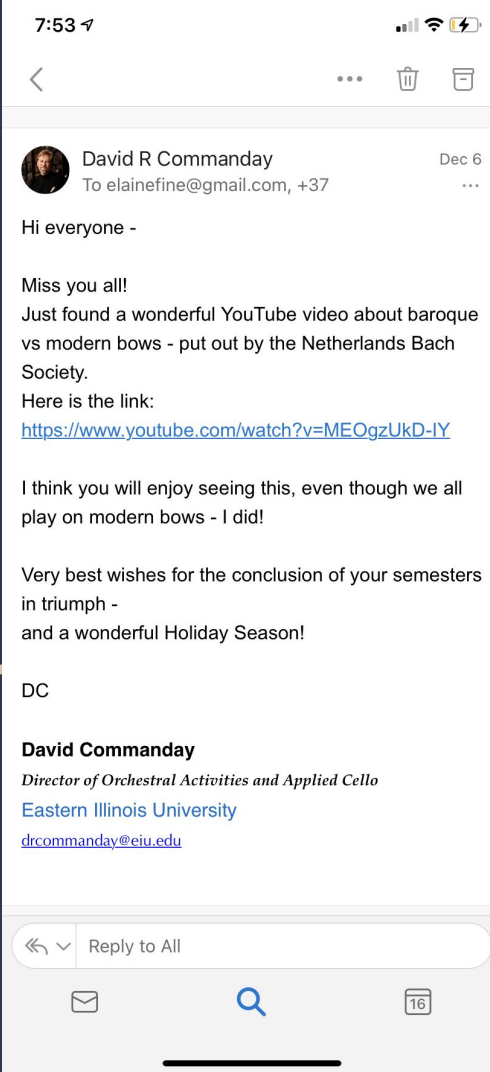
Today was okay. I had class this morning, and finished up my work for Special Education. My friend, Krista, called me and told me that her WiFi wasn't working and she had class from 11-12:30. She came over and had class in my room. She goes to Concordia University, and they have been online all semester. I went to the dentist at 1pm, and I had to sign a lot of papers saying that I understood the potential dangers of getting COVID in a doctor's office. Most of the chairs were taped off to promote social distancing, and they had patients entering in one door and exiting from another door. When I got home, I had to send a picture of myself with my violin as an example of where I will be standing for my violin final to make sure the angle, lighting, and sound quality is adequate.

Photographer: Sophia Parrillo

Location: My house, Villa Park (IL)

Description: Not quite a document, but this is just some context for the picture I had to send to prepare for my final! Final prep looks a little different this year - literally!

Date: 12/11/2020



Photographer: Sophia Parrillo

Location: Email

Description: Although the orchestra at EIU can't have rehearsals anymore, we are still encouraged to engage with our peers and interact with music. My director sent us an informational link to check out in order to keep in touch with each other and music.

Date: 12/6/2020



Photographer: Mia Billings

Location: EIU Greek Court

Description: This document is used to remind students that the spread of COVID is up to us, and that we need to be courteous of others to protect each other, especially in shared spaces like the bathroom.

Date: 12/13/2020

12/12

One of my best friends is getting married today. I was invited, but decided not to go because there was supposed to be about 150 people. That was probably a good idea because after seeing pictures, there was only 1 person wearing a mask. My boyfriend, Matthew, keeps asking when I'm coming down to Charleston because it was our 2 year anniversary and Christmas coming up, and I haven't seen him since before Thanksgiving. I'm very nervous going back to school, I really do not want to get sick! I would love to see him soon, though, I miss him a lot. I would want him to get a COVID test before I saw him, though! In the evening, we went to my uncle's house in Joliet to celebrate my cousin graduating college! We watched the livestream of his graduation and had a nice dinner. Matthew was going to call me tonight, but it's getting really late.



Photographer: Tom Parrillo

Location: AC Transmission, Addison (IL)

Description: This document explains its rules clearly for customers upon entering the establishment. It is easy to read from a distance.

Date: 12/2/2020

12/13

I didn't sleep well last night, so I slept all morning and planned on studying for finals today. However, my parents decided that we were going to go to my grandpa's to help decorate, so that stressed me out. I was still happy to spend some time with my family. We got home at about 4pm, and I practiced the violin right away. I was getting frustrated with myself, despite my violin teacher reassuring me that I was playing well. My mom also found out that her uncle died, luckily not from COVID, but because of COVID, we can't go to the funeral services. Matthew texted me in the evening while he was at work. He works at the bowling alley at EIU and barely had any customers because of COVID. I worked on Special Ed stuff and Matthew called me later that night for a while.



Photographer: Gabe Parrillo

Location: Aldi, Alsip (IL)

Description: This sign is large so that customers can read it as they are getting out of the car. It explains clearly the rules in Aldi and why it is required

Date: 12/15/2020

12/14

Today, I submitted my solo piece jury for violin, and I think it went well! I'm glad it's over! I worked on my Government exam. I practiced some scales for the rest of my jury tomorrow, and then studied for Music History. I made a Quizlet with 160 terms on it! Sadly, my sister just found out that a student from her high school (senior in high school) committed suicide. Although we don't know him, I do wonder if part of the reason why his mental state got so bad was due to the lack of social interaction and support that a student would typically get at school (their high school has been 100% online this semester). I don't know much more about the story. Tonight, my friend, Mia, FaceTimed me for an hour to talk about our friend's wedding this past weekend, along with some other things. She was a bridesmaid, and said she felt like she was going to get COVID the entire time. I ended up staying up until 5am because I was so scared about my Music History final. Matthew FaceTimed me at about 1 or 2 in the morning until I went to bed.

12/15

Today's my birthday! I had my Music History final at 8 am, and I think it went well! It took me about an hour, and I was so relieved when I finished. I worked on an assignment for Special Ed, and then took a nap. I woke up a few hours later and my mom had gotten Francesca and I Starbucks. I took my Special Ed exam and then studied for another exam for about an hour. I practiced my scales for about 30 minutes and then had my violin jury. I played 2 scales, sight-read, and that was it! I talked to some family on the phone and then had crab legs for dinner! We had Italian cookies and gelato for dessert. I got a Roku TV, and Francesca and I watched John Mulaney and Vampire Diaries while we did homework. I was sad to not be able to actually go out for my 21st birthday, but I still had a nice time with my family.

Also: If you would like to get an idea as to what a virtual violin jury looks like, this was my submission (scales and sight reading not included): <https://youtu.be/cxnCTyBAbu4> (please note, I did my best!)



Photographer: Gabe Parrillo

Location: Aldi, Alsip

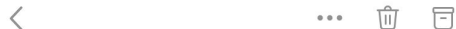
Description: This is a smaller sign that is outside Aldi that describes the face covering rules, but also has it in Spanish.

Date: 12/15/2020

7:52



Photographer: Sophia Parrillo



Hi all,

Below my email signature is a Zoom link for tonight's scale and sight-reading juries. Please join the Zoom **Ten Minutes** before your scheduled time. I will let you in the session when we are ready.

Also, please have your instrument ready to go before signing in. As we have little time for each of these, and the technology stability from person to person may be inconsistent, please do not engage in any small talk. Let's keep these moving!

Thanks, and good luck.

Jamie V. Ryan
Professor of Percussion
Graduate Coordinator
Eastern Illinois University
jvryan@eiu.edu
[608-215-4071](tel:608-215-4071)

Jamie Ryan is inviting you to a scheduled Zoom meeting.

Topic: Jamie Ryan's Personal Meeting Room

Join Zoom Meeting

Reply to All



7:53



Location: Email

Description: Usually, the orchestra final is in person. This year, it was over Zoom.

Date: 12/15/2020



Good morning ESO Strings -

I hope you all had a great Thanksgiving Break week!

As announced at our last rehearsal before the break, we will have a zoom session [tomorrow evening at 6 PM](#) - serving as a pre-Juries Master Class. You will play your jury pieces for everyone, and then Dr. Kim and I will provide coaching and suggestions - and we'll all provide encouragement!

All of you are welcome to play, but only students with scheduled juries are expected to play. Everyone should sign in and attend - if there is anything that will prevent your attendance, be sure to let me know in advance.

Meanwhile please with Dr. Kim, or with me, to confirm what you will be playing - and whether you have any issues that would affect what order students will be playing in. We will work that out and let you know before the session starts.

You are invited to a scheduled Zoom meeting.

Topic: **ESO Strings Jury Master Class**

Time: Dec 2, 2020 06:00 PM Central Time (US and Canada)

Reply to All



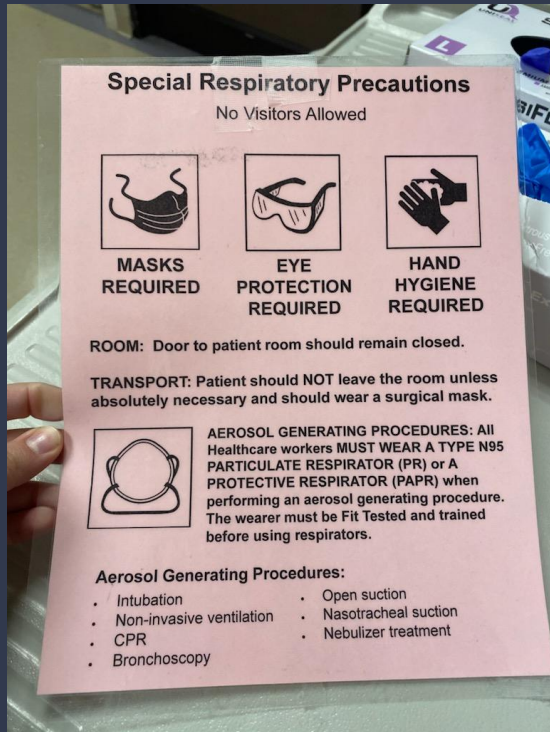
Photographer: Sophia Parrillo

Location: Email

Description: EIU students in orchestra also had a virtual orchestra, where we held a master class to go over our jury piece (like a final) before the day our recording was due. This is the email to describe what would be happening over Zoom.

Date: 12/1/2020





12/16

Today was not very good. I slept in a little bit, studied some more for a final, and then took that final. Matthew called me at about 12:30 and we were on FaceTime for about an hour. Some things had happened, and we are now taking a break. I won't get into it too much, but I spent a lot of today crying. On the bright side, I got my grade back for my music history paper--94% AND I got my grade back for my math lesson plan--95%! Whoo hoo! For the rest of today, I am going to be finishing up this project and then calling some of my friends.

Photographer: Hannah Johnson

Location: Ingalls Memorial Hospital, Harvey (IL)

Description: This document describes rules and procedures for the medical staff at this hospital. Everyone in the hospital must have PPE, but medical staff have more than other people.

Date: 12/15/2020

Final Notes...



Life in the middle of a pandemic is awful. I have tried to make the most of it, but that can be hard when life piles on a worldwide epidemic. This week alone has been difficult, and all I want to do is go see people and have fun, but for now, FaceTime calls will have to do. I rarely go run errands, and Christmas shopping this year will have to be all online. Luckily, there is a vaccine that is being administered. I still have no idea when life will go back to “normal” (if it ever does) It was difficult finding some firsthand primary documents, but even in a pandemic, I can rely on my family to help me out! I hope you were able to learn from my life during the time of COVID, and get an idea of the kind of documents that are in every establishment nowadays.