

January More Voices: COVID Redux

Category: COVID Redux

written by Paul Gross | January 1, 2024

Dear *Pulse* readers,

That's my COVID test from a couple of weeks back. After I'd dodged the virus for three years, it finally caught up with me—disabusing me of any notion that I was somehow more robust, more careful or perhaps cleverer than everyone else who'd come down with COVID.

COVID made me feel crummy—achy, feverish and tired—and without any desire to eat.

My doctor prescribed Paxlovid, and I took it.

Did it help? Maybe! Still, it took a good ten days for me to feel almost back to normal.

How things have changed. In early 2020, when the virus first appeared, none of my family and friends came down with it, luckily—and my patients who caught it were frighteningly sick.

Now, it seems as if COVID is everywhere. A number of friends have had it lately, and everyone seems to have handled it just fine.

Has the virus weakened? Are the vaccines doing the trick? Are we experiencing herd immunity?

The CDC tells us that more than a thousand people are dying each week from COVID, so clearly the illness is still a menace. And yet the situation feels so different than three years ago.

The terror is gone.

But with a little effort, I can cast my mind back and recall the sense of fear, the stories reported by my colleagues of isolation and death in hospital wards, and the lives lost to a mysterious and terrifying new illness.

These days, I'm still required to wear a mask when I see patients. I don't mind. I also wear a mask on the commuter train into work.

I keep trying to talk my patients into taking the latest COVID vaccine. Some are happy to receive it. For others, it's one shot too many: "No more! I've already had three!" They're not so frightened of COVID anymore, but they are leery of multiple inoculations.

A few patients relent when I tell them that I took the most recent shot without ill effects. One patient eyed me up and down before saying, "Oh, all right."

What about you? How is COVID—or memories of the pandemic—affecting you these days? This month's *More Voices* theme is [COVID Redux](#).

Share your story using the [More Voices Submission Form](#). For more details, visit [More Voices FAQs](#). And have a look at last month's theme, [A Ray of Hope](#).

Remember, your health-related story should be 40-400 words. And no poetry, please.

We look forward to hearing from you!

With warm regards,

Paul Gross
Editor