**COVID-19**

Virus

Social distancing and essential workers

Political forces

work from home

mental health crisis

mask up, mask up

scared and lonely, I make my way

down the corridor

passing by faces that I cannot recognize

ones that don't show familiarity

with sad eyes that peer back at me

mask up, mask up

listen to the news

people are dying

hospital beds are filled

my family is crying

for others that have lost and lost again

mask up, mask up

I go to the hospital not knowing

if I will be coming home again

working hours that my body cannot handle

caring for patients that have not seen

their families for months

mask up, mask up

swabbing my nose till it bleeds

wearing gowns that make me hot and sticky

goggles and face shields that I cannot see through

sanitizing and gloving till my hands crack open

I am from another world

mask up, mask up

quarantine

I cannot breathe

my face is flushed

forehead is hot

nose running

coughing

mask up, mask up

my breathing is rasping

getting shallower

but, I followed the rules?