

"Essential"

I do not feel essential.
I get dressed but leave the tie at home now as
I do not need one more article of clothing to be "infected."
I kiss my wife and say I love you as I leave.
I take my temperature and make sure I'm not elevated.
I grab my lunch that used to only be a financial benefit, but now
I limit exposure by staying and eating it at work.
I discourage carpooling when some workers do not even own a car.
I tell workers to wear masks while they drive if they are with others in the car.
I drive to work in better traffic but,
I don't drive with the windows open and
I drive with the inside air circulating only.
I know I will probably not get infected while driving.
I drive over an hour to a more dangerous place.
I am working during the peak of infections.
I wear the mask I brought from home.
I tell people to wear a mask and they tell me they are not sick.
I tell people to wear a mask and they tell me they are not worried about getting sick.
I wear a mask that someone in the hospitals could use.
I get scorned by people who are behind computer screens all day.
I see people helping each other.
I see people actually talking more.
I see people scared of each other.
I take temperature readings of staff and subcontractors as they enter the workspace.
I wipe down common surfaces and clean as much as I can on my workspace and job site.
I go to touch my face and touch the mask and then remember
I am not supposed to touch my face.
I see fear in faces.
I see fear in my own face.
I cannot see well with fogged glasses with the mask on.
I asked for help, but it has been the same status quo.
I am supposed to be in two places at once.
I am supposed to be doing office work while I am doing field work.
I am supposed to be doing field work while I am doing office work.
I am supposed to be "juggling."
I am overwhelmed.
I am questioning if I have time to use the restroom.
I am being told by management that it is people first but,
I have to keep the owner's schedule or they will be upset but,
I also tell the crew that I do not care about schedule and that everyone works safely.
I am trying to keep people working but our lives and others we come in contact with are at risk.
I clean everything 6 times and then again.
I still see people not following any guidelines.
I see a ton of older people not following guidelines.
I am thankful for everyone who is out here working.
I am glad when I see other people with masks on.
I am afraid to take my mask off.
I clean the car again and surfaces as I leave.

I talk to people and forget to distance as we talk.
I forgot to take my shoes off in the house and now feel like,
I infected my family.
I may know in two weeks, 4-14 days.
I work late when home and make it hard on family time.
I work late so the next day is less stressful.
I am grateful for having a good job,
I am grateful for all the heroes working in medical/service fields.
I am grateful for being smart with debt.
I love my family.
I am by far not alone in this fight.
I reassure uncertain people.
I am uncertain myself.
I miss hugs.
I miss being hugged.
I miss vacation days.
I am surviving the best I can.
I sleep in all my free time
I need time to unwind.
I am alive.