

"Yes, because of my immunocompromised stepdad and because it's required by Gov. Newsom. The only time I've left the house since mid March is to take walks, go to the park, and go shopping."

-- Anonymous, Student, Murrieta (Calif.), 4/20/2020

"Yes. We don't go anywhere. We think more folks should stay home. We talk with different friends every day and text jokes back and forth. And parks, etc shouldn't open for awhile yet. Let's think of others rather than think about ourselves and what we're missing."

-- Anonymous, Retired, Carlsbad (Calif.), 4/23/2020

"Yes. We have left our home only once in the past 6 weeks to purchase eggs. We have groceries delivered and I work from home. My husband and 2 children share our home with my sister and her family. We are all staying home, but spending lots of time together."

-- Anonymous, CSUSM employee, San Marcos (Calif.), 4/27/2020

"Yes. It has been 48 days since I started social distancing and have left the house maybe 4-6 times to go to the store or to swap foster animals. Fostering animals boost - now is a great time to try out fostering a pet! I currently have four foster kittens and have to say they make working from home way more exciting."

-- Anonymous, Escondido (Calif.), 5/01/2020

"Yes we are practicing social distancing. To help slow the spread and so health care professionals can catch up and scientists can have more time to develop testing and a vaccine. I do go out when I need to shop for groceries and supplies but I wear a mask and gloves. I stay in touch with my family and friends via social media, FaceTime and calls. I talk to my 90 year old father who lives in another city every night. He is already isolated as he gave up driving in February and feels alone. I hadn't seen him in 7 weeks and he kept saying he wished he could see me, so on the 8th week I went to visit him. We sat outside 6 feet apart and had lunch. It was worth it for both of us. It's been 10 weeks since we've seen my in-laws!"

-- Anonymous, CSUSM administration/staff/faculty, San Diego County (Calif.), 5/04/2020

"I continue to stay in touch with friends by chatting on the phone and or doing weekly meetings via zoom. It is very good. But I miss them and this adds to my sadness and anxiety. I miss my old life. waking up getting ready going to school getting things done attending class more printing going home for dinner, shower and sleep by 10pm."

-- Eric Noriega, Student, Escondido (Calif.), 5/04/2020

"Yes, I am practicing social distancing. I have a rather weak respiratory system, and so am at risk when it comes to the virus. Haven't left the house in a long while."

-- Anonymous, Student and CSUSM student library assistant, Encinitas (Calif.), 5/05/2020

"I was at first, as the cases have dropped off I have become more lenient: visiting close friends and family members. In our region we have not had many cases anymore and I don't think less densely populated areas (Riverside County) should be held to the same rules as bigger cities (San Diego, Los Angeles, New York City)."

-- Anonymous, Student, San Diego (Calif.), 5/07/2020

"I have been stuck inside my house for the pass [sic] month since COVID-19 has begun. I have been able to to FaceTime but this virus has shown me who my actual friends are during this difficult time."

-- Anonymous, Student, Riverside County (Calif.), 5/07/2020

"Yes, I have been practicing social distancing. Since both of my parents have diabetes my mother has not allowed us out of the house unless it was to go buy essential things. To keep in touch with friends and family, I often text or facetime them. It is hard since we are all so close, this horrific time has taken time to create memories together."

-- Anonymous, Student, San Diego County (Calif.), 5/07/2020

"Yes! Because I don't wanna endanger my family especially the older ones!"

-- Anonymous Student, San Diego (Calif.), 5/08/2020

"I am practicing social distancing during the times that I really do need to go out to get some groceries. I do maintain six feet from others but this is pretty easy for me since most of the time I am home. I stay in touch with family and friends through FaceTime and messages."

-- Anonymous, Student, San Diego (Calif.), 5/09/2020

"Yes I am practicing social distancing, I have asthma, my mom has had cancer for a few years now and my family helps take care of my grandparents. It would be self fish of me to put myself at risk that could end up costing me one of my family members. Zoom and face time have helped with keeping in touch with my friends and family."

-- Anonymous, Student, San Marcos (Calif.), 5/11/2020

"I practice social distancing to the best of my abilities since I still work in the public atmosphere and interact with hundreds of people and their items every single day. There are many people who do not understand how and why we are social distancing and it is incredibly shocking to me. I thank the fact that technology exists during the time of this pandemic because, without it, I do not know how I would keep in contact with my mom and all of my friends, who live in Imperial Beach."

-- Student and checker (Vons), San Marcos (Calif.), 5/11/2020

"Yes, I have not left my home (other than my own backyard) for nearly two months. I spend my time working on classes, my job as an RA, and my volunteer visits with my client with Alzheimer's San Diego. I stay connected with friends through text messaging, and I call and use Zoom with my boyfriend."

-- Hayley Stevenson, Student and undergraduate research assistant, Escondido (Calif.), 5/11/2020

"Yes, but only because I have to. Things now are starting to open back up and if a small business opens, my family will support them."

-- Anonymous, Student and restaurant worker, San Diego County (Calif.), 5/11/2020

"Yes, I'm practicing social distancing. I do not want to get sick or other people sick. I believe we all must try our best to keep our distance away with everyone as much as possible. We need to stay inside our houses and the sooner we can return to a normal life."

-- Veronica Mondragon, Student, Escondido (Calif.), 5/12/2020

"I am practicing social distancing because I believe it is vital not only to save lives and protect those around me but to do my best to end this as soon as possible. I am staying at home with my family and only going outside for exercise or to spend time in my backyard. I have grandparents that have not been able to leave their home at all and I have been helping them get by with groceries and ordering them food from their favorite little breakfast spot. Teaching older family members how to use the internet as been interesting as well. "

-- Anonymous, Student and CSUSM student library assistant, Los Angeles (Calif.), 5/12/2020

"Yes and no. My family and I have suspended all travel and are sticking to a core group of people. We go back and forth between 4 households. My home, my parents, my sister and my neighbor. Instead of going to a bar we have Friday hangouts at my house. Instead of going to the beach or the park we have pool time and BBQ at my house or my parents house. Family dinners and coffee time is usually at my house. We all wear mask when we go pick up food or grocery shopping, disinfect all items we are bringing from the "outside" and make sure to strip down in the garage and head straight to the shower. As in all groups there are those that just won't listen, my father is the biggest offender, he goes to the store almost everyday and just can't seem to stay put. It's harder on our older generation that is used to being outdoors and active. Social media, video calls and online chats with Microsoft TEAMS and Zoom have been a great resource to stay connected."

-- Brenda Aguilar, Academic Advisor, TRIO Talent Search, Oceanside (Calif.), 5/18/2020

"Yes, staying as far away as possible from people. Because there are conflicting medical reports about the distance the virus spreads airborne. I stay in touch with family and friends via Zoom, Facebook, phone calls."

-- Anonymous, Counselor, Oceanside (Calif.), 6/09/2020

"Yes. My spouse Criselda and I are diligent about safe socializing. When I met a friend in Balboa Park in June, I picked an open grass area, found the wind direction, and set up lawn chairs 8 feet apart with the wind running away from us, and we chatted for an hour. Lake Poway on 6/14/2020 Criselda and I visited. We brought masks and camping chairs, and sat 20 to 40 feet away from others in an open grass area with a view of the lake. Only 5% of the people wore masks unfortunately."

-- Michael Yee, Teaching Associate, Poway (Calif.), 6/15/2020

"I avoid close contact with strangers, and have seen my children and grandchildren less frequently. I have never gone out to a restaurant. When I do occasionally go to the grocery store or the pharmacy, I wear an N95 mask covered with a regular mask. Otherwise when I go out, I wear the regular mask. On my walks, I have met more neighbors. We greet each other and often chat together, which has been heart-warming. I keep in touch with family and friends by texts, WhatsApp and email. I make more frequent contact than previously with those who live far away, and we share what is happening in our lives. This gives me a different perspective on the coronavirus crisis. One of my French friends who was visiting her daughter in Hong Kong was tested for COVID-19 before entry. She had to wear a bracelet and go into isolation for two weeks, feeling like a prisoner. This is one way in which Hong Kong has controlled the virus. It has succeeded in limiting the spread of the virus to only a thousand of its seven million residents, and has suffered only a handful of deaths. One of our daughters has arranged to send us a box of fresh produce each week from local growers. The contents are always a surprise, giving us new experiences of eating delicious fruit and vegetables that we would never have thought of trying. I share the contents of this box with another daughter living close by, who brings us other groceries once a week. It brings me great joy to hear her footsteps on the stairs and see her face light up as we embrace."

-- Virginia Gabrielle O'Flaherty, Retired artist, San Diego County (Calif.), 6/26/2020

"Otherwise, shopping online has become the new normal, and recycling all the boxes that arrive at the house can be challenging. Our daughter who now lives in Bonsall has visited us twice with her husband and one of our granddaughters, plus their two puppies. We gathered in my art studio, all wearing masks and keeping at a distance. We had our first family get-together last week at their new home. The

gathering was filled with warm embraces, heart-felt laughs and delicious food, including herbs and fruit grown in their garden. It was a much-needed reunion, one to remember after a period where not gathering together had been an act of kindness. Earlier, for another granddaughter's birthday in late April, an outdoor drive-by party was organized to maintain safe distancing. It was great fun seeing the decorations her parents had put up on their garage door and around their drive-way. We parked in front with our car decked out with hand-made posters. I had decorated a birthday cake with yellow rose petals and put it in the trunk, for her to retrieve on her own. I tied her present to the end of a pole and hung it out of the car window for her to take at a safe distance. Other cars honked as they drove past. We have a neighbor who is still extremely fearful of the virus. She works from home, teaching college classes, and hasn't been socializing at all for three months. She rarely ventures out. Her car that is always parked outside is an eerie reminder that things are still not alright."

-- Merlyn Cruz-Feliciano, Registered behavioral technician and student, San Diego County (Calif.), 7/10/2020

"I do practice social distancing. Many of my neighbors and I walk the neighborhood in the morning but greet each other and keep moving on. If an older person than I is walking on the sidewalk, I step out into the street and continue my walk there. My neighbors do the same for me. So far my family and friends communicate by phone or email."

-- Anonymous, Retired teacher educator, Carlsbad (Calif.), 8/17/2020

"I try to practice social distancing whenever I am outside my house. For example, when I go to the store or gas station people simply pass by me but for a few seconds. I do try to stay away from other people when I am outside even though I am wearing protection. My friends and I got tested to COVID and came out negative, so we do hangout whenever we can because with school and work it is hard to make additional time. Same goes for my family when we decide to hang out we share our 6 feet apart."

-- Anonymous, Student and retail worker, San Diego (Calif.), 2020-10-26

"I am practicing social distancing, to the best of my abilities. I really try my best to only go to the grocery store and see my family and the family that I work for. However, I have seen a few friends throughout the lockdown orders. I try by best to be careful, but it was mostly to help my mental health."

-- Anonymous, Student and nanny, San Diego (Calif.), 11/20/2020