

# Writing about feelings that we had this quarantine

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This quarantine has been pretty hard and sad , we were dealing with a deadly virus - **covid 19**- and to be able to stop it we had what to be locked up for months, to reduce the contagion.

The most difficult thing I've had to be locked up is not being able to relate to family and friends; so I've been sad because I missed them. It was also hard not being able to go out for a walk, something that is very important for my health, or worse, I can't go to public places like school, cinema, shops....

School at home has been quite difficult to carry since you don't have the teachers in front of you to help or explain you, but I have still managed to carry it.

In conclusion, for me this has been like a life lesson to open my eyes and see how the world is getting worse in general. Just being locked up has greatly lowered the level of contamination.

This is not a joke, we must protect ourselves and be aware of what is happening because if we are not and we do not take it seriously we will never end this virus.