

Storytelling about My Quarantine Period During COVID-19 Pandemic: **How to Cope My Feeling**

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My name is Tutu April Ariani, an Indonesian student; I am a third-year Ph.D. student in the Department of Nursing, College of Medicine, NCKU. My advisor is Professor Mei-Feng Lin, RN, Ph.D. Before studying in Taiwan, I was teaching mental health nursing at my University.

According to COVID 19 pandemic, many things happened and came to my life during this novel “disaster.” The “big sadness” in my life is when I lost my lovely mother due to COVID-19. I could not be there in her final moments battling her pain. But, luckily, I didn't need long time to grieve, because I immediately tried to reverse the sadness by surrendering to God. I thought that my mother had received the best treatment and died very beautifully and without pain. I could say goodbye to her, at that time. In addition, I advise readers to overcome sadness, think positively that your mother is in heaven, very special, without pain and always with you wherever you are. Remember her smile.

Another impressive thing is when I should stay for 14 days in Pingtung for quarantine. At this time, I will share my quarantine experience during this pandemic because this was a very unpleasant experience. Even so, I had to live it, not only for my safety but also for the safety of others. Moreover, many



people have to comply with quarantine rules during this pandemic.

My story began when I had to go back home to Indonesia for doing my pilot study. After 2 months of staying in my country, I came back to Taiwan. When I arrived at Taoyuan International



Airport, I was impressed by the strict rules for preventing the spread of the virus. International flight restrictions have a significant contribution to minimizing the risk of transmission. I underwent multiple checks and some warnings about how many days the quarantine period. Finally, I was in a special pandemic taxi from the government to the quarantine hotel in Pingtung city.

I arrived at the hotel at 1:00 AM, and the hotel officer gave some information related to government health policy. After a 14-day home quarantine followed by the self-quarantine for seven days as an obligation for everyone who comes from outside Taiwan. Apart from that, they continue to implement health protocols, namely the obligation to use masks, wash hands with hand sanitizer or soap and maintain distance from other people. For 14 days, I had to stay in a quarantined hotel chosen by the Taiwan government. The tracing and tracking process is made more accessible by coordinating data systems here even though I am a foreign student by having ARC as my identity card.

Experience during the home quarantine

The unforgettable quarantine experience began when I entered my hotel room. The first thing, I had to check the entire room, including the bathroom. I should make a comfortable room because I would be occupying it for the next 15 days. Living in a quarantined hotel made me learn new things about food, weather, facilities, and routine health conditions supervision by the Taiwan CDC. As a Muslim, I have various dietary requirements, and I can only eat vegetarian and seafood menus from the hotel. It was my first challenge. Furthermore, I always receive calls from NCKU staff, twice per-day, to remind me of a COVID-19 survey related to the symptoms of COVID-19 by scanning

the barcode as a link to monitor body temperature during the quarantine period.

I started routine activities in my room that I had done with various arrangements. Regular exercises were getting tedious to me and environmental sedentary including trains sound when passing, every two hours started to trigger stress. On the contrary, the silent situation around my room prevented us from going out of our room. The extremely inside and outside weather (from AC temperature degree and little window in my room) made my skin became too dry and itchy; I never had such a problem before.

Another stressor is an unstable internet network from the hotel, such as delayed connection and interruption when I called or searched the topic on my laptop, low signal, and limited time to use the networking. Luckily, I have subscribed to the unlimited internet network so that I could solve the problem.

The coping strategies for boredom which leads to depression

In this situation, I felt glad to become a psychiatric and mental health nurse. Based on my previous experiences managing the stressful condition, I used some effective coping strategies, such as positive thinking, simple exercise to relaxation and stress distract, and found resources to ventilate my feelings as soon as possible. I also applied those the strategies when my mom was dead. I have communicated with my Advisor: Professor Lin, Mei Feng, who always supporting me, call my friends, did my manuscript revision, and intensively my religious activity. Finally, I could finish my home quarantine and self-management for seven days in my dormitory. And I don't ever forget that COVID-19 is more than murder.

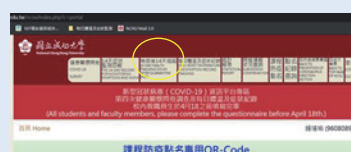
Certificate of completion of home quarantine

Dear Tutu April Ariani 涂四月,

You have finished the quarantine for 14 days. Then you must do 7 days of self-health management.

Please pay attention to the following things and cooperate :

1. please soak the clothes and the bedding used during quarantine in a 1:100 ratio of bleach rinse for 10 minutes before washing them.
2. During self-health management(2021/02/10-2021/02/16), please take your temperature twice a day. Filled in temperature and health questionnaire at the NCKU epidemic prevents the platform every day for 7 days. (<https://app.pers.ncku.edu.tw/ncov/index.php?auth>)



3. During self-health management(2021/02/10-2021/02/16), Please maintain appropriate social distance from others (Indoor 1.5 meters, outdoor 1.0 meters). You can wear a mask outside, but please do not enter the classroom, or attend parties, dinner, until the completion of self-health management.
4. if there is a cough, fever, sore throat, headache, or other symptoms of suspected respiratory tract infection, please dial the 1922 hotline, and go to see a doctor as soon as possible.
5. if you go to see a doctor, please also inform the NCKU campus security center. (06-2757575#55555)