

Extracts from Julia Gunn's Diary about the Covid-19 Pandemic. 2022-2023

Monday 2nd July 2022. There were three cases of Covid 19 staff at Cartref Dyfi care home. We went to see Ray's mum yesterday too, hope we didn't catch it. Doctor John Campbell said that Ba.4 and Ba.5 are going up and we are the highest in the UK in hospitalisation. Re-infections have gone up 12%, R= 1-1. There is also another new variant again BA. 2.75.

Tuesday 19th July 2022. The new Covid-19 is called Delta from Centaurus B.2.75 and they are keeping an eye on it

Saturday 30th July 2022. Sharon e-mailed me to say that Mark has the Covid-19 again

Saturday 27th August 2022. Dr John Campbell says that we are now Endemic with Covid-19.

Wednesday 7th September 2022. All the residents, including Ray's mum have had their 4th booster vaccine for Covid-19. My sister Alison and her granddaughter Lucy have Covid-19.

Thursday 8th September 2022. I have decided not to have any more boosters because I was ill and had bad side effects after the last one. I hope it is the right decision. H.Majesty Queen Elizabeth 11 died today aged 96. She was a dedicated Queen and was on the throne for 70 years. Prince Charles, her son, who is 74 years is now our new King.

Monday 26th September 2022. Sharon has Covid-19 again.

Wednesday 28th September 2022. Sharon phoned to say that Cartref Dyfi is closed again for visitors because of Covid-19. She is still feeling rough and had track and trace people by the door. Covid-19 is on the rise again.

Some of the residents at Cartref Dyfi have been quite ill after the 4th booster vaccine, worse than with the Covid-19. Apparently, America helped China to make this virus. It is man made and not nature.

Friday 30th September 2022. Patrick has Covid-19 now and has been in bed all day. Sharon says that she is a little better.

Tuesday 4th October 2022. Sharon ill again but tested negative with Covid-19. I hope that her and Patrick do not get Covid -19 again as they do not get paid. They are home for about 10 days before they can return back to work.

Saturday 31st December 2022. We are still experiencing Covid-19 and China is in a dreadful state with it. The war between Russia and Ukraine is still going on and there doesn't seem to be an end to it. A very disturbing entry in my diary for the last day of 2022.

Monday 4th December 2023. Ray is ill with a bad cold. I just hope it's not Covid-19 because we have managed to escape it up to now.

Wednesday 6th December 2023. I asked Ray to take a Covid -19 test today and it was positive. He must have caught it on the bus Friday when he went visiting his mum at Cartref Dyfi. It's the only time we leave the village.

Thursday 7th December 2023. I was ill with Covid-19 today and had a very bad night, no sleep at all. I had a tummy ache, sore throat and sinus. Ray is better.

Friday 8th December 2023. I was worse today but managed to have some sleep last night.

Saturday 9th December 2023. I woke up feeling a little weak with a slight tummy ache but throat still bad. I had a temperature all day. Cameron had been to casualty at Bronglais hospital with a very bad throat and he couldn't breathe very well. I mentioned it to Sharon that he might have Covid-19. He came down to fetch some test kits and his results were positive. That means they are all going to catch it now and they have already had it before. I definitely don't want it again.

Tuesday 12th December 2023. Sharon has Covid-19 and they all have it now except for Mark. My lungs are very tight but my tummy ache has finally gone away.

Thursday 24th December 2023. Mark has Covid-19 today.

Friday 15th December 2023. My lungs are very tight again today and I looked on You tube for some lung exercises to help.

Thursday 21st December 2023. I have just found out today on You tube (Dr John Campbell) and the (World Health Organisation) that the Covid Ray and I had is the new variant JN.1. It's related to the Ba.2.86 (Pirola variant). The symptoms are :-fever,runny nose,sore throat, headache and mild gastrointestinal symptoms.

Ray and I have definitely noticed a deterioration in our health, physical and mental all of a sudden and we are convinced that it is due to the booster vaccine we received in November 2021, which gave us serious side effects and we refused to have any more boosters .

The conservative estimate of people who died globally from Covid-19 in the pandemic is 20 million and 4years on in 2024, they are still dying.