

1. This is the largest lockdown in history.” (New York Times)
2. When is this going to end? No one knows...
3. Some days I feel very scared and nervous about the future. Other days I feel hopeful and motivated. There are days that feel very challenging.
4. Are we in this together, we are not alone...
5. Am I healthy? Do I catch the virus at some point? Did I wash my hand well?
6. What would happen to my mental health after this isolation? There are free virtual Yoga classes on the internet. I may take part in one of them.
7. People are trying to find their own creative ways of living in quarantine to communicate with each other, study, work, follow the news, etc. via the internet using some applications like Zoom. Zoom's stock price more than doubled since December. ([www.bbc.com](http://www.bbc.com))
8. We should stay home, avoiding the public staying 2m apart from each other. We can not hug, shake hands, have face to face meetings; we have to wash our hands frequently. Are we going to be the same people after all this? I am afraid this physical distancing causes social distancing.
9. Number of people infected with the virus are going up very fast.
10. On June 30 cities and states are reverting to lockdown measures as virus cases climb. More than 10 million confirmed COVID-19 cases reported globally. US could reach 100,000 new cases a day ([www.cbc.ca](http://www.cbc.ca), [www.apnews.com](http://www.apnews.com))
11. On July 8 Iran reported the highest one-day covid-19 death toll since the outbreak. ([www.aljazeera.com](http://www.aljazeera.com)) I talked to my mother last night over the phone, she lives in Tehran. She was scared, very scared...
12. People have to avoid non-essential travels. My whole family lives outside of Canada. God knows when I can see them again.
13. We are hearing some very funny and strange news these days. Last night GlobalNews said that: “Oil prices are in the negative: COVID-19 rules to stay home played a huge part. American benchmark West Texas Intermediate (WTI) crude oil dipped 300 per cent to close at negative \$37.63 a barrel — which meant producers were paying buyers to take their product.” (<https://globalnews.ca/>)
14. Most countries are expected to face recessions in 2020. ([www.worldbank.org](http://www.worldbank.org))
15. The COVID-19 recession has seen the fastest, steepest downgrades in consensus growth projections among all global recessions since 1990. ([www.worldbank.org](http://www.worldbank.org))
16. The coronavirus may be the most challenging crisis many leaders will face in their lifetimes. Leaders more than ever must act. (<https://www.kornferry.com/>)

17. Google says coronavirus has become its biggest search topic by a country mile this year, and to continue its efforts to harness that attention in the best possible way, the company launched a new information portal dedicated to the pandemic as well as an improved search experience for desktop and mobile. ([www.techcrunch.com](http://www.techcrunch.com))
18. Art and entertainment is changing due to this virus. As states ban public gatherings to stop the spread of covid-19, the arts are moving online ([www.economist.com](http://www.economist.com))
19. The COVID-19 outbreak is affecting movie theaters, it has also halted TV and film production around the world. ([www.techcrunch.com](http://www.techcrunch.com)) All cinemas, theatres, concerts and ceremonies are closed. People in the film and media industry are experiencing very disappointing moments; no camera or sound is rolling.
20. I have been looking for a job since Corona showed up in Canada. I am offered to work in an art gallery after all. Doctors recommend me to stay away from busy public places because my body immune system is not strong enough. I have to reject this job offer.
21. More than four out of five workers in the global workforce of 3.3 billion have been affected by the novel coronavirus. (International Labour Organization) ([www.chicagotribune.com](http://www.chicagotribune.com))
22. This invisible enemy has brought our global economy to its knees in a way no one could have ever expected or anticipated. We are living in a very odd time right now, with no vaccine and no treatment in sight([www.forbes.com](http://www.forbes.com))
23. Today I read in the news that Significant social distancing would be needed 'until vaccine is found' ([bbc.com](http://bbc.com))
24. Researchers worldwide are working around the clock to find the vaccine. Experts estimate that a fast-tracked vaccine development process could speed a successful candidate to market in approximately 12-18 months – if the process goes smoothly from conception to market availability. ([www.raps.org](http://www.raps.org))
25. Researchers are developing more than 140 vaccines against the coronavirus. Vaccines typically require years of research and testing before reaching the clinic, but scientists are racing to produce a safe and effective vaccine by 2021. ([www.nytimes.com](http://www.nytimes.com))
26. Health workers are at the front line of the COVID-19 outbreak response ([www.who.int](http://www.who.int)) People around the world cheer for health care workers every day. (CNN.com)
27. Most governments around the world have temporarily closed educational institutions in an attempt to contain the spread of the COVID-19 pandemic. These nationwide closures are impacting over 60% of the world's student population. Several other countries have implemented localized closures impacting millions of additional learners. ([en.unesco.org](http://en.unesco.org))
28. BBC says that Pollution and greenhouse gas emissions have fallen across continents as countries try to contain the spread of the new coronavirus. ([www.bbc.com](http://www.bbc.com))

29. These days when I go for a walk, I can hear the birds singing with no background noise.

30. Today I noticed how beautiful my neighbourhood is. I guess I never saw that because I was always in a rush to get somewhere when I was out. I'm embracing this slower life in the fast paced mechanical life of today.

31. The situation is evolving daily. The risk varies between and within communities, but given the number of cases in Canada, the risk to Canadians is considered high. ([www.canada.ca](http://www.canada.ca))

32. Iran may have lied about its coronavirus death toll. Iran's Covid death toll may be four times the government's official tally, says top doctor.. Iran's doctors are urging the government to take decisive action, citing "unacceptable mortality rates." ([www.dailymail.co.uk](http://www.dailymail.co.uk))

([www.nbcnews.com](http://www.nbcnews.com))