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Covid has been a stressfull time for the world. Being in prison in the middle of a covid outbreak brings a hole new element to it. I am going to try to bring you in to how it was when the Delta variant came through Fremont (FLF).

In prison we ~~are~~ are all in close quarters, so we know that a virus like covid will spread in an unstoppable rampage. No one will be spared, and no one will be safe. so we watch the 11 news to see what our covid cases are in our area. we see that there is a big spike in our area and we know that it is only a matter of time before a prison worker brings it in. Your neighbor gets sick and you wonder, is it a cold, or is it covid. Then you hear that this CO or that CO has covid and you wonder how many of us did they infect before they found out. Then it's the librarian. You know that it has to be here, but there is nothing that you can do. so you just keep living

your life trying to keep your mind off of what's about to happen. Then they finally start testing prison workers before there shifts. But it is too late. It's already here. Then prisoners start testing positive. A little here and a little there. when you test positive you get quarantined in segregation. Those cells have no power outlets. That means you have to do 2 weeks with no tv, Radio or coffee pot. Everyone dreads testing positive. I don't know what is worse, being infected with covid or being quarantined. Then one day they lock us down in our cells, we don't know what is going on at first, but then we see the national guard and we know that things just got real. They come around cell by cell testing everyone. when it is your turn they take there sample so far up your nose that it feels like they are trying to get a sample of your brain. It hurts, and makes your eyes and nose water. you

can't wait till it is over. 15 seconds
 feels like hours. Then after you are
 done it is your cellies turn. It's
 painful to watch. After he is done
 they go to the next cell. You have to
 wait until everyone in your pod is done
 being tested before they let you out
 of your cell. From then on they do
 this every week, and every week you
 are wondering is this going to be your
 week to go to quarantine. We hear of
 people putting bleach up there nose to
 try to prevent a positive test.
 From then on we are also on modified
 lock down. They want each pod to
 interact with each other as little as possible.
 no programs like education or religious
 services, no yard. Only people that do
~~certain~~ certain jobs can go to work. I am
 an electrician so that makes me a
 critical worker so I go to work.
 The test takes about 3 to 7 days to
 come back. one day you come back from
 work and you see that a bunch of

people are gone and you think you must have been spared this week.

The kitchen workers start getting rapid ~~testing~~ tested before they go to work every day. Some come up positive and they go to seg, sooner or later they start to not have enough kitchen workers, so they start going around telling people that they want them to volunteer in the kitchen. We are really being volunteered because there are consequences if you refuse.

People like me that have a full time job are not spared. They want me to work in the kitchen on top of my job. So you are rapid tested before you enter the kitchen to work, when you leave to go there you don't know if you are coming back.

I worry about my cell y. when he got covid the last time it damaged his heart and lungs. I worry about getting covid at work and bringing it back to him.

I don't ~~want~~ want to be the one to give him a virus that can hurt him like that.

A couple of weeks go by and more and more people test positive, soon they stop quarantining people because segregation is full. Then finally I test positive. I don't know that I have it. I have no symptoms. But I worry about giving it to my cally. I am not allowed to go to work for 2 weeks, somehow I make it past all that without infecting my cally. I am really happy about that. As time goes by less and less people are testing positive. People start coming back from quarantine, only some get to go back to work they came from. The ones that don't get back don't are not happy. Then we start ~~gradually~~ opening up more and more. Eventually we almost get back to normal.

That is it for my experience with the Delta variant in prison. I wish all who read this the best.

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