Transcript of Carol's Story Part 1

Just got in from the ward Where do I start? This is tough. I know I need to stay strong for my team but there is so much change and uncertainty, I've got no time to stop and think about it. Really, I don't think it will help I can't let the other nurses see me struggle, besides the patients have it much worse than us.

It's our role to do the caring – not to be the ones being cared for, and they can't have anyone in to see then, the patients I mean. This is disease is horrible. Go to daddy. Yes, mummy's coming, go back to daddy.

It's not like I haven't got stuff going on at home myself. We lost an aunt just before lockdown and we couldn't have a proper funeral. My son and my husband are taking it really badly. My husband thinks it's weird how I'm ok with it. He says I've gone numb, but I'm fine. Yes, I was very close to her. Ok I admit that I have been a bit more irritable at home, which isn't great for my son, I'm not sleeping well, and my jaw started aching because I'm grinding my teeth again.

But I am genuinely fine. I am ok with everything, I just want us to pull together and get it over and done with. I can't let the nurses see me weak. It's them that I'm worried about, them and my family. When I'm using my PPE at work, I am very careful because I am petrified of bringing COVID home to them.

I don't want to pass it on. When I get in, I leave my clothes at the door, I have a shower and I put everything in the wash as soon possible But it's tough.

And then - on top of it all, I'm reading that COVID is affecting African, and Caribbean, and Asian people the most. My team is a mix of backgrounds, but ......I dunno, I don't know all the facts about it but this, is scary, it's scary.