

HOME IS WHERE THE HEART IS

COVID-19 AND THE PROBATION DEPARTMENT

COVID-19 has had a significant effect on everyone. Probation News is thankful that some of our very own probation family members have chosen to share their Covid-19 experiences. Below is one of our employee's experiences. The employee's name has been changed to maintain their privacy.

Mr. Sawyer is a Deputy Probation Officer II with the Los Angeles County Probation Department. Although he believed Covid-19 was real, he didn't know anyone who had contracted it, so he would sometimes joke with friends about it merely being a cold on steroids. He didn't think he'd ever get it.

Before the 2020 holiday season, Mr. Sawyer picked up dinner from a local restaurant that he frequents on Friday nights. Excited about savoring his favorite start of the weekend meal, he settled down and began eating, immediately realizing the meal he had always found satisfying now tasted very bland.

GATHERINGS IN YOUR HOME ARE HIGH-RISK FOR SPREAD OF COVID-19



He thought maybe the cook was having a bad night and failed to season the food well. He threw the meal away and went and picked up something else. That food also tasted bland, "I had to force myself to eat it, and that's when I thought something is wrong." Mr. Sawyer returned home and fell asleep around 6 pm and didn't wake until noon the next day. "I slept like I had worked a 24-hour shift," he said.

COVID-19 SPREADS EASILY. KNOW THE SYMPTOMS.




Health Services
LOS ANGELES COUNTY
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On Saturday, he got up, showered but later found himself with low energy and didn't want to do anything. Not having an appetite, he forced himself to eat some crackers, went back to bed, and slept until the next day. He awoke the following day without any other symptoms. "I was not sneezing or coughing. I did not have a runny nose or headache. I was just exhausted. I did not want to do anything. Not even run my usual errands." He then decided to take some precautions and isolated himself from his family. He instructed them to stay away and separated himself to the second floor of his home.

"I'm pretty healthy. I used to go to the gym a lot. I am not obese, and I stay active. I knew something was wrong. I knew my body was out of alignment." That following Monday, he found himself wondering if perhaps he may have caught the flu, so he decided to call his doctor. His doctor instructed him to come in immediately. Sawyer said, "They tested me for Covid-19, and sure enough, I tested positive."

HOME IS WHERE THE HEART IS (CONT)

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He was in shock that he had contracted Covid-19. Both nervous and surprised, he continued to isolate himself, as no one else in his home had tested positive. Anxiety set in, "I started feeling very anxious because I'm never sick, and I take vitamins. I started thinking to myself, what's next? When do the ventilators come? When will I have to be rushed to the hospital?"

Sawyer said being diagnosed with Covid-19 and having to live in isolation affects your mental health. "Just hearing and remembering the horror stories of other people scared me." He found himself thinking about all his clients that had shared their Covid-19 stories with him about losing loved ones. Sawyer began to anticipate his worst-case scenario, thinking of who would care for his family? Who would pay his mortgage and car note? The more his thoughts wandered, the more his anxiety would rise, and he found himself not only physically ill but mentally stressed.

Being a team player, Sawyer worked throughout his entire illness. He teleworked, maintained telephone contact with his clients, and continued to submit court reports.

Sawyer says he only experienced mild symptoms for about three weeks, and he said he thinks he may have gotten sick at work. "All I do is go to work and go home.

Stay in touch with your family + friends and keep everyone safe.



covid19.lacounty.gov

Avoid the Three Cs

Crowds

Confined spaces

Close contact

with people outside your household



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When asked what advice he would give his Probation family as a Covid-19 survivor, he said, "Take this Coronavirus seriously because it's real. I am speaking from experience. Practice social distancing. Wear your mask over your nose, not under your nose. Use hand sanitizer and be cautious of your surroundings. If people are sniffing or sick, stay away from them. You can catch it from simple droplets in the air. They don't even have to sneeze on you."

As a result of his Covid-19 experience, Mr. Sawyer became a certified Covid-19 Ambassador for Los Angeles County. He is committed to educating people about the virus and how to prevent it from spreading. He's also dedicated to supporting those that have been infected and affected by Covid-19. For more information on Covid-19 or to get vaccination information, [click here](#).