



# COVID SURVIVORS PROJECT

## PROMPT QUESTIONS

You are encouraged to talk about your COVID experience, using your own words, in whatever way you like and covering whatever aspect of your experience you think is important. If you need inspiration on where to begin, below are some prompt questions to help you reflect on what you might like to include in your oral history.

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### For those who are providing an oral history based on their own experiences with the virus:

- If you feel comfortable, tell us about yourself - name, age, location, vocation etc.
  - What were your symptoms and their severity - e.g. were you hospitalised or did you manage your symptoms at home? When did you become symptomatic?
  - How would you describe your own journey from illness to recovery, not thinking in relation to that of others, but just your own experience?
  - Alongside physical symptoms, how did your COVID experience impact you psychologically?
  - What was your support network like during your illness and recovery, and how did your experience impact those relationships?
  - What was the pathway to recovery like for you, both physically and emotionally?
  - Do you have any thoughts on how your experience of COVID may/may not have been impacted by your government's response to the pandemic?
  - Has your experience changed your outlook on the world or life philosophy in any way?
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## For those those who are providing oral histories based on their experiences with a loved one who had the virus:

- When did your loved one become symptomatic and what was the trajectory of their illness? What were their symptoms like?
- Were you able to directly support them throughout their illness or did social distancing or the circumstances of their infection prevent you from providing the kind of support you wanted? How did that experience affect you?
- Is there anything you would like to express to/about the frontline health workers or community networks you and your loved one encountered throughout their illness?
- What do you want visitors of the archive to know about their life of your loved one? Tell us about their loves, their joys, their experiences - what space did they occupy in this world?
- If you feel comfortable sharing, what has your own process of grief been like in a context where saying goodbye to loved ones is non-linear, non-traditional, and frequently without the rites to which we are accustomed?
- Has the sense of shared and collective grief across the world impacted your own lived experience of losing a loved one during these unprecedented times?
- Do you have any thoughts on how your loved one's experience of COVID may/may not have been impacted by your government's response to the pandemic?

