



Spread Zines, Not Viruses

A collective
zine about the
2020 Corona
pandemic

I FEEL LUCKY BECAUSE...

- I DON'T MIND BEING ALONE AT HOME FOR A LONG TIME, I COPE WELL WITH IT SO FAR.
- I CAN WORK FROM HOME (SO I STILL GET PAID).
- I HAVE A BIG SUPERMARKET NEARBY.
- I HAVE A BIG SUNNY WINDOW WITH A WIDE VIEW ON A ROAD WITH (EMPTY) TRAMS PASSING BY, WHICH MAKES ME FEEL LESS ISOLATED.
- I CAN CALL AND CHAT WITH FRIENDS AND FAMILY ONLINE + ON THE PHONE. I RECOMMEND [HTTP://RIOT.IM](http://riot.im)!
- I HAVE A LOT OF UNREAD BOOKS AND ZINES.
- I HAVE NO SYMPTOMS OF THE VIRUS AT THE MOMENT.

BUT STILL...

- IT'S FUCKING SCARY...
- I WORRY ABOUT PEOPLE GETTING ILL.
- I WORRY ABOUT GETTING ILL MYSELF.
- I WORRY ABOUT NURSES, DOCTORS, AND SUPERMARKET EMPLOYEES BEING OVERWORKED AND EXPOSED TO THE VIRUS.
- I WORRY ABOUT HOMELESS PEOPLE AND REFUGEES.
- I WORRY ABOUT PEOPLE NOT BEING ABLE TO PAY THE RENT OR BUY FOOD.
- I HATE HOW POLITICIANS, CAPITALISM, AND RACISM ARE MAKING EVERYTHING EVEN WORSE...



NINA
AT HOME SINCE 13/3/20
IN BELGIUM

**PLEASE STAY AT HOME
IF YOU CAN! STAY SAFE!**



Life in times of corona

Driving to work this morning, seeing all the empty streets it kind of reminds me of the first scream movie where they install a curfew because there's a serial killer on the loose and all the stupid high school kids ignore the warning signs and throw a house party and everyone end up MURDERED and red right hand is playing. This is the vibe of 2020.

But besides the global threat currently going on I had my own personal tragedy to deal with this day, namely the death of my beloved guinea pig named "Menske" - which can be translated as "little person".

While I was burying my little person my anxiety riddled mind came up with the following idea: "This is to prepare you for all the deaths to come."

I've been very worried about certain family members but this thought put an even bigger strain on my already fragile state of mind.

To combat all these worries I started playing animal crossing religiously which resulted in me making an in-island memorial for Menske and situations like this:

"I had this lawnmower placed here and even though I hate mowing the lawn it felt nice to have it there. But because it's not really an aesthetically pleasing object so I decided to move it to a neighbors' house. After doing this I started to miss the lawnmower being there so I put it back where it belonged but it no longer felt like my lawnmower so I was sad."

This game does weird things to people but it also certainly takes your mind off of the impending apocalypse. Not sure if that's a good or bad thing but for the moment I prefer getting stressed out over my flowers getting enough water than all my loved ones possibly dying.

sister
zines ray



A STORY OF GUILT

My story in the corona virus pandemic of 2020 is a story of guilt. I'm a 31 yr old medical doctor from the Netherlands. I'm a resident in general practice ('huisarts in opleiding' in Dutch), but I haven't been working since september 2019 and I'm still not able to, due to a burn out. At the moment, I'm in the stage of being super tired. I can sleep all night and stay in bed during the day as well.

At first, I was happy that I still wasn't working when the corona virus arrived in the Netherlands. I didn't want to be part of the stressed out situations that happen in health care right now. But after a few days, guilt stepped in. Many health care workers are working their ass off to keep people alive. Also other parts of the health care system are under great stress, due to health

care workers being ill and extra measures put into place to prevent spreading of the virus. Working in health care has become very stressful over the last couple of years, but this is next level. And here I am, sitting at home fighting my own demons. My guilt said I should do something. I took an oath as a doctor. I'm supposed to help people. But I can't, I can't even help myself at the moment.

A few days later, I hear on the radio that many health care workers signed up for working at hospitals in need. A doctor in cosmetic medicine is telling that she has nothing to do now because the clinic she works in is closed down. She's gonna work in a hospital instead. My guilt diminishes a bit when hearing that.

I decide that the best thing to do at the moment is to stay at home as much as possible, take care of myself and start working again when I'm ready for it. People will need care in a few months too and for that they need doctors who are fit.

I'm a precarious teacher from Italy. When the Covid-19 crisis begun, schools got closed immediately and I suddenly found myself without an income.



When the government announced the lock-down I was positive:



But after a month of quarantine the situation hasn't improved much.



The lock-down sucks. We are only allowed to leave the house to buy food or go to work.



I'm frustrated and apathetic like the pather in that poem by R.M. Rilke.

Many factories are still open despite the danger.



Workers are striking because they work in unsafe conditions.

It seems to me the virus hasn't stopped capitalism. It has just reduced it to its core



It just happened so fast I wasn't ready.
Nobody was.

It feels like doom days
all the panic
all the denial
pretending like it has
nothing
to do with you.

She is
↓
my
best
friend
now.

They say
masturbation
helps.
It does not.
Nor does
meditation.

I still
have
social
anxiety. It celebrates
the time.



LIFE RIGHT NOW IS DIFFICULT. MY SCHOOL RIGHT NOW WANTS EVERYBODY TO KEEP WORKING AND MAKING ART LIKE NOTHING IS GOING ON.

*

IT IS FRUSTRATING AND MAKES ME ANGRY. I AM RATHER UNHAPPY. I ALSO DO NOT HAVE MY OWN ROOM RIGHT NOW. I WAS GOING TO MOVE INTO A CHEAP PLACE AS A LAST RESORT (ANTI-KRAAK) BUT NOW I AM LEFT WAITING.

*

I DO FEEL GLAD THAT I HAVE ENOUGH FOOD + A PLACE TO STAY. I DO NOT REALLY FEEL SUPPORTED BY THE LOCAL COMMUNITY BUT I DO FEEL A LOT OF LOVE FROM PEOPLE I KNOW ON INSTAGRAM.

I HAVE SORT OF AN INCOME, FROM SOME ONLINE WORK (SW, Data Analysis). BUT THAT IS ALSO GOING SLOWLY.

ANYWAYS, FEEL FREE TO CONTACT ME ON INSTAGRAM.

@THATPOLISHQUEER





Aotearoa NZ, We are under lock down but getting exercise. Wage subsidies have come in across the board. People are setting up collectives to get groceries to those without access to technology to order on line. Neighbours are baking for the elderly. Children are chalking walks. We are upbeat.

Nurses are being hailed as heroes. Buses are running exclusively to get all essential workers safely to places of work and home again. Leaves are still being swept off streets. It's autumn in the South Pacific. Notices are going up saying 'Free walnuts' very much appreciated. Tables (of sanitized) books are appearing on sidewalks. We are sharing by zoom, fbk, text and waves across the streets. Our P.M. Jacinda Ardern, is being hailed in The Guardian (U.K.) for her determined, timely action and appropriate response to the current crisis.

Photos by Juliana

Kia kaha
Juliana
Venning



ME, MYSELF AND CORONA (ME= ANOUK RASSON)

What are you supposed to do during these times of corona? The media is full of weird advices that are telling us to keep up our 'normal' productivity(whatever that means). You are supposed to wake up at the same hour you would do on a normal work day and all of that other crap. Another tip that is given to keep up your normal productivity is often to put your regular clothes on. So you have to wake up at 7 am and be really fancy looking, behind your desk at home, where no one sees you(besides when you do one of those awkward videocalls with friends/family/co-workers). Yeah right. Then you have other news articles who think these times are ideal to try out new stuff like meditation, painting or get back into what once was a hobby like playing music for example. Of course discovering new things to do is a nice thing, but I heavily criticize the media for saying all this kind of stuff. This is the case, because I think basically the whole message that the mainstream media is giving to us is one that is only assigned to the middle-class people. Middle-class people have the luxury to stay at home and to do new stuff in their free time. Me, myself and I are also a part of this middle-class. So I do have the time to discover new stuff. But the corona crisis gets romanticized too much if you ask me!

As a middle-class girl from around 21 years old I have finally found the time to actually work on my thesis. Which is good on me, since I have been so productive. Yeah me! I also go running now and then to make me feel less anxious about the current crisis. I maybe look stupid while running since I have no idea how to breath properly while doing so. But I don't care as long as it helps me to feel better. I also have been playing some bas. It is harder than I thought. Especially because I wanted to have a plectrum to play but all the music stores are closed, so for now my plectrum is a 50 cent penny.(kind of secretly I feel more punky because I play only using the 50 cent penny, I guess out of every negative thing comes a positive thing). What I also have done to distract my mind from the crisis is to watch documentaries about political events that happened in the past. Yeah I am a kind of a huge nerd. There is for instance an awesome documentary on Netflix called ' Crip Camp: a disability revolution'. It is about a camp were people with disabilities came together during the hippie era and how they realized there they finally felt normal. No one in the camp treated them in a different way than 'normal' people', since everyone had a disability at the camp. They started to become more politically active after the camp too, to fight the discrimination they experienced in their daily lives. Really inspiring!

Besides all the positive things this corona crisis has brought me. There are of course some downsides too. I got back into chocolate again. Or not necessarily back into it. JUST WAAAAAY MORE ON A DAILY BASIS! It seems that every time I feel stressed out, because of changes that are happening in my life chocolate becomes my best friend. Chocolate is quite addictive! It tastes too good and I get a huge sugar rush when I eat it. But it makes me tired after a couple of hours. That last part sucks a bit. Another huge downside is the realizations that come about during these times. It is kind of confronting to realize who spontaneously reaches out to you to ask you how you are doing and who is not. But this has had a positive side too, Since I also realized which people I deeply value. Some friends I otherwise talk to on a weekly basis I now talk to on a daily basis. I guess it is a huge cliché and in line with the mainstream media's story about self-reflection and all of that. But I did realize who are my true friends and who are not. Overall I so really cannot complain about my situation at all. I am quite well off in the current system we are living in. I don't have to worry about losing my job or about my own health(for now at least). I really hope this whole corona thing will be a good time for people to start realizing how capitalism has fucked us over in every possible way. Now people can see how fragile this whole system obsessed with profit is!

copingstrategyrona

Ker*

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coronalone
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coronannoyed
coronaggressive
coronaggravated
coronauthoritarian

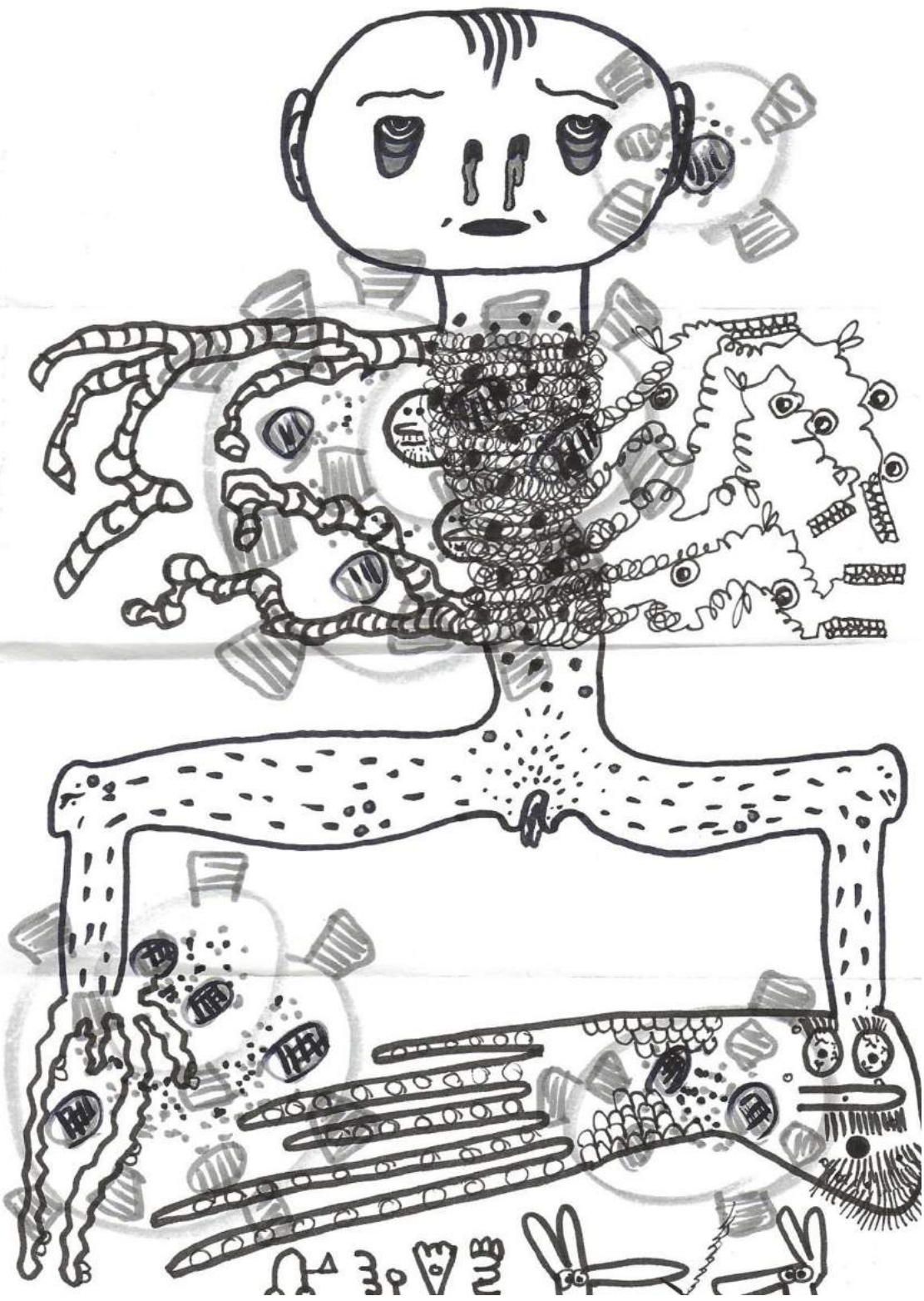
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coronary arteries?



Eleven different persons from different parts of the world collaborated in this zine by expressing their feelings and experiences during the Corona epidemic. They did this for several reasons, for example because zining can help in dealing with the situation, because reading other stories might help in feeling less lonely, because zining is something you can still do while in quarantine and because zining is fun!

This zine was made in between 19 March and 10 April 2020.