

Jackie: My name is Jackie Cantu. Today's date is March 10, 2021. Today we will discuss the experiences of people during the COVID 19 pandemic. Today we are in San Antonio Texas and I am here interviewing Raul Cantu. First off, when were you born?

Raul: June 30th 1977.

Jackie: Where are you from?

Raul: San Antonio, Texas.

Jackie: What area of San Antonio did you...

Raul: Southside.

Jackie: Umm...What is your occupation?

Raul: I work for a physical therapy.... clinic and I am a physical therapist technician.

Jackie: Ok, when and how did you first hear about the Corona Virus?

Raul: Back ugh, 2019 December 2019 I started hearing more things about it. I started reading more into it, watching more videos from China, so I want to say around December, January 2019.

Jackie: Ok, can you explain how the Corona Virus affected you, your family, your friends ugh. What has changed?

Raul: Well really, nothing has changed in our lives, ugh my family and I are mostly ugh, stay at home a lot. The only time we do things is when we do things together, so we weren't always out in big crowds all the time. Ugh, we like to stick to ourselves so it wasn't very ugh, changing life changing for us. Ugh, the only thing is we started to wear those masks, work got kinda got slow, started cutting hours, uum I had to start screening people downstairs just to get the hours to put food on our table. Luckily, I was still one of the ones that still worked. There's plenty of people out there that didn't get to work. Unfortunately. I fortunately, but things are looking up now. We're here on 2021 and things are looking up so things are getting past us.

Jackie: Good. Can you explain how COVID 19 affected your daily or weekly routine like shopping for groceries and spending time with family?

Raul: Yes, normally we would go together to the grocery store and just shop all you want and ugh, when COVID hit things started running out on the store shelves and it wasn't safe for the whole family to go out there so, I was venturing out there by myself early in the morning and trying to get as many things as we could ugh. just to stay upfloat and keep some food in our house. Ugh, luckily, I didn't have any problems, luckily I got out there and got the stuff that we needed. Ugh, there was a little pause in family get-togethers, we didn't get together on Christmas, Thanksgiving which was different ugh, but it was all for the well-being of everybody and our family and so. Ugh, like I said things are looking up so that's a good thing.

Jackie: Due to the pandemic, are you able to work from home? Why or why not?

Raul: No, because my job is to ugh, is one on one with actual patient hands on, ugh especially with physical therapy. It's hard to have some body workout on a video screen or go into some body's house

wasn't safe either, so we tried to stay at work as much as we can. I mean that's it wasn't a choice for us. We had to be there. I guess you could call us essentials.

Jackie: Do you know anyone that has been affected with the virus?

Raul: Yes. Actually my sister caught COVID, my brother-in-law caught COVID. Ugh, numerous ugh coworkers caught COVID. Ugh, so yeah I mean I guess I can say I knew a hand few of people who caught it but, ugh all the people that I know I think only two actually passed away. A high school friend and then a friend's husband passed away of COVID. So, those are pretty much the only two people that I know that actually died from COVID. I'm not too sure if it was actually from COVID or symptoms relating to COVID but, they caught COVID and they passed away.

Jackie: How has adapting to the virus affected your work, school work, responsibilities affected you?

Raul: Ugh, in reality, it's still the same. I still go to work at 7:00 in the morning and get off at 5:00. Nothing has really changed for me. The only thing is, you got to be careful about what you touch or just your surroundings basically. You got to be careful about your surroundings. Nothing has really changed in my life ugh, according to my work. Other than that, we just do what we do. Go to work every day.

Jackie: What would you like to tell future generations about the pandemic?

Raul: Uum, we should have been washing our hands a long time ago. Taking care of our our our hand sanitizing and stuff like that but, I would recommend that they just keep an eye on things popping up around the world. I mean, I mean no one ever thought that it was going to reach over here. We were pretty much making kind of fun of it, making light of it at work and ugh, it backfired on us. And just make sure you notice what's going on in the world. Don't be, don't have your ugh, don't just be looking forward. Always look around you. Look around. Look what's going on. You can't be blinded. You have to see what's going on in the world to stay safe. This came out of nowhere. We had maybe two or three months warning but, we didn't know this was going to happen, but it did. Just, basically make sure you know what's going on in the world. You never know who's trying to hurt ya.

Jackie: Ok, very good. Uum, one more question. When you were hit with the February's winter storm did you think about the virus?

Raul: No. I sure didn't. I thought about ugh, making sure that we had again plenty of food, plenty of water because the Texas store shelves were empty again so, ugh basically the only thing on my mind was taking care of my family, and that was about it.

Jackie: Well, awesome. Thank you so much for your time, and have a great day!

Raul: Thank you!