

HOW TO WRITE A POEM DURING A PANDEMIC

after Joy Harjo

Find a safe space
six feet from the nearest
living, breathing thing.
Wash your hands before,
during and after. Tune out
the sounds emanating
from the mouth of the man
on the television. Write about
what you feel. About how you feel.
About the way your voice shakes.
The way your hands do. The way
you were told not to use them
to wipe your tears. Don't worry
about proper grammar;
shall no one pass judgment
at a time like this—
we are all afraid
here.