

Shattering -in-Place

What?

Shelter-in-place

When? How? Why?

No answers yet

Fear repressed below the surface

Denial, rejection

Cannot happen here

Hysteria, panic

Terror under pressure

Isolation looking for meaning

Wakeful nights, endless days

Time blurs, activity stops

Dread loiters by my side

Standing still, wanting to jump

The future postponed

Shallow breaths, need space to exhale

Forced laughter, simulated gaiety

Ride a bike, take a walk

Write a poem, call a friend

Stay inside

Gargle, wash, disinfect, you are alright

Chills in the night, you are fine

Check for fever, one, two, three times

Stay away, keep your distance

Fear worse than death