

March 2020-March 2021, Seattle

Claire Thomson, MD, MPH

(Fam Med. 2022;54(2):151)

doi: 10.22454/FamMed.2022.208718

In a year out of time, you and I measured week by week.

In March, the virus was a wave poised and you were the tiny oval on the after-hours ultrasound. A secret I wrapped in an isolation gown and carried into negative pressure rooms, until you gave me a crash course on what I would ask of myself and others to protect you. We retreated to a virtual fortress.

In August, I sweat through my mask. You kicked me up the mountain trail and squirmed as I swam in the bowl of snow melt at the top. The world had pressed pause on hurrahs but I wanted my last one, to be more than a voice on the phone.

In October, labor pushed us both underwater, fast and unceasing, unceasing until blessedly, it ceased. We took a breath,

And now it is March again, and I am back in the yellow isolation gown. You are waiting for me at home, a sleepless peace. The wave is still crashing, but we are swimming, together we are swimming.

CORRESPONDENCE: Address correspondence to Dr Claire Thomson, 2819 NE 117th St, Seattle, WA 98125. claire.jean.thomson@gmail.com.