



Love in the Time of COVID

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Just to be sure
I reviewed the training video
Three times
Asked the director of nursing to critique my technique
Compulsively followed the CDC diagrams
Depicting proper donning and doffing
Gloves-gown-mask-goggles
And washed my hands
Washed my hands
Washed my hands
To the rhythm of silent Hail Marys.

Returning home, in the garage
I stripped off my scrubs
Discarded them directly into the washer
To de-contaminate in isolation from family laundry
Then showered off the stench of plastic- gown sweat.
But finally when I felt safe to greet you
There was
The slightest nearly imperceptible pause
Before we kissed
And when we embraced
The slightest nearly imperceptible release
Just a moment too soon
And I realized
Fear of contagion
Had infected our home.

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