

Book Reviews

Kenny's story really opened my eyes to what could easily be my or any of my loved ones' realities. So now that I'm going back to the office, I definitely plan to incorporate his 5-point routine to maximize COVID safety and keep my family safe!

Luna R, USA
Journalist

I used to think "I'm a healthy guy, I care about my health, how could COVID-19 affect me?" before reading this booklet. The straightforward tone, the realism of the writing and the details made me change my mind. I could experience the worst part of contracting the virus, but also got very useful and life-saving information. Thank you for your writing, it really made me more sensitive about this virus.

Nico M., Italy
University Student

After reading through a first-hand account of a very extreme case of Covid, Kenny really opens your eyes to the reality of a very deadly virus. As countries try to figure out uncharted measures to navigate through these uncertain times, those struggling are often left to fend for themselves alone and unsure if they will even live through it. I really connected with Kenny's experience and felt the fear, uncertainty and unknowns that he felt as he did not have answers and struggled to process and get through each hour of pain wondering if it was the end for him.

Ross M., Canada
Automotive Engineer

I am a registered nurse, and I was infected with Covid-19 while working and was admitted to a Covid-19 isolation facility as a patient. My story is almost identical to that of Kenny's. I have seen hundreds of people experiencing this situation in Covid-19 wards sometimes with their children and parents. Not only physical but also vast psychological distress comes with this virus. I am really appreciating the words of Kenny; here he represents all those who have been infected! This is a must-read booklet, those who are frustrated after getting infected. This story tells how our small mistakes of following not precautions put us into this disaster! Here, Kenny clearly mentions the importance of following easy precautions, tips and about not being too late to realize the value of life. I really admire this booklet.

Kokila U., Sri Lanka
Registered Nurse

BATTLING COVID-19

HOW I SURVIVED AND TIPS
ON HOW TO STAY SAFE

KENNY K. LOW

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 San-Air Signature  sanairsignature



Absolute Author

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Battling Covid-19 - How I Survived And Tips On How To Stay Safe

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1. Self-Help

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I was a healthy guy who diligently followed COVID-19 precautions and had no pre-existing conditions. Yet, I found myself in the ICU ward on a respirator.

Can you believe that?

If I didn't live it myself, I would've trouble believing it too. You always hear people complaining, "I did everything right, but I still got COVID-19," and you ponder, is that really true? Did the person really do everything in his or her power to avoid contracting the virus? When I got infected, it made me realize how true it really can be. The virus doesn't care who you are or what you do; anyone can get infected at any time.

My name is Kenny K. Low, and this is my story about how I almost died in January 2021 from COVID-19.

Ever since the very beginning, when word circulated of a novel coronavirus that was spreading quickly, I always held a healthy fear of the virus. Having seen SARS claim many lives almost twenty years ago in 2003, I was naturally concerned. Like everyone else, I became preoccupied with reading and watching the news to learn about what new discoveries experts had found or what recommendations scientists were promoting for COVID-19 safety. I carefully observed the new workplace protocols set in place and did my due diligence based on official recommendations for my personal safety practices. But despite how cautious I was, all it took was a brief brush with the virus to take me down within a short time.

Many people have lost their lives, family members, friends, neighbors, co-workers, or loved ones, all because of this deadly virus. And part of that happened because most had a false common belief: “the seasonal flu is worse” than COVID-19. But as scientists and doctors further investigated the COVID-19 virus, it was proven that although its symptoms may be similar to those of the seasonal flu, they vary tremendously. Ultimately, the notion that “flu kills more people” was debunked.

In addition to the “flu kills more people” misconception, many people around the globe still refuse to believe the reality of COVID-19 as of this writing, even over a year and a half into the pandemic. Everyone is entitled to their own opinions, of course, but as a COVID-19 victim in the ICU on a ventilator for days, I can 100% guarantee that COVID-19 is real.

Now that I’ve had the virus, I am more diligent than ever warding against all new, more potent variants such as the Alpha B.1.1.7, Beta B.1.351, Gamma P.1, and Delta B.1.617.2 strains constantly evolving around the world. I just pray we don’t have to use all the letters in the Greek alphabet to categorize any more new, virulent ones! I now double-up on my mask and wear an additional face shield for extra protection! For some people, that may seem excessive but after the experience I had battling COVID-19 in the hospital, I cannot afford to go through hell twice.

After I recovered from COVID-19, countless people have asked me: Kenny,

“What was your experience like contracting the virus?”

“How did it feel being admitted to the ICU?”

“What was it like being put on a respirator?”

“Were there really that many patients in the same position as you who didn’t make it?”

The majority of the people whom I talked to were unaware of the seriousness of getting infected. Believe it or not, even after hearing my experience, they still felt skeptical and couldn’t imagine a virus being that infectious and threatening. It’s so easy to believe something isn’t real when it isn’t happening to you, right?

They began to realize the severity of the virus only after hearing my cautionary tale; that’s when they took steps towards keeping themselves safe to avoid going through what I experienced. Hearing how much my experience with COVID-19 changed their minds really surprised me. It reminded my loved ones that anyone, even a healthy and COVID-19-cautious person like me, could become a victim of the deadly virus.

Understanding how influential my story was to both those who feared the virus and those who didn’t, I decided to pen my battle with COVID-19 in hopes of helping as many people as I can.

My goal isn't to tell people what to do, as I am not a doctor, virologist, or health expert. I don't intend to force believe my beliefs about on COVID-19 on anyone; however, I do hope that my story can change your mind when thinking about whether or not COVID-19 is real or a threat to be concerned about. My body fought its hardest to overcome this unpredictable virus, and so I feel a duty as a survivor to honor those who didn't make it by revealing to COVID-19 skeptics the reality of the virus for those who were affected with the heaviest and worst effects.

My story is one example out of the millions around the globe, and thankfully, I can humbly say that I was one of the lucky ones who survived and have the chance today to tell you how I did it.

Disclaimer: Do note that this book contains concepts involving death and detailed hospital episodes. Please keep this in mind in case any of these portrayals might cause you mental or emotional discomfort.

I do not speak on behalf of all COVID-19 survivors. This is purely my personal experience dealing with the virus.

HOW DID I GET IT?

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