

COVID Recovery Stories: John & Debbie Waymire

John Waymire, 73, and Debbie Waymire, 68, have been happily married for 50 years. John is now retired and Debbie co-owns a local business. The couple lives in Wenatchee.

If you'd like to share your COVID recovery story, email us at imt.pio@cdhd.wa.gov.



Q: When did you both become sick? What were your symptoms? Do you know how you got the virus?

A: Debbie became sick around July 28 and I followed about two days later. Symptoms included a headache, sore throat, body aches and extreme fatigue. Fever followed a few days later. It's unknown how we contracted the virus. The weekend before we got sick, we took trip to see our son, daughter and two grandsons in Ferndale. We came home that Sunday and got sick on July 28. On July 30, Debbie got a COVID test and received a positive result. I was tested the next

day and also received a positive result. We advised our family members of our illness, and they all were tested. Thankfully, they were negative.

Q: You were both hospitalized for COVID. Please describe your experience, such as how long you were in the hospital, how sick you became and the impacts of COVID on you.

A: By Aug. 2, Debbie started having respiratory problems, and we called for an ambulance. She was hospitalized until Aug. 5. All the time Debbie was in hospital, I was extremely ill and at home by myself. A few days after Debbie returned home, I started having breathing issues; I had to sleep several nights sitting up in my recliner because of my breathing problems. Although I was putting off having to go to hospital, my wife insisted that we go to the emergency room. Upon arrival to hospital, I was diagnosed with A-Fib, brought on by respiratory distress caused by COVID. I was put on blood thinners and then released.

Q: How did this experience impact your family?

A: We were sick for 34 days. Our children came over to check on us, but were unable to come in. We waved to them from the doorway, but it was really hard because we were so weak. It was extremely stressful for friends and family members. We are so fortunate that we had great family and friends to deliver needed food and necessities. A big thank you to all of you.

Q: Prior to becoming sick, did you use COVID precautions?

A: We were always masked, using hand sanitizers, frequently washing hands and adhering to all CDC guidelines.

Q: Are you suffering from any long-term effects?

A: Long-term effects have been my A-Fib diagnosis and still have extreme fatigue at times. No one knows the long-term effects.

Q: What message would you like to share with the community?

A: Keep your gatherings small and practice social distancing. Mask up! Remember, this isn't forever.