

## COVID Recovery Stories: Juan Hurtado

Juan Hurtado, 38, is an orchard supervisor living in Wenatchee. In August, he was hospitalized with COVID for nine days, three of which he spent in a coma. Juan recently contacted the Chelan-Douglas Health District, asking to share his story in hopes that he can encourage others to follow COVID precautions.

If you'd like to share your COVID recovery story, email us at [imt.pio@cdhd.wa.gov](mailto:imt.pio@cdhd.wa.gov).



Q: Tell us how you felt about COVID before you were sick.

A: COVID is something serious; I knew it from the beginning because 80 of my co-workers tested positive back in March.

Q: Did you take precautions, such as wearing a mask?

A: Yes, always – it was a requirement at work.

Q: When did you know you were sick? What symptoms did you experience?

A: The first symptoms were body aches and a fever.

Q: How did your getting sick impact your family?

A: The whole family was very concerned. My parents couldn't work because they were very worried. My wife is in Mexico and she can't come see me or be with me.

Q: How sick did you get, and how has your recovery been?

A: I was severely ill in intensive care and was in a coma for nine days and had seizures. When I woke up, I didn't recognize my family members. I was released from the hospital Aug. 26. Recovery has been slow. I have depression and anxiety, amongst other after effects. The doctor also instructed me not to return to work for six months.

Q: After being sick, what message would you like to share with the community?

A: Take care of yourself -- for yourself and your family. Follow COVID prevention measures and always wear a mask.