

You can start by asking just one question, or you can make it a conversation and ask a lot more. Here are some of the questions you could start with – and lots more in the list below:

- What were your first thoughts when you heard about COVID-19?
- Do you feel comfortable wearing a mask? Why or why not?
- How has social distancing affected your everyday life? Your social life?
- What did you do for fun or to keep busy while usual attractions were closed?
- What long-term effects do you think the pandemic will have on your family, community, the state, the country? What short term effects will go away?
- What changes have you seen in your family? neighborhood? community?

Want to record your conversations? It can be as simple as recording on your cell phone. Save the file for yourself, or consider donating it to a Wyoming archives. Here are links to archives which are collecting your COVID-19 memories:

- [Wyoming State Archives](#)
- [University of Wyoming American Heritage Center](#)
- [Casper College Wyoming History Center](#)
- [Jackson Hole Historical Society](#)

#### Pointers if you're recording your conversation:

Conducting an interview means finding a quiet spot -- whether in person or online -- where recording can take place uninterrupted and without distracting noises. Begin the recording with an introduction that includes your name, the name and location of the person being interviewed, the date, and the subject of the interview. You should have a dozen or so questions to ask, such as "When did you first become aware of the virus in Wyoming? When did you begin to perceive it as something to be concerned about? Where were you when the closures began? At home or traveling? How did the closures affect you directly?

Keep your questions short and simple and ask only one at a time. Ask open-ended questions that call for more than a yes or no answer. And ask the fact-based questions -- what, where, when and how before you ask about more sensitive subjects such as emotions and economic impacts. Remember an interview is not a conversation: try to keep your own experiences out of it.

#### Questions to ask. Pick a few – or ask your own!

How has COVID-19 affected your daily life?

- When did you first hear about the Coronavirus?

- What were your first thoughts when you heard about COVID-19?
- How has the COVID-19 outbreak impacted your work, your education, your community, or your personal life?
- What did you think when you first heard about it?
- Do you feel comfortable wearing a mask? Why or why not?
- What do you think about social distancing? Are we, as a society, doing too much or too little, in your opinion?
- How has social distancing affected your everyday life? Your social life?
- How have your daily life and customary activities been affected? household responsibilities and chores? cooking and cleaning? entertainment and recreation? hobbies and creative activities?
- How has the pandemic affected you socially? in your household? relationships with partners and children? with other family members? neighbors and community? friends?
- What emotions have you experienced?
- What changes have you seen in yourself or family members?
- How has the pandemic affected you psychologically or emotionally?
- What did you do for fun or to keep busy while usual attractions were closed?
- How did closures like gym and sporting events affect your health habits?
- How did you explain the pandemic to your children? How did they react?
- What was the one thing you couldn't wait to do?
- Did you start seeds or plant a garden? If so, why and what did you plant? Where did you get the plants/seeds/supplies you needed?
- What was the most surprising things you learned about yourself during the pandemic?
- Did you telecommute for work? What did you like/dislike about it? Will you miss it? Do you think the experience will make telecommuting a more widely accepted practice going forward?
- When the pandemic was declared, did you feel prepared to shelter in place for the recommended 2 weeks? Has the experience affected how you approach your own personal preparedness? If so, how?

How has COVID-19 affected the world around you?

- What has been your strongest reaction to the pandemic and the efforts to contain it?
- What changes have you seen in your family? neighborhood? community?
- Do you remember the SARS virus, or any other outbreak from your lifetime?
- Do you think travel will change when the pandemic is over? Or do you think it will remain the remotely the same?
- What are some differences that you have seen in the United States response versus other countries?
- What is your favorite meme or photograph that you have seen from all of this coronavirus?

- What long-term effects do you think the pandemic will have on your family, community, the state, the country? What short term effects will go away?
- How did supply shortages in stores affect you? What were the most surprising things you saw disappear from store shelves?
- Did you participate in any community events during the shutdown? (car parades, charitable giving, virtual 5k, virtual conferences, mask making, etc)
- How did it impact your religious or spiritual beliefs and practices?
- How do you feel that this pandemic has impacted today's political environment?
- How has the pandemic affected you economically? job loss, shopping habits?
- What your thoughts on the protests on social distancing mandates? Do you feel comfortable engaging in protests?
- What would you like people 100 years from now to know about the impact on COVID-19 in your community?
- Is there anything else you want to share?