

# The Social Media Shame Machine Is In Overdrive Right Now | BuzzFeed News

By Anne Helen Petersen

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**About a month** ago, Amelia, 25, started experiencing symptoms in line with COVID-19. She was able to get tested, the results came back positive, and she immediately went into self-isolation, where she weathered her relatively mild symptoms. She has since fully recovered, as determined by her health care providers; with their approval, she has been taking walks, going grocery shopping, and picking up takeout while observing social distancing measures.

“Still, my friends are giving me shit for going outside,” she told me, “and basically implying that I am infecting the world and killing people by going outdoors. They don’t especially care if my food is running out or about me much at all. They only care that I am clearly doing a bad thing by going outdoors — even though I’m not.”

[...]

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