

# 12 Hours Sterile

By Erin Morrow

7:30am:

I lather runny red soap over my hands and arms  
Scrub vigorously  
And rinse all organisms down the steel sink basin.  
Then, all day  
Under grey fluorescent lights  
It's layer after layer of alcohol on my hands and arms  
Desiccating my skin and any organism daring to live on it.

7:30pm:

I doff my scrubs in the bin  
I donn my sneakers  
And go for a run on the county roads behind the hospital  
In the orange evening sun.  
I drag my hand through the overgrown summer wheat spilling out onto the path  
To rebuild my skin biome  
To bring me back to life.