

Science of forgetting: Why we're already losing our pandemic memories

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How much do you remember about the past three years of pandemic life? How much have you already forgotten?

A lot has happened since the “Before Times.” Canceled proms, toilet paper shortages, nightly applause for health workers, new vaccines, waitlists for getting the first jab, and more.

Covid disrupted everyone's lives, but it was truly life-changing for only a sizable subset of people: those who lost someone to covid, health-care workers, the immunocompromised or those who developed long covid, among others.

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“This is a very fundamental memory phenomenon,” said Suparna Rajaram, psychology professor who researches the social transmission of memory at Stony Brook University. “Even for such salient emotional events and salient life-threatening events, that the more you have of it, the more you will have trouble capturing all of them.”