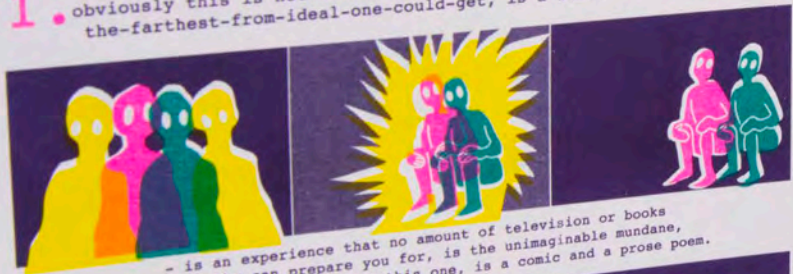


how to be
in a coma

an autobiographical
instruction comic

by Emma T Capps

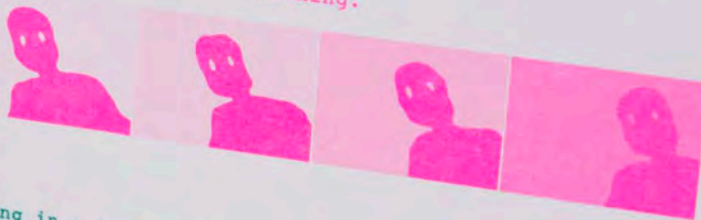
1. Perhaps the better title is "How (Not) To Be in a Coma" because obviously this is not ideal, is in fact less-than-ideal, is in fact the-farthest-from-ideal-one-could-get, is a worst case scenario -



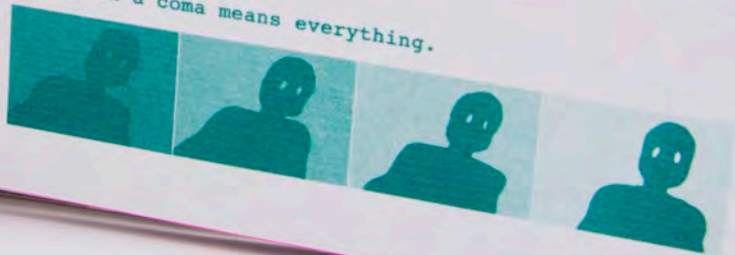
- is an experience that no amount of television or books of empathy can prepare you for, is the unimaginable mundane, is a run-on sentence akin to this one, is a comic and a prose poem.



2. Being in a coma means nothing.



3. Being in a coma means everything.



4.

Being in a coma means life is now a "before" and an "after," two neat little boxes on a checkmark, or both sides of the yin and yang, or halves of a Venn diagram.



5.

The coma itself becomes a molten crack in the scorched earth.

6.

Waking up from the coma, if the coma is indeed an induced one, is a constant process (much like coming out of the closet or hitting the gym or walking the dog) not a one-and-done awakening as Hollywood might portray it.



There is no mascara, no perfectly coiffed hair, no loved ones or long-lost lovers waiting at the bedside with bated breath.



- 17 • Realize you cannot walk. Empathize with the baby deer, feeble-legged and gasping. You are one of them now.





epilogue

15.

Realize you cannot speak.
Write incomprehensible
missives on a pad of
paper held unsteadily by
your father. Realize his
inability to look at you
is not personal.



printed on risograph and hand-assembled
providence, rhode island, november 2021

first printing
1 of 8

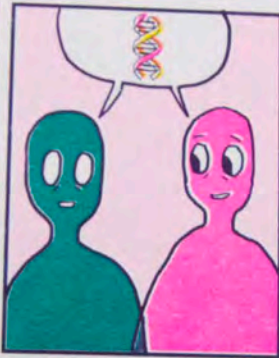
after the events of this book, you learn you need a bone marrow transplant to save your life.

how to receive a bone marrow transplant:

1. enter a global registry of seeking patients



2. find a genetic match on this registry



3. prepare by receiving chemotherapy

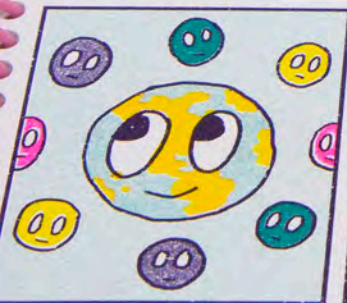


4. get the lifesaving cells transplanted through an I.V.

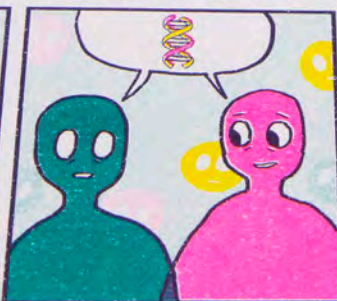


How to become a bone marrow donor:

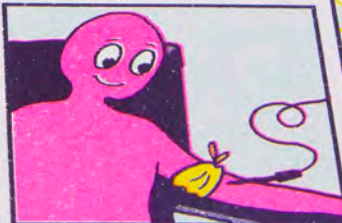
1. enter your info into a global registry



2. find a patient match; the odds of this are 1 in 400



3. if you match, you ONLY have to give blood - despite the name, transplants are no longer taken from the bone!



4. feel good about saving a life in a single afternoon!



go to bethematch.org to learn more