

FROM THE DOCTORS OF OUR COMMUNITY

UPDATED PASSOVER SELF-ISOLATION/QUARANTINE GUIDELINES

With Passover less than two weeks away, many families are looking for guidance on how to safely plan for the holiday. Given the ongoing deadly outbreak of coronavirus, we as physicians collectively recommend at this moment in time that *families should plan to spend the entire holiday with their immediate household only*. We understand that you want to spend Passover with older relatives who may otherwise be alone, extended family, friends and neighbors, however *exceptions cannot be made under any circumstances*. COVID-19 is far too contagious, and the consequences can be life-threatening.

Many have been inquiring about whether it would be safe to join with another family if both have been under quarantine prior to the holiday. Please understand that the guidelines are as follows: households that have not been in *strict quarantine* for at least 2 weeks prior to the start of the holiday should not get together.

It's important to first understand that quarantine means that no one has entered or left your household for 2 weeks prior to the holiday. If any member of the household has left the home and has been in contact with another individual that is not a member of their household (i.e. a visit to the grocery store, pharmacy, work, doctor's office, or if a day worker has been in and out of the house, etc.) during this 2 week period, the household is not considered quarantined and therefore **DOES NOT** qualify and cannot mix with another household for Passover. If a household has been in strict quarantine, but a member develops symptoms during this period, they also cannot mix with another household for Passover. We want to reiterate how important it is that you be completely quarantined for 2 weeks, otherwise you are risking your own life and the lives of family and friends.

If you are concerned about older relatives who may be spending the holiday seders alone, please be proactive and notify community organizations who may advise or provide help. We will be sending updates regarding these services as it gets closer to the holiday.

We acknowledge that the current situation is fluid and can change day to day; we will modify our recommendation accordingly if we see fit.

Respectfully,

The Community Doctors

Please note that this letter was composed in an expedited fashion as a response to the current quickly changing situation. We apologize in advance for any errors or omissions. We also welcome comments and questions.

Please email us at info@scaupdates.org

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