

FROM THE DOCTORS OF OUR COMMUNITY

NEW

Dear Community Members,

As Passover approaches, we are reminding you that it is absolutely urgent that we all continue to follow the guidelines of social distancing that have been widely disseminated by our Rabbis, Doctors, and Government officials.

We are at the most important moment in the progression of COVID-19. Our behavior over the next few weeks will determine whether we continue to lose community members or save both young and old.

If you are young and/or healthy, you are NOT protected or immune. Nearly every day, we are seeing cases of young and healthy becoming progressively more ill, and in some cases even dying.

We are pleading with every community member to trust the ones you always entrust with your lives. Your healthcare professionals are working tirelessly in the eye of the storm to fight this invisible enemy before it can reach you. Our experiences day to day are akin to rewatching an episode from our worst nightmare, trembling as we wait for the inevitable - for someone we know to come through the door.

YOU have the power to prevent that from happening. The rules on social distancing may seem overly imposing or unnecessary. But to neglect them would likely cause harm to others, perhaps even costing them their life.

Do not plan any gatherings during this Passover except with the people in your household that you have been living with already. It will be hard, but this is essential.

With the weather changing, we know how difficult it will be to keep ourselves planted at home. However, we cannot stress enough how important it is that you continue to respect social distancing, refrain from any and all social gatherings, and **STAY HOME**.

We know it will be difficult. But do your part. Be a hero. STAY HOME.

Many community members have been seen socializing on the streets. **PLEASE refrain from all “socially distant” hangouts.** It is inevitable that you will come closer than 6 feet and the risk to life is too great right now; the consequences are not worth it. When walking or running, use side streets or wait for off-peak times.

If you or your family member are feeling sick, or if it hasn't been 2 weeks since there was anyone in your household with symptoms -- **STAY HOME**. Do not even go to a store to shop for essential items.

If you are permitted to shop for essential items (food, household products, etc) - go alone and avoid crowded stores. If you won't be able to maintain social distancing, wear a makeshift mask such as a scarf or bandana as per the CDC and NY State. **DO NOT** hoard surgical or “N95” type masks. Healthcare workers do not have enough and are reusing masks a week at a time, putting themselves and their patients at greater risk.

We took our oath to “do no harm” and are sacrificing everything to protect life for all. We are now asking everyone to take that same oath: “do no harm” - by **STAYING HOME** and distanced.

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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