

FROM THE DOCTORS OF OUR COMMUNITY

UPDATE ON RESURGENCE OF COVID-19 IN OUR COMMUNITY

Although the low number of new cases over the last few months created the possibility for summer events and larger gatherings, it's become clear over the last few days that the virus remains extremely contagious and active within our community. **Over the past five days, there has been an alarming uptick of confirmed Covid-19 infections in our community, primarily in the Deal, NJ area, but also some in Brooklyn, NY. We must remain vigilant.**

At the same time that we see an increase in cases within our community, we also see a rapid and dramatic increase of new infections in many states around the country, a somber reminder of how quickly and silently this virus can spread. **Therefore we urge all community members to remain vigilant and double their efforts in fighting the spread of Covid-19 by taking the following unified actions:**

- Maintain social distancing
- Adhere to mask-wearing when social distancing is not possible (now required both indoors and outdoors by NJ state law)
- Wash hands frequently
- Avoid large gatherings where social distancing is not possible
- Indoor gatherings of any size pose a far greater risk than outdoor gatherings, and should be avoided as much as possible
- Continue to exercise extreme caution if you are over the age of 65, are immunocompromised, have pre-existing medical conditions, live with or find yourself in proximity to any individuals that are at higher risk of becoming gravely ill should they become infected

Today, the risk of spreading and contracting Covid-19 is much higher than it was only a few weeks ago, and that change in reality should dictate a change in our behavior. If the upward trajectory isn't curbed, the risks will continue to rise along with the number of infections. Because of what we already know about the virus, the actual number of new infections is likely much higher than the confirmed cases. We therefore must all act responsibly for ourselves and each other if we hope to slow down the accelerating infection rate.

We will continue to issue more guidelines in the near future that will help us navigate these trying times together. In the interim, please continue to exercise caution and follow the guidelines above.

Respectfully,
The Community Doctors