

*A message from Rodney Anderson, MD,
CEO of Family Care Network*

Friends and neighbors,

As we process the monumental announcements of the last few days, it is a good time to pause and evaluate our next steps.

I care deeply about this community and our diverse residents and feel a strong sense of obligation to share my observations about COVID-19. I hope this message encourages others to view this outbreak as the serious health threat that it is and make appropriate changes in how we respond as a community.

The most immediate risk we face is overwhelming our existing medical resources, specifically running out of hospital beds and ICU beds to care of the sickest patients. To prevent this, we must slow the transmission rate across our *entire* population.

Each day we are able to slow its spread, we reduce the burden on our healthcare system and hospitals, buy time to test and develop effective treatments, and work toward a vaccine. Additional time will save lives.

Basic health hygiene measures have tremendous value and should be continued. However – ***this will not be enough.***

It is the responsibility of every member of the population, ill or healthy, to do their part to slow the spread of COVID-19. **We need to make serious changes in our day-to-day lives** to protect our neighbors, friends and family members:

- Limit all interactions with other people; keep at least 6 feet apart whenever possible
- Cancel non-essential social events, children's play dates, meetings, appointments and travel
- Limit shopping trips in general, and shop during off hours when stores are less busy
- Work from home if you can

Ironically, if we do everything right and are successful at averting or minimizing the spread of COVID-19, we may be criticized for doing too much. I, for one, can live with that criticism! The dramatic impact of COVID-19 in other countries, such as Italy, is a perfect example of what could happen here if we do not respond quickly or aggressively enough.

We do not need to panic, but we do need to adjust. ***With proper precautions and changes, we can make a difference in the outcome.***

Sincerely,

Rodney Anderson, MD
CEO, Family Care Network