

To our wonderful community:

COVID-19 has changed our lives and turned our world upside-down. We, a group of *frum* physicians in the Baltimore community, want to thank the community for the tremendous efforts you have made in maintaining the recommended social distancing measures. We want to recognize the parents, who have become teachers, entertainers, and activity coordinators, while helping to keep our children and others safe from COVID-19. We greatly appreciate your efforts.

We are now starting to resume some of the previously restricted activities. The reopening will need to be balanced with the knowledge that the virus - and the risk of transmission or outbreak - is still very present. The Baltimore community physicians have been actively engaged in studying the disease, speaking with experts in infectious diseases and public health, and helping to inform community leaders. We are thankful for the guidance of our Rabbanim, and our state and local governments.

There has been confusion regarding how to safely interact during this time. Our knowledge of the virus is rapidly changing, as are state and local regulations. To help create clarity, we are launching two initiatives:

- 1) [medical@jccovid.com](mailto:medical@jccovid.com) - an email address where people can communicate with local doctors, and ask questions related to COVID-19. We hope to offer personalized guidance, help to assess the potential risks and benefits, and provide the necessary information for individuals to make educated choices. There are many reasonable modifications that can lower the risk of COVID transmission, and make life safer, while still making life easier.
- 2) <https://jccovid.com/askadoctor> - a central location, to be updated on a regular basis, where community members can check in to learn more about COVID-19 and the most current recommendations, and see answers to frequently asked questions

Included in this email is a quick, and by no means authoritative, list of things that can be done to make outdoor interactions safer while still enjoying each others' company.

We look forward to being a source of education and assistance in the reopening process.

Sincerely yours,

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