



RIDGEWOOD PUBLIC SCHOOLS

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Dear Ridgewood High School Alumni,

This is an unprecedented time in the history of the United States, and you are a part of it. For some of you, this public health emergency interrupted your college experience, possibly a semester abroad, or your job. Although you have graduated and moved on, you are still very much a part of the Ridgewood Public Schools community.

During this challenging time, we want you to know that we are here for you. More importantly, your former administrators, teachers, grade advisors, and guidance counselors are here for you. Please reach out to them if you need support or would like to speak with someone. Feelings of uncertainty, anxiety, and fear are normal. What is most important is that we all come out of this healthy in body and mind.

We need your help immediately! Each of you plays a vital role in stopping this virus. We need to be strong against the temptation to visit with friends. This simply cannot happen, for your health and the health of everyone in our community. No meeting friends for coffee or to go for a ride, walk or run. Use social media to connect. For those of you who have been personally impacted by this horrible virus, you already understand the severity of this situation. This is real.

Please read the attached message from 50 doctors in Massachusetts. It is a great explanation of why social distancing is so important.

You have developed into resilient individuals, and we need you to be strong now. This isolation will end, and we will resume normal activities. Until then, remember that your actions now will help us get through this crisis. When the doors of RHS open once again, we look forward to seeing you for a visit. We do not know when that will be, but it will be a day for celebration.

Be well, be strong, be informed, and be in touch!

Sincerely,

Daniel Fishbein, Ed.D.
Superintendent of Schools

Thomas Gorman, Ed.D.
Principal, Ridgewood High School



This is not meant to scare but to call you to action to stay home and be the answer to this crisis.

Everyone needs to read and understand why we're in such an explosively serious health emergency. Thank you to all who are sharing this critically important message from 50 Boston/Brookline, MA physicians. Pay close attention to #7. Don't be the person influencing others to not take this seriously. Be responsible.

“As there is so much confusion, misinformation, and denial on social media about the coronavirus we hope to explain, in plain language, why the experts see this as such an emergency. Many people are reading the claim online that this virus is a lot like the viruses that cause colds, and that if you get it, it will probably just seem like a bad cold and you are very unlikely to die. Depending on who you are, this may be true, but there is more to this story that is key to our outcome as a community.

This is a coronavirus that is new to the human population. Although it is related to the viruses that cause colds and acts a lot like them in many ways, nobody has ever been exposed to this before, which means nobody has any immunity to it.

The virus is now moving explosively through the human population, spreading through respiratory secretions and 10 times more contagious than the flu or cold. Although many people will recover, about 20% will wind up with serious pneumonia that will require hospitalization. Some will be so ill from pneumonia that they will die. We estimate this maybe 2-3%, but it is higher in Italy's experience, partially because the healthcare system was overwhelmed so rapidly. In those over age 70, the death rate is 8-20%. So if a child catches it on a playdate, they can easily transmit it to their grandmother as easily as touching the same doorknob or countertop.

Scientists measure the spread of an epidemic by a number called R_0 , or “R naught.” That number is calculated this way: for every person who develops the illness, how many other people do they give it to before they are cured (or dead) and no longer infectious? The R_0 for coronavirus appears to be a number close to 3 – an extremely frightening number for such a deadly disease.

Suppose you catch the virus. You will give it to 3 other people, and they will each give it to three others, and so forth. Here is how the math works, where you, the “index case,” are the first line:

1
3
9
27
81
243
729

2,187
6,561
19,683
59,046
177,147
531,441
1,594,323
4,782,969
14,348,907

So, in just 15 steps of transmission, the virus has gone from just one index case to 14.3 million other people. Those 15 steps might take only a few weeks. With school out and lots of playdates, maybe less. The first person may be a young and healthy Brookline child, but many of those 14 million people will be old and sick, and they will likely die because they got a virus that started in one person's throat.

R_0 is not fixed – it can be lowered by control measures. If we can get the number below 1, the epidemic will die out. This is the point of the quarantines and social distancing, but we are not doing it fast enough.

In the US, we have to slow down the virus. American hospitals, Boston hospitals, have limited resources. We have a fixed number of ventilators and an impending calamity on our hands. Our Italian critical care colleagues have shared with us that they simply do not have enough resources (ventilators, physicians and nurses, critical care beds), and are forced to choose who lives and dies based on old tenets of wartime triage. Older patients do not even get a ventilator and die of their pneumonia. These are decisions nobody should have to face, and we are only 11 days behind Italy's fate. Their hospitals are quite advanced, and we are no better in Boston. As doctors, we are desperately trying to prepare for the onslaught of patients in the coming weeks. It is already beginning. This is an opportunity for you as the district leadership the time to be aggressive and help us fight this by "Flattening the Curve".

We implore you, as a group of Boston's doctors preparing to fight this, to help us. Please send a new email to ALL the Brookline school district families. Social distancing is painful. We know that kids have cabin fever, they are pleading to see their friends, they may have birthday parties coming up or special events they have been looking forward to. All of us need to work and childcare is a big worry. But we need to overcome these issues and boredom for the coming weeks so that we can survive this with as few deaths as possible. What does that mean?

- 1) No playdates, not even 1:1.
- 2) No small gatherings, no meetings between a couple families, even for birthday parties.
- 3) Avoid trampoline parks, climbing gyms, restaurants, movie theaters, anything in an enclosed area. Many of these places are advertising increased cleaning and hygiene. This is not sufficient! Do not go.

- 4) Cancel planned vacations for the next month. Avoid airline travel that is not an emergency. Many airlines and rental agencies are offering penalty free cancellations.
- 5) Stay at home as much as possible. Work from home if you possibly can. You may have to go buy groceries and medicine, of course, but make the trips quick and purposeful.
- 6) Wash your hands thoroughly after you have been in public places, for a full 20 seconds, soaping up thoroughly and being sure to get between the fingers.
- 7) Please avoid disseminating social media claims that the situation is not serious or is being exaggerated. This is a national crisis and conveying misinformation to your friends and family may put their lives in danger.

Thank you for taking the time to read this and stay safe and healthy in the coming weeks.”

Respectfully,

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