

Special message from New Bedford's Dr. Michael Rocha

***** URGENT NEED TO CONTINUE TO SOCIAL DISTANCE*****

Lives depend on social distancing and if healthcare workers are sick, we can't take care of you or your family. Please talk to your kids and AVOID playdates, meeting at the park, etc. This is NOT a vacation. Although kids may not have a lot of symptoms, they may be spreading it and we are seeing more COVID in young people.

From the Massachusetts Department of Public Health

Prevention

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose and mouth
- **Cover your mouth when you cough or sneeze.** Use a tissue or your inner elbow, not your hands. (like doorknobs and countertops) with household cleaning spray or wipes.
- **Clean things that are frequently touched.**
- **Stay home if you are sick** and avoid close contact with others.

There are currently no vaccines available to protect against this novel coronavirus infection.

Help prevent #COVID19 with #social #distancing:

- Call/Facetime/online chat with friends & family.
- Stay home as much as you can.

If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug & wash your hands frequently.

Stay informed at: mass.gov/covid19

We are now a little over a week into the COVID experience for our area. There is a high level of anxiety but at the same time, there is a powerful commitment to come together. In every community, we have mobilized quickly to meet our challenges. Our collective goal and mission is to help as many people as we can in these unprecedented times. We in healthcare have been asked to uphold our oath even in the face of personal danger. We have responded. We have united.

In our personal lives, this time has given us pause, a time to reflect upon what matters. Many of us see life in a whole new way. The things we once saw as important may not seem so important after all. We are reconnecting with what really matters most, one another.

Our world has been off balance for a while. There may be rough waters and heartaches ahead, but hopefully, we will learn to be more grateful, more loving, and more open to caring for our planet and one another.

Today is a beautiful day, the only one we have. Cherish it and one another. This too will pass. We must work together, with love and compassion, and do our part.

Michael Rocha, MD

#StayHome #SaveLives #FlattenTheCurve #WashYourHands"