**Traveling from New York, New Jersey and other areas with widespread incidence of COVID-19**

Dr. Dani Poliakoff, formerly of Richmond, and our High Holiday chazzan, issued the statement below to the Baltimore Jewish Community in conjunction with a host of other medical professionals. The obligations are equally applicable here in Richmond.

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We are writing to inform the public that anyone who has traveled from an area where there are likely to be high numbers of coronavirus cases (including New York, New Jersey, and [Israel]), should immediately self-quarantine, according to the accompanying guidelines....

Large pockets in the [Jewish] community in the New York area have been shown to be infected with the coronavirus, and it is likely that there are many other areas which have not yet been discovered. As such, anyone travelling from those areas should be considered a possible carrier of infection. The potential for spread from these individuals is extremely high, and could seriously accelerate the rate of infection in our city.

Therefore, it is critical that those returning to the [Richmond] area self-quarantine according to the recommendations of our health professionals.

**General guidelines for those returning from high risk areas:**

When in doubt, stay at home. If you even think you may be feeling under the weather, do **not** leave your home, do take your temperature, and call your primary care doctor.

Even if you are feeling well:

* Do **not**go to stores. Anywhere where you are in close contact with others is likely to spread the infection.
* Do **not**go visit friends at their homes.
* Do **not**go to visit grandparents, or individuals who have chronic lung or heart diseases.
* You may go for a walk outside, but try to keep about a 6 foot distance from other people.

[Click here](https://www.baltimorejewishlife.com/news/news-detail.php?SECTION_ID=1&ARTICLE_ID=128771&fbclid=IwAR0_cl-fwCPEJOHrBpo3dEjQjN0NJLD5Zq6D3k-_nbkpXkaFSfeFfd1tmOs) to read the full statement.