



# To Save A Life Is to Save The World

Dear Friends,

Once more, we write to address a new challenge in our personal and our communal lives. The COVID-19 pandemic is real, and, as a community vested in each others well being, we join millions of other faith communitiy members who are coming together to live up not only to their calling, but are doing what they can to keep each other safe and in health.

The corona virus, COVID-19, like all challenges that have preceded it this last year, is of immediate concern. Indeed, the health risks posed through possible transmission of the virus speaks to everything we hold dear — the ability to minister to each other, gather in fellowship, celebrate, worship, teach, and console.

In early response, Temple Adat Shalom, has assembled a brilliant, well informed team of physicians in private practice, emergency medicine, department heads of local hospitals and research scientists. Working in partnership with clergy, lay leadership and administration, and based on guidance from the CDC as well as other government, academic and faith based organizations, we now believe it is essential to take steps to reduce the risk to our own TAS community — congregants and employees — our families, friends, and colleagues.

Our faith’s primary directive is to, “do no harm.” Because of the nature of the virus and how it presents, it is entirely possible to be a carrier without realizing it. Rather than unwittingly passing it forward to someone more susceptible to its effects, we are adopting precautions to *keep each other* safe. Additionally, we are providing services to help care for each other should we fall ill. In actuality, they are services already available, but in this time of high potential need, they are services that we want to emphasize.

Above all else, it is important to note that the pandemic is a fluid phenomenon. Understandings, civil responses, and growth rates change daily. As our own understandings and responses evolve, we are pledged to keep you as up to date as possible.

What follows is divided into four parts. There are five pages. Please read them all.

- I. What You Can Do to Keep Others and You Healthy While at Temple.
- II. Measures Regarding Temple Events and the Mediations We Will Be Providing.
- III. How You Can Help to Preserve Temple Adat Shalom’s Ability to Serve over the Long Term.
- IV. Source Facts and Resource Links.

## How To Keep Others and Yourself Healthy While At Temple Adat Shalom.

1. We ask that you do not come to temple for any services or events if you are feeling ill in any way, particularly if you have a fever or cough. Please also do not bring family or friends who may be ill.
2. Please do not come to temple if you returned from international travel or a cruise within the last 14 days, even if you feel well, or if you had contact with someone known or suspected to have COVID-19.
3. Upon entering the temple, please use hand sanitizer. Washing hands directly upon entering is better!
4. When washing your hands, wash with soap for a minimum of 20 seconds.
  - Wipe down the counter/sink.
  - Dispose of the paper towel.
  - Use a new paper towel to open the door.
  - Deposit the towel in the trash outside the door.
  - When flushing, use towel or tissue paper to access the handle.
5. At temple, please refrain from physical contact, such as shaking hands and kissing.  
Try an elbow bump instead!
6. Please carry tissues. Cover your nose and mouth when sneezing or coughing with a tissue or by using the crook of your elbow. Throw out the tissue and wash your hands afterwards.
7. Please regularly wash your hands, use hand sanitizer, and:  
  
**Avoid Touching Your Face.**  
  
It is important to prevent transmission to objects and surfaces, such as doorknobs, books, door plates, and phones.
8. At services, please sit at least two seats from people outside the group you came with.
9. If you begin to feel unwell while at temple, please let us know, so we can provide you with a place to wait safely to be picked up.

### QUESTIONS?

If you have questions or comments about TAS's response to Covid-19, please either call them in to Lorraine or Adi at the TAS office number or submit them via the following on-line form:

<https://forms.gle/Yhq9b5q9K4YVwE7z8>.

TAS's leadership and ad hoc Physicians Advisory Committee will then try to address them all at once in another message.

## Measures Regarding Temple Events And The Mediations We Will Be Providing.

### TAS Will:

1. Set out hand sanitizer for use
2. Place receptacles outside of restrooms.
2. Regularly wipe down surfaces, books, toys, etc., with disinfectants.
3. Modify or reduce food service, etc.
4. Employees who feel ill or are at risk will be able to stay home without loss of pay.
5. Continue to video-stream services so you can follow them from home.
7. Provide grocery and medication pick-up for individuals too sick to travel.
8. Provide rides to medical appointments if individuals are unable to travel on their own.
9. Provide meals for those too sick to do so for themselves.
10. Provide clergy visits and calls.
11. Set up a question and response system to answer congregant questions and concerns.
12. Modify, postpone or cancel certain events based on current considerations and advice.

### *Events considered:*

- A. Intergenerational activities. (Seniors/Ganon Gil Seder)
- B. Large crowd events where seating is close. (over 100 persons)
- C. Buffet food service. (sharing of serving utensils, open food trays...)
- D. Events where travel is involved. (air travel...)

<b>Date</b>	<b>Event</b>	<b>Action</b>
Sat Mar 14	Elliott Wulff Concert	<b>Postponed</b> Date TBD
Sun Mar 15	Mitzvah Day/Kesher	<b>Postponed</b> Date TBD
	Simcha Friends	<b>Canceled</b>
Fri Mar 20	Adat Shabbat	<b>Canceled</b> <b>Stream Service 6:00 pm</b>
Sat Mar 21	Simcha Friends	<b>Canceled</b>
	ASJ "Just Mercy" Film/Disc.	<b>Canceled</b>
	Mens Club Gulls Night	<b>Continues</b>
Sun Mar 22	Men's Club Brunch	<b>Canceled</b>
Sat Mar 28	Game Night	<b>Canceled</b>
Sun Mar 29	ASJ Climate Change Lec.	<b>Continues</b>
	Women's Seder	<b>Canceled</b>
Wed Mar 29	Wheel-A-Thon	<b>Canceled</b> <b>Drive Through Wave-A-Thon 10-11!</b>
Wed Apr 1	Ganon Gil/Senior Seder	<b>Canceled</b>
Fri Apr 3	K-3 Gr. Service	<b>Canceled</b>
Sat Apr 4	Casino Night	<b>Canceled</b>
Sun Apr 5	Simcha Friends	<b>Continues</b>
Mon Apr 6	Sisterhood Book Club	<b>Continues</b>
Thu Apr 9	Congregational Seder	<b>Canceled</b>
Apr 16-20	JHT Trip DC	<b>Postponed</b> Date TBD
Sun Apr. 19	Men's Club Beer & Pizza	<b>Canceled</b>
	Simcha Friends	<b>Canceled</b>
Sat Apr 25	Yom HaShoa Commem.	<b>Postponed</b> Date TBD in Fall
Sun Apr 26	Simcha Friends	<b>Canceled</b>
	Men's Club Brunch	<b>Canceled</b>
Sun May 3	Food Festival	<b>Modified</b> (TBD)
Fri May 8	Adat Shabbat	<b>Canceled</b> <b>Stream Service 6:00 pm</b>

Senior Center Services	Advised by local or state government to close.
Religious School	Advised by local or state government to close. Provide on-line instruction if closed.
Early Childhood Ed.	Advised by local or state government to close.
Shabbat Services	By Streaming, 6:00 Friday Evenings
B'nei Mitzvah Services	Allow for postponement while maintaining original Torah portion and d'var Torah prep. Tutoring continues via internet and phone. B'nei Mitzvah packets and on-line resources available.

## How You Can Help Temple Adat Shalom's Ability To Serve Over The Long Term.

You can definitely help our congregation weather this newest storm. In addition to understanding and following the above precautionary measures on the previous pages, you can be of tremendous service by:

1. Letting us know if you are willing to **join our team of mitzvah caregivers**, providing rides to medical appointments, or picking up groceries and medications, or providing a meal.
2. Bringing in non-perishable goods to be donated to local food banks to offset surges in need.
3. Letting us know, when you are out and about, if you **come across a stock of disinfectant spray, hand sanitizer, and/or disinfectant wipes**. The crisis has set off panic stockpiling and it is extremely difficult to come by these items, even on-line. With you as our eyes and ears, we can be on hand to supply our congregation while remaining responsible to the larger community.
4. **Reaching In and Lending Forth.** Needless to say, many of the events we have had to cancel are *significant* budgeted sources of income for our congregation. Additionally, non-planned for expenses from sanitizer and delivery systems to extra maintenance hours must to be accommodated.  
**Please Consider The Following:** To help underwrite lost income and unplanned for expenses related to our COVID-19 response,

- First:** Please consider gifting any ticket costs you may have already purchased as a donation to the congregation.
- Second:** Please consider an extra gift to what we are calling the TAS COVID Mediation Fund or CMF, to be used exclusively to help us meet the financial burdens imposed by the current crisis.
- Third:** If you will be saving funds by not traveling over the next two to three months, please consider donating a portion of those savings to the Covid Mediation Fund.

As we came together to provide towards our need in this new age of tightened security, we can come together now as well. Most importantly, please remember, we are here for you. Your needs are our needs. This is not a time to be independently stoic.

**Let your community help. Be a part of the community that helps.**

**Be the hands of God which receive. Be the hands of God which give.**

We pray, each of us, that you and your loved ones, everyone of our community remains in health and secure in the knowledge that you are cared for and loved. Am Yisrael Chai. Am Adat Shalom Chai.

## Source Facts and Resource Links.

Finally, we have placed some information about Covid-19 below. Please note, COVID-19 is a new virus, so some good questions don't yet have clear answers. We feel obliged to add that this is not meant as medical advice: please *see your physician if you feel ill or have questions about your own care.*

Primarily, there are two important areas that we can be involved in.

- Personal and Environmental Hygiene (covering sneezes and coughs, washing hands and spaces...)
- Social Distancing (avoiding close contact, avoiding shared resources (door handles, utensils...))

These steps will help slow or mediate the spread of the COVID-19 virus, thus reducing the strain on limited medical resources, thus helping us all to remain healthy and attended to if needed.

### **Q: What are the symptoms of COVID-19 infection?**

**A:** Fever, cough and fatigue are the most common. There can also be muscle aches, nausea, runny nose, sore throat, and diarrhea. Shortness of breath can be a sign of a more severe case.

### **Q: Is COVID-19 more concerning than flu?**

**A:** Because it is a new virus, and we don't yet have a vaccine, most people are susceptible to COVID-19. In contrast, many people are partially or fully immune to the flu. Therefore, many more people stand to get sick from COVID-19. In addition, a larger proportion of COVID-19 cases turn serious, particularly among the elderly.

### **Q: If it's older people who are at greatest risk, why should others change what they are doing?**

**A:** Although the most elderly are at highest risk, there have been many deaths at younger ages, too. Also, if fewer young people get it, then there will be less transmission to older people.

### **Q: How is COVID-19 spread?**

**A:** Apparently mainly by droplets from sneezes and coughs, which can spread at least 6 feet, and by contact with contaminated surfaces. However, scientists are still investigating this.

### **Q: Can someone get COVID-19 twice?**

**A:** Based on decades of experience with other viruses, including ones closely related to COVID-19, the answer is "probably not". Reports of individuals testing positive after getting over COVID-19 deserve further study, but it seems more likely that the test is getting triggered by, in effect, leftover bits of dead virus in these cases.

### **Q: What are the prospects for a vaccine or a treatment?**

**A:** It is unlikely that a vaccine or treatment could become available in less than a year. The research is complex and unpredictable; it's essential to make sure there are no serious side effects; and setting up large-scale manufacturing and distribution takes time.

## LINKS:

**San Diego County:** [www.coronavirus-sd.com](http://www.coronavirus-sd.com)

**Center for Disease Control:** [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

**How to talk with Kids:** <https://healthier.stanfordchildrens.org/en/how-to-talk-with-kids-about-covid-19/>

**General:** [www.Coronavirus-sd.com](http://www.Coronavirus-sd.com)