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*Citizens of Rio Dell  
Rio Dell, CA 95562*

April 2, 2020

My fellow Rio Dellights,

We are living through a time like none other we have seen before; even the oldest among us have not experienced a crisis of this magnitude. The stress is greater, the fear is greater, and the anxiety is greater. Some of us may feel out of control and to the extent that our daily actions are being driven by a virus; we are out of control.

However, there are things we CAN do to reassert some control and push back against our common enemy; the Coronavirus. The number one thing we can do is social distancing.

### **30 DAYS TO SLOW THE SPREAD**

Every one of us must take personal responsibility in maintaining social distance - staying 6 feet apart from one another. We must as a community understand that 25% of the population will NOT show symptoms, yet will be infected and spread the virus. Therefore, social distancing is CRITICAL to stopping the spread of this deadly virus. This is the most effective means we have for fighting this virus!

### **SOCIALLY DISTANCED**

### **SPIRITUALLY CONNECTED**

Things we CAN control:

- Practicing Humanity. By that I mean exercising kindness, compassion, empathy and patience both with others and ourselves.
- Use technology, old and new. For example, phone calls, video calls, write a note and send it to someone you know who is living alone and feeling more isolated than ever.
- Remember to exercise because doing nothing will be harmful both mentally and physically. You don't have to leave home to do chair exercises, walk around your yard or do sit ups.

- Try to find something joyful in your day. Look outside and notice a spring flower in bloom or the fog playing through the trees on the bluffs.
- As much as I hate cleaning, this is a perfect time to get things organized; do some spring cleaning or even sort through the thousands of pictures you have on your phone to clear up space. There will surely be some chuckles looking through your pics.
- Garden, plant any seeds you have so you'll have your own source of veggies. If you don't have yard space there are herbs you can grow on your counter top or small container veggies on your balcony.
- Try and remember how happy you would be to stay home if you weren't being told to do so.

Finally, don't forget the true heroes! Here in Rio Dell, our Fire Fighters, Police Officers, Rio Dell School District, City Staff and the Employers and employees of all essential businesses who are risking their own health in order for the rest of us to have groceries, prepared food, clean water, and to be able to meet our basic needs. Our County Heroes are Cal OES, the doctors, nurses, aides, hospital housekeeping staff, grocers, gas station employees, police, fire fighters, emergency response personnel; we are all so very thankful for their service! AND thank you to our other community members that are helping by acting responsibly and taking this crisis seriously by social distancing and staying home.

**Stay Home. Stay Safe. Save Lives.**

**30 Days to Slow the Spread**

With Respect and Unity,

*Mayor Debra L. Garnes*