

April 2, 2020

Dear Friends,

I want to thank the community for your ongoing support of healthcare workers. Many of you have reached out with donations of supplies, front-line caregiver support, words of encouragement and even Girl Scout Cookies! We are committed to the health of our community and will continue to prepare for this healthcare crisis. The most important thing you can do right now to help us combat COVID-19 is to stay at home. This is an unprecedented time not only for the healthcare community but for our children who have transitioned to online learning and education. I appreciate everything our schools and educators have done to quickly adapt to the needs of their students to assure they complete the necessary curriculum. I know that “social distancing” is becoming more difficult as time goes on and as the weather improves, but please know that this is the only weapon that we have to defend ourselves from widespread infection. We are beginning to see many individuals who are suffering from the effects of COVID-19, and it is critical that we continue to contain the spread. If we experience widespread disease, our healthcare system will be overwhelmed. Governor DeWine took early measures to protect us, and we are beginning to see some evidence that this may help. Please do not take this insight to mean that we can relax the limitations that have been imposed. Currently the state of Michigan is experiencing almost 4 times the number of COVID-19 infections than Ohio, and the state of New York has already surpassed the number of cases in China. Numerous other states are experiencing trends similar to Michigan and New York, and their healthcare systems are overwhelmed. The infection can be passed amongst individuals who are asymptomatic, and many symptoms of illness may not develop until up to two weeks after it’s contracted. This is why social distancing is important **EVEN IF YOU FEEL FINE.**

Thank you for your continued efforts and collaboration on this front. I know we are making sacrifices, but it is what we must do at this time to keep our community safe.

Let’s continue this fight together!

Many thanks,



Rebecca N. Starck, MD  
President, Cleveland Clinic Avon Hospital



**DO THE FIVE**  
Help stop coronavirus

- 1 HANDS** Wash them often
- 2 ELBOW** Cough into it
- 3 FACE** Don't touch it
- 4 FEET** Stay more than 3ft apart
- 5 FEEL** sick? Stay home