

Hello Board of Supervisors

I strongly urge that that even essential public meetings be limited to 10 or less and that there should be no non essential gatherings and all essential meetings be limited to 10 with spacing among attendees be at least 6 feet and well as the COVID-19 risk mitigations.

The US is following the curve of cases reported in Italy and we are only at the beginning of that curve before the curve moves sharply upward.

Below is a recent message I emailed to yoga friends.

Hello Yoga friends,

My information is coming from my son Richard Falkenrath who is a national security expert and is deeply involved with this crisis. He phoned me with an urgent message last Sunday and has updated me since.

The only way to limit this virus is self distancing - and vigilant self distancing

The reason China and Korea has the virus somewhat under control is because of strict testing and then mandatory quarantining for at least two weeks if you have come in contact with anyone with the virus children are often the vectors because they show no symptoms. Italy, Spain, Iran and France have not followed this protocol and they are facing a medical emergency now - we are just days or weeks behind them it is not true that there are no cases in Mendocino County - there may be no reported cases but it takes one person to infect five and them the five ten and the ten....

Richard is telling me to limit all my social contacts to one person a day and if there is a situation where i have to contact - stay 6 feet from that person all of us need to stay home - including and especially children for at least 2 weeks most unfortunately we are not getting this information from the federal government, Fox News or even our governor.

I do not want to be an alarmist, but any gathered particularly with people over age 60 should be strictly limited. I do not think we should have a yoga class in person- maybe with Zoom each in our own homes.

Take good care,

Maggie