

SINGULA 1 INSTITUTE

A Message of Hope and Consideration in a Time of Uncertainty



Dear Singula Community,

Over this past winter, The Singula Team has been working hard to bring our vision to life. We will share these milestones and accomplishments in the near future through a separate newsletter.

Today, I wanted to take the time to provide some thoughts about the state of mind in our society regarding the Coronavirus (COVID-19) and provide sources of credible information to keep up to date with health recommendations.

In times of uncertainty, we all have a tendency to fall into traps of our own fears and worries. This usually spurs our wishes to control a situation regardless of its controllability. There will be some limitations on travel, and for some, a limitation on workplace policies. For those who are caretakers of children and elderly family, there may be disruptions as a result of new or changing recommendations or closures. Despite these disruptions, I urge you to remain flexible and prepare through making contingency plans with your partners, friends, and loved ones. Despite these inconveniences and frustrations, I urge you to go about living your lives with as much normalcy as possible and stay connected with one another. Allow some time to share your fears but also work to develop new plans and strategies- perhaps finding a transition to a new normal while we are in this period of time.

Lastly, I hope that you can remain feeling safe by understanding what this viral epidemic is, and what it is not. And, more importantly, what you can do to prevent and help the situation, and what could be unhelpful. In these times, I have relied more on my epidemiology and infectious disease friends/colleagues to disseminate updated and accurate information in a concise and understandable way. I urge you to consider these resources:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.who.int/health-topics/coronavirus>

<https://coronavirus.jhu.edu>

Regards,
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