

Hi student,

I miss you like crazy. I'm hoping you and your family are doing well, staying safe, and spending quality time together. As you know, I'm stuck at home with Donald and quickly learning that teaching 2nd grade isn't the same as teaching my awesome 8th graders. In other words, I miss you. Feel free to keep in touch by emailing me if you can at [chrystle.munoz@wusd.ws](mailto:chrystle.munoz@wusd.ws).

Welcome to Week 1 of our Remote Learning! For this week, I have mostly picked assignments that would be review for you, just to practice some skills. So here's the plan:

Day 1, 3/23/20:

Each day, I recommend that you journal write like you're used to in class. This could be a cool keepsake for you to share with your future children or grandchildren when you're 71 like me LOL. Just write each day what you're doing, what you read or saw, what you miss about school or your friends, what's the latest on social media, and whatever pops in your mind. Just use either a notebook or paper you have at home and journal at least 5 sentences each day to keep your brain working and reflecting on the day. It's therapeutic, too.

Read Article of th Week #1 titled "Corona Myths Debunked..." You know the drill. Read it once all the way through. Then read again, making annotations in the margins as you read. Then pick 3 quotes that we're impactful to you and write them in the Double Journal along with your 2-sentence response to each quote. If you want, complete the questions on the back to really dig into the article. And remember, if you're struggling with the article, reread! Remember all those skills we learned in class about what "good readers" do like rereading, predicting, asking questions to themselves as they read, writing annotations or notes on the reading, comparing it to other things you've read or heard or seen, read for context clues, underline tough vocabulary, lookup words (now you can use those phones...yippee!), and more.

If it's helpful to you, journal at the end of your day, right before you go to bed. It can help calm you and get some things off your mind so you can sleep better.

Day 2, 3/24/20:

Journal again! Based on what you read yesterday and other things you've seen or read on the news or social media, what are some myths about Coronavirus you thought were real? How did you realize it was a myth or not based on fact?

Read the poem by Robert Frost titled The Road Not Taken on the worksheet and complete the writing portion about figurative language. Remember, figurative language is when words aren't meant literally, but serve as a metaphor for something else. For example, one might read, "the tears wept by the sun." They might then realize that it refers to gold. So with that, what does it mean to take the road less travelled? What does the road refer to? Why is it less taken?

Day 3, 3/25/20:

It's time to journal! Today's journal prompt: Referring to the Robert Frost poem you read yesterday, what road do you feel less people travel and why?

Article of the Week #2 is up titled, "The Do's and Don'ts of 'Social Distancing.'" Read as always, follow the instructions on the Double Journal handout, and complete your double journal.

Nightly journal if it helps you: What road or difficult journey would you like to go on, but you worry about what you might run into? (example: college because of cost or needing a full time job to help family, etc.)

Day 4, 3/26/20:

Let's journal: Prince Charles of England almost shook hands with someone when visiting London for an awards show. He almost shook hands 3 times!!! What part of "social distancing" is difficult for you and why?



After our last argumentative essay, I realized we need to continue our work on writing **STRONG** conclusions. Today, you will write a conclusion on the worksheet titled "Write the Conclusion: Hawaii, the Aloha State." Read the story and finish it with a strong conclusion that incorporates elements from the entire story.

Nightly journal: "California is known as the golden state. What is "gold" to you?"

Day 5, 3/27/20:

Journal time: "If you could go to Hawaii, would you? Why? What would you like to do while there?"

It's time to practice conclusion writing again. Today, you will use the worksheet titled "Write the Conclusion: Why the Moon?" Again, use details from the entire reading to give it a strong conclusion.

Evening journal: "If you could go to the moon, would you? Why or why not? What would change your mind?"

It's Saturday & Sunday. Enjoy your weekend. Here's some ideas to keep you occupied while in the house during our mandatory isolation:

1. Play board games
2. Ask a parent or guardian to teach you to cook or bake something you don't know how to
3. Organize your room or a workplace at home for you to do your schoolwork
4. Start a new book. Read an article. Look up stories that interest you online.
5. Draw, color, paint, something artistic. Get someone to join in with you.

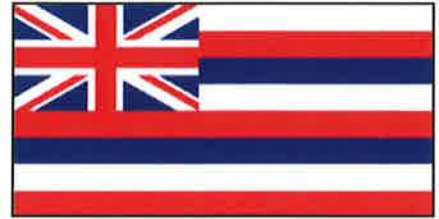
I miss you guys. Stay safe and stay indoors to keep our grandparents and great grandparents safe. I look forward to seeing you soon.

Sincerely,  
Mrs. Munoz

## Write the Conclusion: Hawaii, the Aloha State

Conclusions are an important part of writing. It is a short summary of the writing, meant to leave the reader with the basic information in the piece.

Below is an informational piece about the the Hawaii. Read the text and write and conclusion summing up the important points.



*The Hawaiian state flag.*

### Hawaii, the Aloha State

#### I. Introduction

Hawaii is nicknamed “the Aloha State.” *Aloha* is a word in the Hawaiian language meaning peace, love, or affection. It is often used as a way to say, “hello” or “goodbye.” Hawaii is like the word aloha, because it is a state that has two viewpoints: it remembers its history and looks toward the future.



*The Hawaiian mountain called Diamond Head.*

#### II. Body

Hawaii is a U.S. state made up of a group of islands in the Pacific Ocean. It is made up of eight large islands and over 100 other smaller islands. It is the only state that is not in North America. The islands were formed by volcanoes that erupted and rose above the ocean. There are still active volcanoes in Hawaii.

Because of its location, Hawaii has a tropical climate. It is warm, but usually not hot, all year long. Rarely does the temperature drop below 60 degrees Fahrenheit, although it may occasionally snow at the top of some of the mountains.

Once called the Sandwich Islands by Europeans, Hawaii is thought to have been settled by ancient sailors from other islands in the Pacific. The British explorer Captain Cook is given credit for being the first European to find the islands in 1778. Because of its location, Hawaii became a frequent stop for European traders and whaling ships.

Hawaii was an independent country before it became part of the United States in 1893. It was governed by a monarch, either a king or a queen. It is one of only four U.S. states to have been a country before statehood. It was admitted into the Union in 1959 as the 50th state.

Today Hawaii is important as a vacation destination, as an agricultural area, and for its U.S. military bases. Over 1.4 million people live in the state, some of whom are descended from the original Pacific sailors. There are also Hawaiians that came from other countries in the world, especially from China, Japan, and the Philippines.

Each year over 6 million people visit Hawaii to enjoy the beaches, the beautiful ocean, and the historical Hawaiian culture. Cities like Honolulu, Hilo and Kailua are modern cities with growing populations.

#### III. Conclusion

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Name: \_\_\_\_\_

## Write the Conclusion: Why the Moon?

President John F. Kennedy spoke at Rice University in Houston, Texas on September 12, 1962. He spoke about his commitment to putting a man on the moon before the end of the 1960s. Below is part of his speech.

“We set sail on this new sea because there is new knowledge to be gained, and new rights to be won, and they must be won and used for the progress of all people. For space science, like nuclear science and all technology, has no conscience of its own. Whether it will become a force for good or ill depends on man, and only if the United States occupies a position of pre-eminence can we help decide whether this new ocean will be a sea of peace or a new terrifying theater of war...”

“...Its hazards are hostile to us all. Its conquest deserves the best of all mankind, and its opportunity for peaceful cooperation may never come again. But why, some say, the moon? Why choose this as our goal? And they may well ask why climb the highest mountain? Why, 35 years ago, fly the Atlantic? Why does Rice play Texas? We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too.”

*Based on the passages from his speech above, write a concluding paragraph for the speech in your own words. Remember to include the thesis, the main points, and a reason why the action is important.*

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*Pres. Kennedy gives his speech at Rice University in 1962.*

Name: \_\_\_\_\_

# The Road Not Taken

by Robert Frost

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.

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## Figuratively Speaking

The poem's literal meaning is about a person who has a choice between two roads and decides to take the road that has been used less. Write a short paragraph about the figurative meaning of the poem.

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Name \_\_\_\_\_ Period \_\_\_\_\_

## Double Entry Journal Article of the Week

**Directions:**

- 1) Read the article all the way through once (more if necessary).
- 2) Annotate while reading again (make notes on the article by commenting to show you understand the article or main ideas, questions that show what you are wondering as you're reading, notes that show fact or opinion, other observations or thoughts) & highlight key ideas, concepts, or unfamiliar words.
- 3) Fill in the table below following these instructions:

Jot down your favorite quotes from the assigned article. Pick at least **THREE!** Write those on the left side of the table under "Quote from the text." Respond to each quote using at least two complete sentences on the right side of the table under the heading labeled "Your Reaction."

**Options to help you respond for "Your Reaction":**

- Can you relate to the topic? Why or why not?
- How does anything in the article remind you of incidents or events in your own life?
- How do your own experiences help you better understand this topic or article?
- How is this article similar or different to other things you have read in the past?
- What confuses you about this quote?

Quote from the text	<i>Your Reaction</i>

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**LATE WORK:**

1) What do you agree or disagree with in this article? (Use evidence) 3 complete sentences minimum.

2) How does this information from this article apply to or affect your life? (Use evidence) 3 complete sentences minimum.



1. **Mark your confusion.**
2. **Show evidence of a close reading.**
3. **Write a 1+ page reflection.**

## **Coronavirus Myths, Debunked: A Cattle Vaccine, Bioweapons and a \$3,000 Test**

Source: Grace Hauck, *USA Today*, March 6, 2020

We've all heard some outlandish rumors about the new coronavirus.

Fake stories circulated on WhatsApp have falsely stated that the virus has killed millions of people worldwide. Social media posts have claimed that drinking garlic water cures the deadly disease. Conspiracy theories that the virus is a bioweapon engineered in a Chinese lab have been voiced by TV pundits and even an American lawmaker.

There's a lot of misinformation out there, and it's transmitting faster than the virus itself. We're setting the record straight.

### **A cattle virus we've known about for years is the real cause of coronavirus**

Absolutely not. Users on Facebook are spreading a photo of a vaccine used on cattle to falsely imply that the new coronavirus infecting humans globally has been known about "for years." That suggestion is false.

When we say "the coronavirus," we're referring to a new strain of virus that emerged from a family of coronaviruses. Coronaviruses can infect animals and people, and we've known about other coronaviruses for years. The novel coronavirus, which causes the COVID-19 disease, was first publicly reported in late 2019.

The vaccine pictured is used to combat bovine coronavirus, which is a virus that infects cattle. ScourGuard 4K is a vaccine for "pregnant cows and heifers" to help prevent diarrhea in their calves. The bovine coronavirus did not cause the current outbreak in humans.

### **The coronavirus will be gone by April**

We've received many questions from you about whether the virus will be gone by spring as the weather gets warmer, but health officials say that's "premature" thinking.

In a press briefing last month, Nancy Messonnier, director of the CDC's National Center for Immunization and Respiratory Diseases, cast doubt on this rumor. "I'm happy to hope that it goes down as the weather warms up, but I think it's premature to assume that, and we're certainly not using that to sit back and expect it to go away," Messonnier said.

Like the common cold and flu, COVID-19 spreads through respiratory droplets, and most viral respiratory diseases have seasons. They spread more during the colder months, but you can still get sick from them during the warmer months, too.

Coronavirus live updates: Churches react with new Communion rules Kids seem less likely to get coronavirus, but doctors aren't so sure Trump defends coronavirus effort in first town hall

### **The coronavirus comes from Corona beer**

Funny, but no. In January, the alcoholic beverage from Mexico showed a surge in Google searches, along with the term "corona beer virus" and "beer virus."

In the United States, Google Trends calculated that 57% of the people that searched one of those terms searched for "beer virus," and the remaining 43% searched for "corona beer virus." States like Hawaii, New Mexico and Kansas searched "beer virus" more, whereas states like South Carolina, Colorado and Arizona searched "corona beer virus" more.

### **The virus escaped from a Chinese lab**

Once again, no, the new coronavirus is not a bioweapon engineered by scientists in China. Early last month, bloggers began to circulate a theory on social media and other websites that the virus was man-made. Health officials debunked the claim, but Sen. Tom Cotton, R-Ark., repeated the theory at least three times on Fox News. Right wing media outlets defended Cotton's comments.

Scientists are still researching how COVID-19 emerged but say it is not man-made. The first infection, reported in December 2019, was linked to a market in Wuhan, China. It's still unclear how transmission unfolded, but there are several theories. Some researchers believe that someone bought contaminated meat at the market, ate it, got sick and infected others. Others say the virus originated in bats, spread to an intermediary animal and then to humans.

### **A coronavirus test costs \$3,000**

Nope. Actually, it's free. A claim that it costs patients in the U.S. more than \$3,000 to test for COVID-19 originated on Twitter, where it amassed more than 250,000 likes and retweets. It became a meme that spread on Facebook.

In actuality, the U.S. Food and Drug Administration has authorized the use of two tests – one from the Centers for Disease Control and Prevention and one from the New York State Department of Public Health – and neither agency charges patients for the test.

#### **You should start wearing a face mask**

No, you should only wear a face mask if you are sick or if a doctor recommends it, according to the CDC. The best way to prevent infection is to wash your hands for at least 20 seconds with soap and water, avoid close contact with people who are sick, cover your cough or sneeze, clean and disinfect frequently touched objects and surfaces, and avoid touching your eyes, nose and mouth.

#### **Lysol 'knew' of the virus before the outbreak happened**

Yes, Lysol products have labels that say they disinfect against "human coronavirus." But those labels aren't referring to the new coronavirus, in particular.

The labels are referring to coronavirus, in general, which is a broader family of viruses. The COVID-19 virus is one of many in that family. Certain Lysol products have demonstrated effectiveness against coronaviruses on hard, non-porous surfaces, according to the company's website.

#### **Pope Francis has the coronavirus**

A story circulating on social media falsely claims that the Vatican has confirmed that the pope and two of his aides tested positive for the virus. Several Italian news outlets also reported that the Pope was tested for the virus.

The Vatican has not verified any of these claims, nor has it disclosed whether or not the pope was tested for the coronavirus. Vatican spokesman Matteo Bruni issued a statement saying, "The cold the Holy Father was diagnosed with recently is running its course, with no symptoms related to other pathologies."

#### **The CDC recommends shaving beards to protect against the virus**

Social media users sharing a CDC infographic showing various styles of facial hair have suggested that the agency is instructing people to shave beards and mustaches to prevent the coronavirus. To beard or not to beard? The infographic actually has nothing to do with the new virus. The CDC's National Institute for Occupational Safety and Health first published the image in 2017 to show workers what types of facial hairstyles work with a tight-sealing respirator. Facial hair that lies along the sealing area of a respirator, such as beards, sideburns or some mustaches, interferes with respirators that rely on a tight facepiece seal to achieve maximum protection, according to the CDC.

#### **The flu vaccine prevents coronavirus**

While you should definitely get your flu vaccine, it won't protect you from the new coronavirus. Instead, take the common sense health precautions outlined above.

Why get the flu vaccine? In the U.S., influenza has caused 12,000 to 61,000 deaths annually since 2010, according to the CDC. So far this season, there have been at least 32 million flu illnesses, 310,000 hospitalizations and 18,000 deaths from flu.

#### **African Americans can't get the coronavirus**

Rumors about African Americans having a special immunity or resistance to COVID-19 have circulated on social media, and they can be traced to misleading online accounts of the recovery of a young black man from Cameroon who got the virus while studying in China.

The debunked claim even turned up on "Saturday Night Live" when cast member Chris Redd repeated it at the end of his "Weekend Update" segment. After finishing a comedy bit about COVID-19 stealing the spotlight from Black History Month, Redd yelled over the applause, "Black people can't get the coronavirus!"

The CDC rejects this rumor in no uncertain terms. "Diseases can make anyone sick regardless of their race or ethnicity," the CDC writes on its website. "People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19."

#### **Possible Response Questions:**

- What rumors have you heard about the coronavirus? Explain.
- Pick a word/line/passage from the article and respond to it.
- Discuss a "move" made by the writer in this piece that you think is good/interesting. Explain.

1. Mark your confusion.
2. Show evidence of a close reading.
3. Write a 1+ page reflection.

### **The Dos and Don'ts of 'Social Distancing'**

*Experts weigh in on whether you should cancel your dates, dinner parties, and gym sessions.*

Source: Kaitlyn Tiffany, *The Atlantic*, March 12, 2020

The Centers for Disease Control and Prevention has issued guidelines for “community mitigation strategies” to limit the spread of COVID-19, the disease caused by the coronavirus, which include recommendations for “social distancing”—a term that epidemiologists are using to refer to a conscious effort to reduce close contact between people and hopefully stymie community transmission of the virus.

But what exactly does “social distancing” look like for a woman trying to go about her life while staying healthy and helping keep the people around her healthy? Even detailed instructions are difficult to sift for actionable advice. If I have a fourth date tonight, do I go? If I'm invited to a wedding in two weeks in another state, is it too late to cancel? If we're on lockdown, and I live alone, can I walk to my friend's apartment when I feel sad? If I end up officially quarantined, can I walk around the park at night for some fresh air?

The CDC guidelines acknowledge factors like the size of a community, its population density, its access to health care, and caveats that social-distancing measures can “be scaled up or down depending on the evolving local situation.” There are conflicting messages coming from media and people's peers: On Reddit, young people are signing a “self-quarantine manifesto” while, at a press conference, the mayor of New York City is telling people to continue visiting bars and restaurants as normal, to protect the local economy.

So I took my personal questions to a series of public-health experts. “I think it's a hard time because many of the recommendations we're making are about increasing the distance between people, but of course, being close to people is what makes life a pleasure,” Carolyn Cannuscio, the director of research at the Center for Public Health Initiatives at the University of Pennsylvania said in a phone call. “So this is going to be a very difficult time. No question.”

If you're confused about what to do right now, you're not alone—even these experts occasionally disagreed on the answers to my questions. Where there were discrepancies, I've included all the different answers as fully as possible. This guide is aimed toward those who are symptom-free and not part of an at-risk group, with an addendum at the end for those in quarantine. If you are symptom-free but are over 60 years old; have asthma, heart disease, or diabetes; or are otherwise at risk, experts recommend defaulting to the most conservative response to each of these questions.

There is a general consensus that while young and healthy people who are at lower risk for personally suffering severe illness from the coronavirus don't have to be locking themselves in their homes for the next month, they *do* need to dramatically alter their daily lives, starting now.

#### **If I'm Symptom-Free:**

##### **Should I be avoiding bars and restaurants?**

**Cannuscio:** People should avoid gathering in public places. People should be at home as much as possible. The measures that have worked to get transmission under control or at least to bend the curve, in China and South Korea, have been extreme measures to increase social distancing.

**Crystal Watson, a senior scholar at the Johns Hopkins Center for Health Security:** It depends on local context. If we're in a situation where the disease has been shown to be spreading widely, I think people will start to want to stay home and not go out into crowded settings.

**Albert Ko, the chair of the epidemiology department at the Yale School of Public Health:** If you go to a crowded bar where you're up one against another, that's a lot different from going to a bar where you're spread out. The CDC recommendations are to keep six to 10 feet away from other people. Bottom line, there's no absolute indication not to go to bars and restaurants, but in practicing good public health—which is kind of a responsibility for everybody in the country—really think about how we can decrease those close contacts.

### **Can I have a small group of friends over to my house for a dinner party or a board-game night?**

**Watson:** I think small gatherings are probably okay as long as nobody has symptoms, respiratory symptoms. As soon as someone seems sick, you should probably not get together.

**Ko:** We're in a gray zone now. The public-health imperative is to create social distance; that's the only way we're going to stop this. Think about having those get-togethers but practicing good public health: not sitting very close, trying to keep distance. Wash your hands; avoid touching your face. There are places on the board game that people are constantly touching—routinely disinfect [those, as well as] doorknobs, the bathroom faucets, those types of things. There's no absolute rule about what works, but what we do know is that decreasing the size of those gatherings, increasing the distance, practicing good hygiene will go a long way.

**Cannuscio:** I would recommend that people minimize social contact, and that means limiting all social engagements. That includes intimate gatherings among friends. I think the exception is if two households are in strict agreement that they are also going to reduce all outside contact and then those two households socialize together, to support one another. I can see social and mental-health advantages to that kind of approach.

### **Should I stop dating?**

**Ko:** Dating is usually one person and another person. What we're really worried about in terms of public health are these large gatherings where you have people crowded together, and you can have what we call super-spreading events. The risk of those goes up exponentially the larger the size of the gathering. Dating is at the other end. I think you can still date.

**Watson:** I think dating is okay, if you believe with reasonable confidence that you're both well. I think we're humans and we need human interaction; I think that's important for our sanity. It's important to focus on [avoiding] large crowds and indoor activities where you have lots of people touching the same surfaces.

**Cannuscio:** It is a time to be very cautious about initiating contact with new people. This seems like a great time to get creative with your text messages. [Or] take it to FaceTime or a phone call.

### **Can I go to the gym?**

**Ko:** If you do go to the gym, again, maintain distances. Disinfect places in the gym people are always touching. Wash your hands regularly. Much of the transmission is person to person with people coughing, sneezing, or touching their nose and mouth and touching somebody else. You can get transmission on surfaces; that's probably a little bit lower-risk, but we still should disinfect surfaces that we touch.

**Cannuscio:** If you're going to go to the gym, try to go at a time when there are very few people there and definitely wipe down the equipment. However, as the weather warms in many parts of the United States, I would instead recommend that people go outside for walks or runs or bike

rides in areas where there are not other people. This is really about depriving the virus the opportunity to move from one person to another.

### **Should I be worried about going to the grocery store?**

**Cannuscio:** I would say try to shop at times when there are very few other shoppers there. That [could mean] going first thing in the morning when the store opens, or late at night. I think many people will rely on delivery, and that's just the nature of our lives right now. For delivery workers, I would say, leave the food on the doorstep and ring the bell, rather than interacting face-to-face with the person who's ordered the food.

### **Should I take public transportation?**

**Cannuscio:** First of all, people who have the opportunity or the option of working at home should absolutely use that option right now. For people who have essential functions and have to be at work, if they have any flexibility in their schedules they should try to ride at non-peak hours. On subways or buses, people should try to stand as far away from other people as possible. I think it's important for planners to think about, for example, putting more buses on the most heavily traveled routes, to maybe thin out the crowds on those buses. In cities where it's possible to walk, that would be a better option.

For people who can afford to use ride-sharing services, you're limiting the number of people you're in contact with as the rider, so to me that seems like a reasonable step to take. Of course, I worry about all those drivers who have people in and out of their cars all day long.

And of course, everyone should be using good hand hygiene and respiratory etiquette. If you have to cough, cough into your elbow. And I can't believe I have to say this, but I've been in public places where people have been spitting, in parks or on the sidewalk. I would ask people not to spit!

**Watson:** It's hard to say "Don't take public transit," because a lot of people rely on it to get to work. If you don't have to and you can drive, it's probably a good idea. It will help other people who have to take public transit for their livelihoods to do so and do so more safely.

### **Should my family be canceling events like birthday parties AND weddings?**

**Watson:** It's hard to ask everyone if they're feeling sick and harder to know what their exposures have been. I would take a look at who is invited to the party. Are there people who are very vulnerable? Older people, people who have underlying health conditions, pregnant women? If that's the case, I would err on the side of caution. I don't want to tell somebody to cancel their wedding. That would be terrible. But I think you have to look at the situation, maybe ask guests who are feeling ill not to come. If it's being held in a community where there's widespread disease, then it might be worth [reconsidering the event].

**Ko:** If those events can be postponed, I think that's certainly productive. If a wedding can't be postponed, there are things you can do. Hold it in an open space, where people are spread apart. You have to be really careful about exposures and really practice social distancing from the elderly.

**Cannuscio:** One of the best ways we can show love to the people we care about is to step back and to stay away. In many cases that takes courage, and it takes speaking out over these social norms that dictate that we should be polite and we should be together and we should celebrate and gather. Really seriously consider whether now is a joyful time to gather family members for a wedding celebration.

### **Should I stop visiting elderly relatives?**

**Watson:** I think we should start limiting visitation to people who are in assisted-living facilities and nursing homes. I know that's really tough, and maybe setting things up so you can visit them

virtually is a good idea. [That way], they can see you and say hello, [without putting] them at extra risk.

**Cannuscio:** I think if we are fortunate enough to live near our elders and we get into the mode of seriously isolating our own families, then one person should be designated to go and visit. If we're not in a situation where we can truly limit our own social contact, then we will be putting that elder at risk by going to visit.

**Should I be canceling haircuts and other nonessential appointments?**

**Watson:** Those are more one-on-one interactions. I think there's a lower likelihood that exposure is going to occur that way. I don't think that's a big concern.

**Cannuscio:** I would say hold off on your haircut and then when you go back, when it's clear that we have vanquished this foe, everybody please give your hairdresser extra, extra tips. I hope that policies will be put into place to protect the paychecks of people who will suffer during this period.

**Should I avoid communal spaces in my apartment building?**

**Cannuscio:** Try to schedule your use of those common spaces so you're going at times when other people aren't around. If you know there are not a lot of people in the laundry room or mailroom at 6 a.m., go at 6 a.m. People will be inconvenienced, but it's important to try to spread ourselves out.

**Should I limit physical interaction with my partner, or other people I live with?**

**Ko:** That's really hard to do. Again, what we're really worried about is large gatherings. In the home, close contact is almost inevitable.

**Cannuscio:** I would say if you're in a steady, monogamous relationship and you and that other person are limiting your social contacts, then be as intimate as you want to be.

**Watson:** If you get sick, try to maintain some distance. Otherwise, households should go about their normal business.

**If I Get Symptoms or Am Exposed to Someone Who's Sick:**

**If I am waiting out a 14-day quarantine, can I have visitors as long as they stand far away from me?**

**Cannuscio:** No, quarantine means "stay away from other people." You shouldn't have visitors.

**Ko:** Under quarantine, people really shouldn't enter the home or be in the same physical space.

**Can I walk around outside at all when I'm under quarantine?**

**Cannuscio:** For people who live in areas that are not densely populated, walking around in their yard is probably safe. The idea is that they should not come into contact with any other people. They need to be strict about it. We are not going to defeat this and halt transmission if people loosely interpret what it means to self-quarantine or self-isolate.

**Possible Response Questions:**

- How will social distancing affect your life? Explain.
- Pick a word/line/passage from the article and respond to it.
- Discuss a "move" made by the writer in this piece that you think is good/interesting. Explain.