



COVID-19, Freedom, and Passover

James Edward Katz, M.D.

The poet Milton, who, crippled by age, stated his regret he could not do more to serve God, "*They also serve who only stand and wait.*" You can protect everyone in your community if you would just stay home. During the next two weeks, a biologic wave will sweep across the United States from one horizon to the other. In some states, brave healthcare workers and first responders will cope with the surge; others will not. Some will get COVID-19 for their efforts. Pray for them.

["They also serve who only stand and wait." So stay home. Click To Tweet](#)

In the last three weeks, aside from bicycling and yard work, I have been out to the grocery store once. When I leave home, I wear a cloth/microfiber scarf as a facemask and polyester smartphone gloves. I spray the gloves frequently with isopropyl alcohol. I clean my phone as well. I handle package deliveries with the same gloves. I wash my hands with soap and water for at least 20 seconds at least four times a day. And I wait for the wave to break and recede.

Tonight is the first night of Passover. It is a family holiday, and we are reminded our world is one family, all facing COVID-19 at our doors. I offer a prayer for my family and yours that the Angel of Death pass over your house and mine and that next year we are freed from the gentle captivity of quarantine to live in freedom, peace, and health.

Shalom

COVID-19 Live Data

This data is updated hourly, and provided by Johns Hopkins University.