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It's a marathon, not a sprint.

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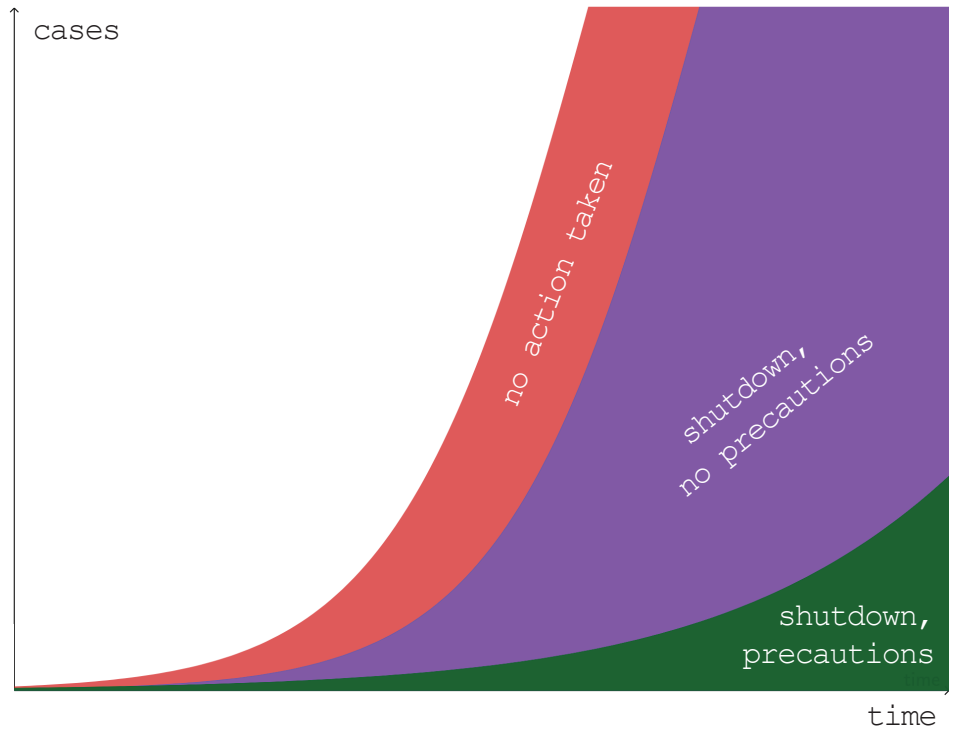
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It's a marathon, not a sprint.

Alistair Pattison | IDSC 100.05

If, after this quarantine, we return to normal life with no changes to our behavior, little will change. But if we take this hard quarantine as an opportunity to develop strategies for reducing transmission to half its original value, (pictured right) we will drastically slow the coronavirus's spread, giving our hospitals and governments time to respond.



Defeating this disease will require serious adjustments to the way we live--wearing a mask in public, going out less, and reducing one's social circle, to name a few. But these actions will be essential in slowing the virus's spread to the point where our health infrastructure can adequately treat infected patients. Do your part.

