

From: [Schwartz, David](#)
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Attachments: [science.abe2424.full.pdf](#)

Dear Friends and Colleagues.

I wish all of you a happy Thanksgiving and hope you, your family, and your friends are doing well. This year has been tough, all of you have put your best effort forward, and we're all in need of rest and some extended time with people close to us. During this Thanksgiving, I am particularly thankful for your dedication to our patients and our profession. Throughout this year, I have been inspired by your individual and collective medical expertise, leadership, altruism, work ethic, and perseverance. I look forward to sharing some restful time with others in my Covid bubble, and I hope all of you can take the time to do the same.

While celebrating this holiday, I want you and your family to stay safe. Attached is a terrific timely article (attached), just out in *Science* on SARS-CoV-2 transmission. The key findings are:

- At least 50% of transmission events were from pre-symptomatic individuals
- Transmission is facilitated by close and high frequency contacts and confined environments
 - Household contacts > social and extended family contacts > community exposures > healthcare contacts in terms of transmission
- Kids are less susceptible than adults, but just as infectious
- Quarantine/isolation is not enough in itself, control of transmission requires a comprehensive approach

I decided to share this article with you to make sure you understood the risks all of us face over the next several days. Please don't travel during this holiday, and remember that a negative Covid test doesn't mean you should skip other measures like wearing a mask and social distancing for those who are coming into your Covid bubble and spending time with you over the holiday. There's lots to celebrate but please stay healthy. My very best wishes to you and family. Happy Thanksgiving.

David

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