THE TEN PLAGUES OF COVID-19  
Passover 2020, Cantor Tifani Coyot  
Passover is our chance to reflect on the causes of COVID-19, so we can gain the wisdom to prevent further outbreaks.

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<tr>
<th>The CONTEMPORARY PLAGUES</th>
<th>HEALING FROM OUR PLAGUES</th>
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<tbody>
<tr>
<td>Represents the trajectory of calamities that led to and resulted from COVID-19.</td>
<td>Presents many opportunities to reflect and reevaluate the ways in which we interact with our world.</td>
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1. **Capturing wildlife from their natural habitat**  
   COVID-19 is a zoonotic disease (disease contracted to humans by animals). Wildlife trade leads to unnecessary contact between humans and wild animals.  

![Wildlife Trade](image)

1. **Kindness to Animals (Oheiv Baalei Chayim)**  
   The COVID-19 crisis helps us to realize the interconnectedness of animal welfare and human health.  
   
   "Support the Jewish Initiative for Farmed Animals and the expansion of Species Preservation Act."

![Kindness to Animals](image)

2. **Wildlife Consumption and Markets**  
   “Wild animals that appear healthy can harbor these diseases. According to the US Centers for Disease Control and Prevention (CDC), more than 75% of emerging infectious diseases originate in animals.”  

![Wildlife Consumption](image)

2. **Caring for your Body (Shmirat HaGuf)**  
   The consumption of animal-based foods contributes to physical diseases, outbreaks of food poisoning and pandemics. There are many unsanitary animal factory farms and markets across the globe.  
   
   "We have the opportunity to improve animal welfare, environmental impact, and public health by reducing our consumption of animal products, using plant-based products, and buying higher welfare animal products."

![Caring for your Body](image)
### 3. Destroying Nature
The overconsumption of our planet's resources and destroying natural habitats causes a host of unanticipated consequences.

![Image of birds on trees]

**How to reduce food waste**
- Recycle what you can't eat
- Buy what you need
- Cook the right amount
- Store correctly
- Eat it all or store leftovers for later

### 3. Reduce Waste *(Ba’al Tashchit)*
Cutting back on grocery trips and scarcity of food has changed our relationship with food and eating.*

*We can be mindful of how much we need to consume and reduce both our food and material waste. Support organizations that promote reforestation and the closure of Wildlife Markets.*

### 4. Illness
Over 1,000,000 people have COVID-19 and the number keeps going up.

![EMOJI: sick face with thermometer]

**Save a Life (Pikuach Nefesh)**
The Jewish belief that the preservation of human life overrides virtually any other religious rule.*

*Everyone in our society should be able to live a healthy lifestyle and have access to a quality Healthcare system.*

### 5. Overwhelmed Hospitals
Hospitals lack a sufficient amount of beds, staff and supplies to handle a major pandemic.

![EMOJI: hospital bed with ventilator]

**Healing (Refuah)**
This pandemic teaches us the importance of Local and National Disaster Preparedness and growing the capacity of hospitals.*

*This crisis shows us that telemedicine is a viable and necessary addition to our health care system.*
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<th>6. Remaining Indifferent</th>
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<td>In a global community, a plague that affects one community affects all of us. Jewish teaching tells us to care for the stranger, for we are all created in the Image of God.</td>
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<th>6. Global Community (Kehillah)</th>
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<td>Plagues that arise in one nation can affect the whole world, but we have also learned that humans can mobilize quickly when the stakes are high. This is a valuable lesson for the type of mobilization we need to combat issues such as global climate change.</td>
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<th>7. Lockdown and Quarantine</th>
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<td>We are postponing lifecycle events and moving all social gatherings online.</td>
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<th>7. Moderation in Business (Miyut Sechorah)</th>
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<td>Travel and industrial activity are drastically reduced with the current crisis. As a result, air quality improves, and carbon emissions and pollution are down by 50%. When society reopens, pledge to cut back on pollution by riding your bike, taking public transportation, working from home, and reducing air travel. Technology offers us opportunities to conduct meetings, classes and gatherings online.</td>
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| ![Economic Shock](image) | When the economic stability of our world seems uncertain, we may be wary to spend money and give to charities.  
If you are able to give, this is the time when small businesses and nonprofits need us the most. |

|-----------|---------------------------|
| “You are not obligated to complete the work, but neither are you free to desist from it (Pirkei Avot 2:21).” | This crisis teaches us that we cannot simply rely on others to address a problem; we all must exhibit leadership.  
We can create a just society by getting involved in local and national politics and by researching and voting for our elected officials. We need rulers who “govern justly, with love and compassion for all.” -Weekday Amidah |

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<th>10. Death from COVID-19</th>
<th>10. Respect for the Experts (Kavod)</th>
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| ![Death from COVID-19](image) | “Many of the dangers we face...are because we have become powerful without becoming commensurately wise. The world-altering powers that technology has delivered into our hands now require a degree of consideration and foresight that has never before been asked of us.” -Carl Sagan  
We need to place our faith in the scientists and doctors who can help us survive and prevent future pandemics. |

**Sources and Resources**
- WildLife Conservation Society  
- Jewish Initiative for Farm Animals  
  [https://www.jewishinitiativeforanimals.org/](https://www.jewishinitiativeforanimals.org/)
- BBC  