

### **Take Care and Stay Safe**

COVID-19. It seems that's all that's been on everyone's mind over the last couple of months. Working and school from home, essential travel only, social distancing, constantly washing your hands. Cleaning everything that comes into the house (including all the home deliveries), and wearing facemasks when you leave it. Some states will soon be allowing more businesses to open. We need this for the economy, but hopefully we will not start letting our guards down too soon, and we will take precautions as we use the services of these businesses. More Americans have died from complications due to this pandemic than were killed in the Vietnam War, and it looks like it won't be over any time soon. I know many are upset about not holding the National Specialty this year, but risking the lives of people you know and care about is not worth a few ribbons or points in the national ranking. I made the mistake of going to a series of shows in 2018 when the Canine Influenza was going around, and there wasn't a vaccine available for it. I did everything I could to keep my dogs from getting sick, including "social distancing and washing everything". I never saw a sick dog, but a few days after I arrived home, my dog started showing symptoms of the H3N8 virus. Even with isolation, they shared it with every one of the dogs that had been left at home. Luckily, H3N8 was not lethal. I just had a house full of very sick dogs. The guilt was horrible when I brought something home to make my dogs sick. I can't imagine how I would feel if I brought COVID-19 back to my community.

This pandemic is a true nightmare for some. My heart goes out for each and every one of you. A group from work put out a few COVID Principles that I believe are worth sharing here:

1. You are not "working from home," you are "at home during a pandemic, trying to work."
2. Your physical, mental, and emotional health is the most important thing right now.
3. Don't try to compensate for lost productivity by working longer hours.
4. Don't compare your ability to cope with everyone else's; don't judge yourself or others.
5. We will get through this.

For those of you that are alone or lonely, please don't be afraid to reach out to someone. Hopefully you have an Aussie or another pet to help keep you company, but sometimes it is important to hear the spoken word from someone you know. Pick up the phone and call! You never know, the person you are calling may need to hear from someone as well!

Everyone, PLEASE Take Care and Stay Safe!

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