Dear colleagues,

Yesterday the GMEC heard a presentation about optimizing wellness during the COVID-19 pandemic. While I know most of us have been taught strategies for supporting others, in this time of fear and uncertainty, it was validating to be reminded of the range of normal responses many of us may be feeling.

The surge in patient-care demands, the ongoing concerns about safety, and the stress and fear we feel in outbreak settings challenge each of us. These challenges may lead to frustration, guilt, sadness, difficulty concentrating, somatic complaints, and thoughts of avoidance, but they may also lead to feelings of satisfaction and meaning.

Our Mental Health colleagues are here to support each of you during this time. They will share wellness information with you during the next GME Town Hall this coming Thursday, April 9, 2020 from 12-1pm. They will also provide resources for you to use in a variety of settings (see below). I look forward to hearing from you all at the Town Hall – if you have a question that you would like us to address, please click here to submit it.

**UPDATES 4.7.20**

**Safety –** Issues related to your personal safety and the safety of our patients.

- **Fit testing:** While re-testing is not required, both UCLA and affiliate sites may be using different types of N 95 masks. If you have any concerns, please avail yourselves of this opportunity.
- **Work spaces:** Our survey of work spaces is almost complete. Please let us know if you feel your current space does not allow appropriate physical distancing. We are working on solutions for this problem.
- **Face shields:** The N 95 UV sterilization project is being expanded. In addition, UCLA volunteers continue to create face shields using 3D-printed headpieces and polycarbonate shields.
- **COVID testing:** All ED arrivals and/or admissions are now receiving COVID testing. Read more here.

**Support Resources –** Information about well-being, access to care, resources, child care, housing, and more.

- **Effective immediately:** House staff caring for COVID+ patients at all sites may use Luskin accommodations.
- All COVID+ HCW (including house staff) may use UCLA-provided short-term housing.
- PD to call command center at 310-267-7115. (Supervisors across the health system must contact the command center.)

**COVID Exposure Concerns –** What to do if you have been, or believe you have been, exposed to COVID-19.

- **Symptom tracking survey:** Given the increasing prevalence of COVID-19 in the community as well as the increased risk of work-related exposure, we encourage you to help keep everyone safe by participating in the UCLA Health symptom-tracking survey.
  - Please sign up here: https://uclahs.fyi/SymptomTrackingEnrollment

**Affiliate sites –** Status and safety updates about our affiliate sites.

- **PPE at the VA:** GME is following up on your questions about PPE at the VA. Please let us know about any additional concerns.
Your Education – How the COVID-19 pandemic will impact you as learners.

- No new updates today.

My best,

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