

COVID-19 Newsletter

May 8, 2020

Volume 1, Number 7



We Are in This Together

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1310 Southern Ave. SE
Washington, DC 20032
202-574-6000
Unitedmedicaldc.com

The extraordinary amount of compassion, empathy, thoughtfulness, and intellect it takes to share one's self as a nurse is being displayed to the world more now than ever before. The nursing department at UMC, the largest of all our departments have made huge sacrifices to stand on the frontlines of the COVID-19 pandemic and that is why we kicked off a grand celebration in honor of National Nurses Week on May 6th.

Our National Nurses Week Celebration will continue through May 12, 2020 with special recognition and events to show our gratitude for the dedication of our nursing staff.

While I know our nurses value the many heartfelt messages of appreciation they receive – we can also help acknowledge their significant contributions by trying to avoid becoming another patient of theirs. Let's show our respect for them by taking care of our own health too. That means taking the time to get some exercise, making healthy food choices, staying hydrated, and of course, washing our hands regularly.

Our nurses and the entire UMC team are accomplishing miraculous results despite everything this pandemic throws at us. We have more challenges to face and more hard work still before us, but I am confident our team will rise to the occasion with excellence and grace.

When you see a nurse this week, please remember to say thank you. To all the mothers on our team, I salute you, as a mother, I know how hard it is to take care of a family after taking care of others all day!

National Hospital Week runs May 10-16th and we are looking forward to celebrating our entire team. Until then...

Stay Safe!

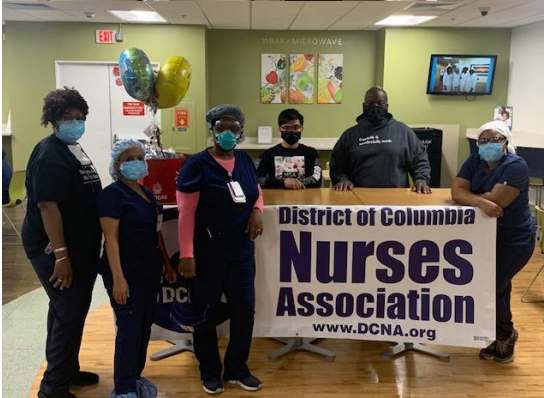
Colene Y. Daniel

A handwritten signature in blue ink that reads "Colene Y. Daniel".

Chief Executive Officer

Happy National Nurses Week

Caring for one person is love. Caring for hundreds is nursing!



NURSING IS NOT FOR EVERYONE. IT TAKES A VERY *strong, intelligent, AND compassionate* person TO TAKE ON THE ILLS OF THE WORLD WITH PASSION AND PURPOSE AND WORK TO MAINTAIN THE HEALTH AND WELL-BEING OF THE PLANET. NO WONDER WE'RE EXHAUSTED AT THE END OF THE DAY!



Donna Wilk Cardillo

YEAR OF THE NURSE 2020

CARING SKILL INTEGRITY



Stay Safe

As the District of Columbia's only public hospital, we all have a heightened responsibility to prevent the spread of COVID-19 **whether on/or off duty**. Thus, please continue to adhere to the safety, shut-in, and social distancing mandates in effect throughout the region. **Additional options for testing are now available, please see below for details.**

 **YES**



Maintain at least **6 feet** between you and others outside your family unit



After returning home, **wash hands** with soap and water for at least 20 seconds

 **NO**



Congregating in groups of **10 or more**



Team sports or sports requiring sharing of equipment



Close contact with individuals outside your family unit



Faculty Practice Plan
"Howard Cares"

2041 Georgia Avenue, N.W.
Washington, D.C. 20060
202-865-7677

Dear Partners:

Beginning on Tuesday, May 5th, Howard University Faculty Practice Plan will open a COVID-19 testing center to serve District neighborhoods that have been adversely impacted by the coronavirus pandemic. The testing center is located in Ward 7 at [4414 Benning Road NE, Suite 2400, Washington DC 20019](#).

Testing will take place by appointment on Tuesdays and Thursdays, from [10:00 am -2:00 pm](#) for the next three months. A COVID-19 doctor's order is not required to schedule an appointment. An order will be provided by a Howard University Faculty Practice Plan physician at the testing center. Testing is available for both insured and uninsured patients.

To make an appointment for COVID-19 testing at the Howard University Faculty Practice Plan testing center, please call 202-865-2119, press option 3. The appointment scheduling line is opened Monday through Friday, from 8:00 am -5:00pm.

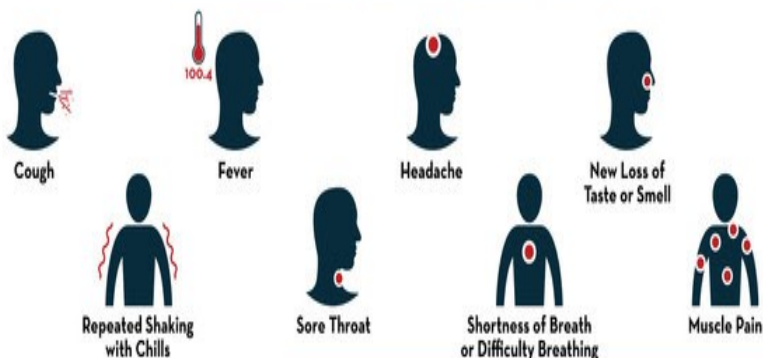
Sincerely,

Howard University Faculty Practice Plan Leadership

SYMPTOMS OF CORONAVIRUS (COVID-19)

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness.

These symptoms may appear 2-14 days after exposure to the virus:



CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

COVID-19 Testing Update



Asymptomatic essential workers
with known exposure to a confirmed
case of COVID-19 can now get
FREE TESTING

COVID-19 Testing Hotline: 1-855-363-0333

CORONAVIRUS.DC.GOV

April 29, 2020



DC HEALTH

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR



THANK YOU!!!!

We are so grateful to the District residents and local businesses who have poured out an overflow of support to UMC through donated meals and/or PPE. Please share expressions of gratitude to the businesses directly or send a note to Toya Carmichael, VP of Public Relations / Corporate Secretary @ Tcarmichael@united-medicalcenter.com. You may also follow UMC on Instagram @unitedmedicaldc.



Donated Meals

[Monumental Sports & Entertainment Foundation / Superfd](#) / [FLIK – Washington Wizards](#) /

[Nando's Peri Peri](#)

[Off Their Plate](#) / [Emilie's Café](#) / [Compass Rose DC](#)

[All Purpose Pizza](#)

[United Way of the National Capital Area](#) / [Windows Catering](#)

[Dish Out](#) / [Susan Gage Caterers](#)

[Top Flight Corvette Club](#)

Donated PPE

[Dharma Relief Fund](#)

[Jayson Williams, MD Strategic Consulting](#) / [DCNA](#)





NOT-FOR-PROFIT HOSPITAL CORPORATION

May 7, 2020

MEMORANDUM

TO: ALL UMC EMPLOYEES, VOLUNTEERS & CONTRACTORS

FROM: Raymond Tu, MD, CMO

Sylvia Clagon, RN Infection Preventionist

A handwritten signature in blue ink, reading "Sylvia Clagon", is written over the typed name.

RE: GUIDANCE FOR UNIVERSAL MASKING IN THE HEALTHCARE SETTING

To reduce COVID-19 transmission to patients, employees, family members, and the community by requiring all UMC Employees, Volunteers and Contractors ("Staff") at this Facility to wear facemasks during the time the DC Health Directive Policy in accordance with the Mayor's Order 2020-063 recommendations related to universal masking is in effect.

The hospital requires all Staff to properly wear a facemask while in the health care facility. Facility is the main hospital, the medical office building and alternative setting where patient care services are provided (i.e. the outdoor PODS).

For Facility employees, medical staff members, facemasks shall be provided free of charge at your assigned work area. Contractors and Volunteers are required to provide their own facemask.

The Chief Medical Officer will provide written notification when this policy is no longer effective.

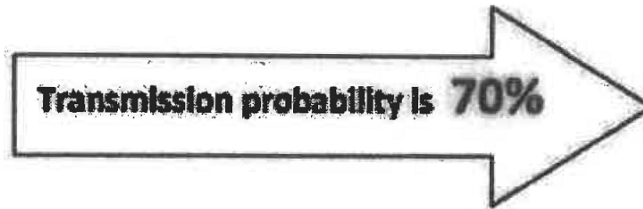
Reference: Coronavirus 2019 (COVID-19): Guidance for Universal Masking and Healthcare Personnel Monitoring Restriction and Return to Work. DC Health. Update April 25, 2020.

Put Your Mask On!

Wearing a mask whether on or off duty greatly reduces your risk of infection!



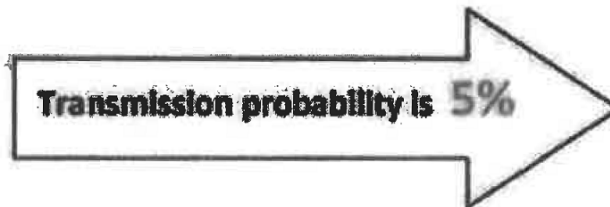
**COVID 19 Carrier
(without mask)**



**Healthy contact
(with mask)**



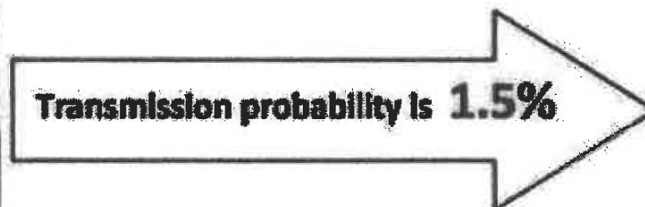
**COVID 19 Carrier
(with mask)**



**Healthy contact
(without mask)**



**COVID 19 Carrier
(with mask)**

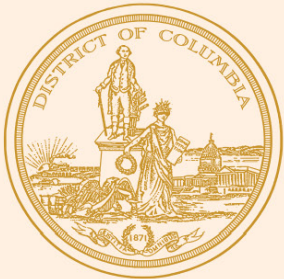


**Healthy contact
(with mask)**

PLEASE REFUSE TO RELATE CLOSELY WITH ANYONE NOT WEARING A FACE MASK.

ANY TYPE OF FACEMASK WILL DO

Proclamation



NATIONAL NURSES WEEK

MAY 6 - 12, 2020

WHEREAS, nursing is a noble profession and nurses are a pillar of strength to Washington, DC's health care systems and to all Washingtonians; and

WHEREAS, there are more than 28,000 registered nurses and 1,900 practical nurses licensed to provide care in Washington, DC; and

WHEREAS, nurses are the chief advocates for patients in Washington, DC and across the country; and

WHEREAS, the District is home to a nationally-recognized system of health care and we are grateful for the many nurses who deliver that care; and

WHEREAS, during the COVID-19 public health emergency, nurses have, and continue to play, a tremendous role in helping DC Health at testing sites, as contact tracers, and as infection control specialists; and

WHEREAS, not only during this pandemic, but all times, nurses go above and beyond to support patients and often provide comfort and compassion, especially when families cannot be present; and

WHEREAS, throughout National Nurses Week, we are tremendously grateful for all that nurses do for DC residents, our families, and our entire community:

NOW, THEREFORE, I, THE MAYOR OF WASHINGTON, DC, do hereby proclaim May 6 - 12, 2020 in Washington, DC as NATIONAL NURSES WEEK and do commend this observance to all Washingtonians.

Not all
superheroes
wear a cape.

Some wear
scrubs.

YOU ARE APPRECIATED

Being a healthcare professional is a calling and we are so thankful that you accepted the call. The daily demands on your physical, mental, and emotional self is more than many people will ever experience. During this COVID-19 Pandemic we just want to say thank you and

Special **KUDOS** to the Emergency Room Department for the successful delivery of a baby on Wednesday, May 6, 2020! We may not have an OBGYN Department at UMC any longer but we must stay ready to do our part when new life is ready to enter the world!
Congratulations again.



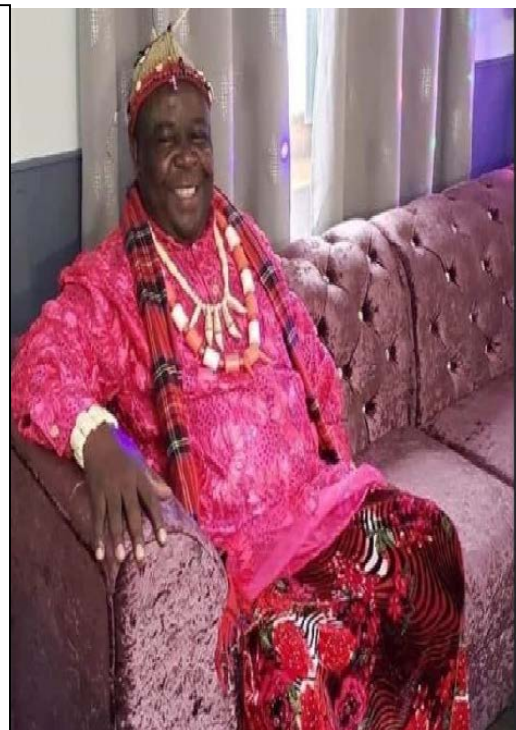
In Loving memory

We remember those whom
have recently passed.

We remember those who have
gone before.

We remember those on these
special occasions.

On Tuesday, April 30, 2020, Mr. John "Uncle John" Ashukem passed away. Uncle John served with UMC since 2010. He was like a father figure to many in the SNF. According to the Director of Nursing for SNF, Ambrose Wanrin, "when Mr. John was on the unit, I never worry about anything, because he takes charge and resolves any presenting issue before letting me know." He will be fondly remembered for his smile, his kind advice, his work ethics and his love for his residents and colleagues. He was known for the love of his culture and always represented them in his full Cameroonian Chief regalia. He was devoted to his family and was very proud of his children. We know that these are uncertain and difficult times. We pray for strength and guidance to keep pushing through it all. We pray for his family and loved ones, that God will grant them the fortitude to bear this grave loss. Rest in Peace Uncle John





Community Resources

The Hospital Board of Directors and Executive Leadership Team recognizes that you are more than an employee and that as much as you care for our patients, staff, and visitors, you must also care for your families at home.

Transportation

Uber has partnered with DCHA to provide free transportation for health care workers.

Managers, please share the attached documents with your employees and post them in your break rooms.

Program Details:

- Each week employees can access the Uber promo code via the following link: <https://r.uber.com/cdTeela5IW>
- Once downloaded employees can use their Uber account as they normally would, and the credits will automatically apply
- Rides are valid from 9 pm - 1 am every day and 5 am - 8 am on weekends
- Trips must begin or end at UMC hospital entrance
- Each trip is valid for up to \$25; balance owed by each passenger
- Health care workers are required to show their hospital badge and wear a face mask when ride sharing
- A new promo link will be provided every Monday by Noon using the link: <https://r.uber.com/cdTeela5IW>.

If you have questions, contact Pam Whiting in Human Resources at extension 6079.

Valid for all DCHA member hospitals
Trips must begin or end at a DC hospital entrance

Uber

DCHA
District of Columbia
Hospital Association

**Contact Your
HR Department
For Details**

- Promotion ends June 15, 2020 or after the use of 20,000 trips.
- Promotion code valid in DC, Maryland and Northern Virginia.
- Each trip valid for up to \$25; balance owed by passenger.
- Health care workers are required to show their hospital badge and wear a face mask when ride sharing.

All UMC Employees have access to [GuidanceResources](#) (UMC Web ID: EAPComplete) or by dialing 1-877-595-5284. Guidance Resources provides information for personal and work-life issues including:

Confidential Counseling - Financial Counseling - Online Will Preparation - Legal Support -Work-Life Solutions (Child-care, college planning, moving & relocation, etc.)

You can access additional mental health support from your respective health plan as well:

CareFirst BlueCross BlueShield

- Available 24/7 soothing music and relaxation videos to help break free from stress, unwind at the end of the day or ease into a restful night of sleep
- Yoga and meditation videos
- Airplay functionality using AppleTV
- Relax 360° can be viewed in virtual reality experience
- Visit carefirst.com/sharecare to register

Visit <https://individual.carefirst.com/individuals-families/about-us/coronavirus-resource-center.page> for additional information on resources related to COVID-19.

Maryland Residents: For the latest updates visit:
<https://coronavirus.maryland.gov/> or

County	Telephone #		Telephone #
Charles County	301-609-6900		301-932-2222
Montgomery County	240-777-1741		240-777-4000
Prince George's County	301-883-7834 301-883-7879		301-883-4748 301-883-7879

Virginia Residents: For the latest updates visit:
<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/> or

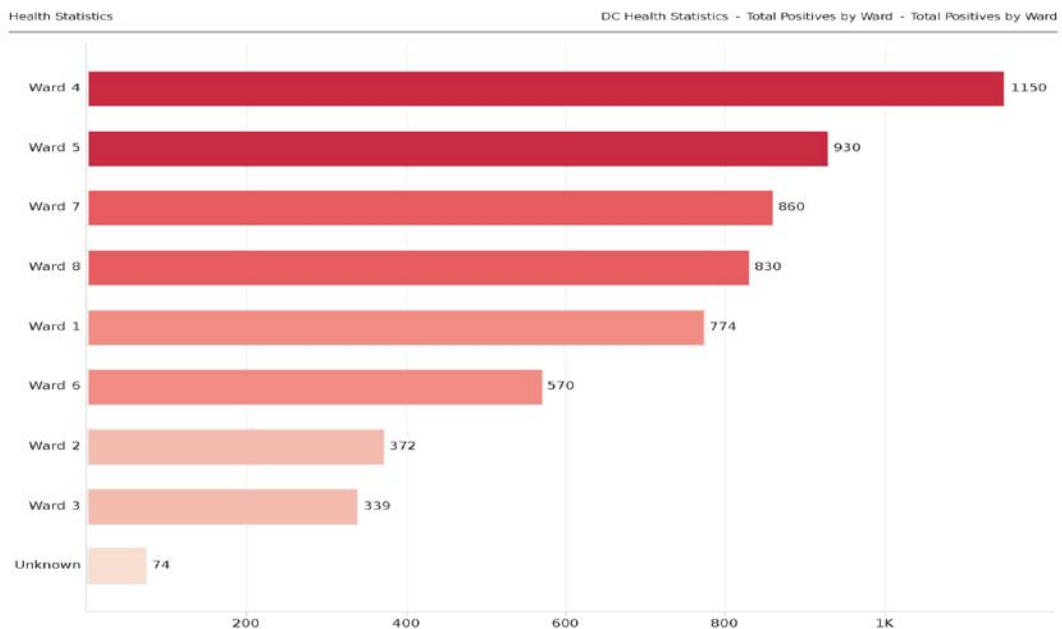
County	Telephone #	County	Telephone #
Arlington County	703-228-5580	Fairfax County	703-534-8343 703-569-1031 703-246-7100 703-704-5203
Alexandria County	703-746-4996	Prince William County	703-792-7300



For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit coronavirus.dc.gov.

Cases as of May 7, 2020

	Total Number Positives	Percent
All	5899	100
Race		
Unknown	1223	21
American Indian/Alaska Native	14	0
Asian	79	1
Black/African American	2793	47
Native Hawaiian/Pacific Islander	14	0
Other/Multi-Racial	1232	21
White	927	16
Ethnicity		
Unknown	1223	21
Hispanic or Latinx	1283	22
NOT Hispanic or Latinx	3393	58



UMC IN THE NEWS– May 2 - May 8, 2020

UMC Staff are reminded to direct **ALL MEDIA INQUIRIES** to Toya Carmichael, VP of Public Relations @Tcarmichael@united-medicalcenter.com.



The Not-For-Profit Hospital Corporation commonly known as United Medical Center ("UMC") in the news: **No news is good news!**



UPCOMING EVENTS– May 10 - May 16, 2020

National Hospital Week is quickly approaching! What's more fun than a little competition? We know it can be an uncomfortable inconvenience to wear a face mask day in and day out so we will be awarding prizes to the most creative/colorful/fun masks! **To enter the contest**, email a picture or selfie of yourself wearing your best mask/face cover to Toya Carmichael, VP of Public Relations @Tcarmichael@united-medicalcenter.com with the subject line: "Mask On". **The deadline to enter is Wednesday, May 13th at 11:30pm.** Voting will be conducting by ballot in the cafeteria and prizes will be awarded!

Pop Quiz Time

The weekly newsletter has become the way we disseminate critical information to staff. To ensure you are reading the newsletter, hospital administration will award prizes to 5 winners who correctly answer all the questions below. HINT: You have to read the newsletters to find the answers. Newsletters are posted on our website. The deadline to submit your answers is **Wednesday, May 13th at 11:30pm.** Answers should be emailed to Toya Carmichael, VP of Public Relations @Tcarmichael@united-medicalcenter.com with the subject line: "I Read the Newsletter."

1. How many UMC Newsletters have been published in 2020?
2. What is the UMC Vision?
3. What date did UMC begin restricting all visitors from the hospital?
4. When should a N95 respirator be discarded?
5. What day did Mayor Muriel Bowser visit UMC to open the testing site?
6. What are two tips for using non-medical masks or face covers?
7. What foundation has delivered the most meals to UMC during the COVID pandemic?
8. What is the website for updates on COVID-19 in the District of Columbia?
9. Who was the 5W Employee of the Month in March?
10. How much do UMC employees have to pay for an Uber ride?