

COVID-19 Newsletter

May 15, 2020

Volume 1, Number 8



We Are in This Together

As I look back on the past few months at UMC, I am truly impressed by how our team rallied together to meet the challenges COVID-19 presented us. We are still working to overcome additional obstacles as we continue our critical work of protecting ourselves, patients, and the community. Our commitment to helping everyone stay healthy is unwavering despite the evolving guidance and regulations as we learn more about the virus. While the road has been tough, our plans to meet an expected surge of cases are nearing completion and we remain unwavering in our commitment to provide high quality healthcare services

As National Hospital Week draws to a close, and National Nurses week before it, I am grateful for the recognition others have given us – and even more appreciative of how our team is supporting one another. The flyovers, exotic cars in the parking lots, and steady stream of donated PPE and meals for the team show that our community appreciates all we are doing during this pandemic. While there still remain questions about the number of beds and screening/testing, it is clear that we are admired and respected by the community we serve.

If we fail to take care of ourselves, however, it will be harder to take care of our community. In past messages, I have encouraged you to be mindful of your own health (getting exercise, eating balanced meals etc.). This includes your mental health too. The stress we all experience can have devastating consequences like depression, anxiety, or other issues. Just like for physical symptoms, there is mental health assistance available to you too.

Although the hours are long and we feel that we lack recognition, be assured it is always there. If each of us takes a few moments each day to see it, we will be less stressed and more energized to continue our fight against COVID-19.

As evidenced by the love and support we are shown every day, **we are all in this together.**

A handwritten signature in blue ink, appearing to read 'Clyde Samuel'.

Chief Executive Officer

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

Happy National Nurses Week

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



Chief Nurse Officer's Message

In celebration of National Nurses Week, May 6-12, it is an honor to pay homage to our amazing nurses at United Medical Center. I thank each of you for your outstanding professionalism, dedication, compassion, and commitment to our hospital.

Over the past year, I have watched how you consistently provided care with competence and passion. During these last few weeks and months, you have shone brighter than ever as you care for all your patients during this pandemic. It is evident that nursing is your true calling. When most of our communities and nation worked from home, you could not. Without hesitation you accepted the honorable title of "Essential Personnel." Nurses must forge ahead selflessly to care for the sick, sad, frightened, and lonely.

In the Year of the Nurse 2020, I am deeply humbled to be a nurse at United Medical Center. I cannot truly express how proud I am of the nurses that I lead. You have earned my trust and the trust of our patients and community. Nurses know and value the trust and confidence our patients and the community have in them and can never take that for granted.

Nurses put their patients' needs first, they provide both physical and emotional care. Nurses provide a connection between patients and their loved ones, which is more critical now than ever before. Although Personal Protective Equipment (PPE) is a necessary part of providing safe patient care, PPEs cannot hide the warmth of a nurse's reassuring smile and care.

Amidst all that is happening around us, please take time to celebrate you and nurture you. Also thank your families for me, for allowing the UMC's family to share you!

Thank you for making a difference!

You are each doing heroic work!

Respectfully,

Jacquie pb



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

Stay-At-Home Order

The District's Stay-At-Home Order is extended through June 8, 2020.

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:



Cough



Fever



Headache



New Loss of Taste or Smell



Repeated Shaking with Chills



Sore Throat



Shortness of Breath or Difficulty Breathing



Muscle Pain

CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

✗ NO



Congregating in groups of **10 or more**



Team sports or sports requiring sharing of equipment



Close contact with individuals outside your family unit



Howard University Hospital testing site located in Ward 7

4414 Benning Rd., NE,
Suite 2400

NEW THIS WEEK:

Howard University Hospital Testing Site

10 a.m. to 2 p.m.

Tuesdays and Thursdays

To make an appointment, call



202-865-2119

HU
HOWARD
UNIVERSITY
HOSPITAL

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

GOVERNMENT OF THE DISTRICT OF COLUMBIA
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 /
 Off Their Plate / Emilie's Café / Compass Rose DC
 All Purpose Pizza
 The Embassy of France / Fresh Baguette
 MRP Realty / Bourbon Coffee
 Victory of Praise Church of God In Christ, Inc.

Donated PPE

Mayowa Amosu

ImSoDC

Knot Standard

One Eight Distilling

Church of Scientology DC





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, appearing to read "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).

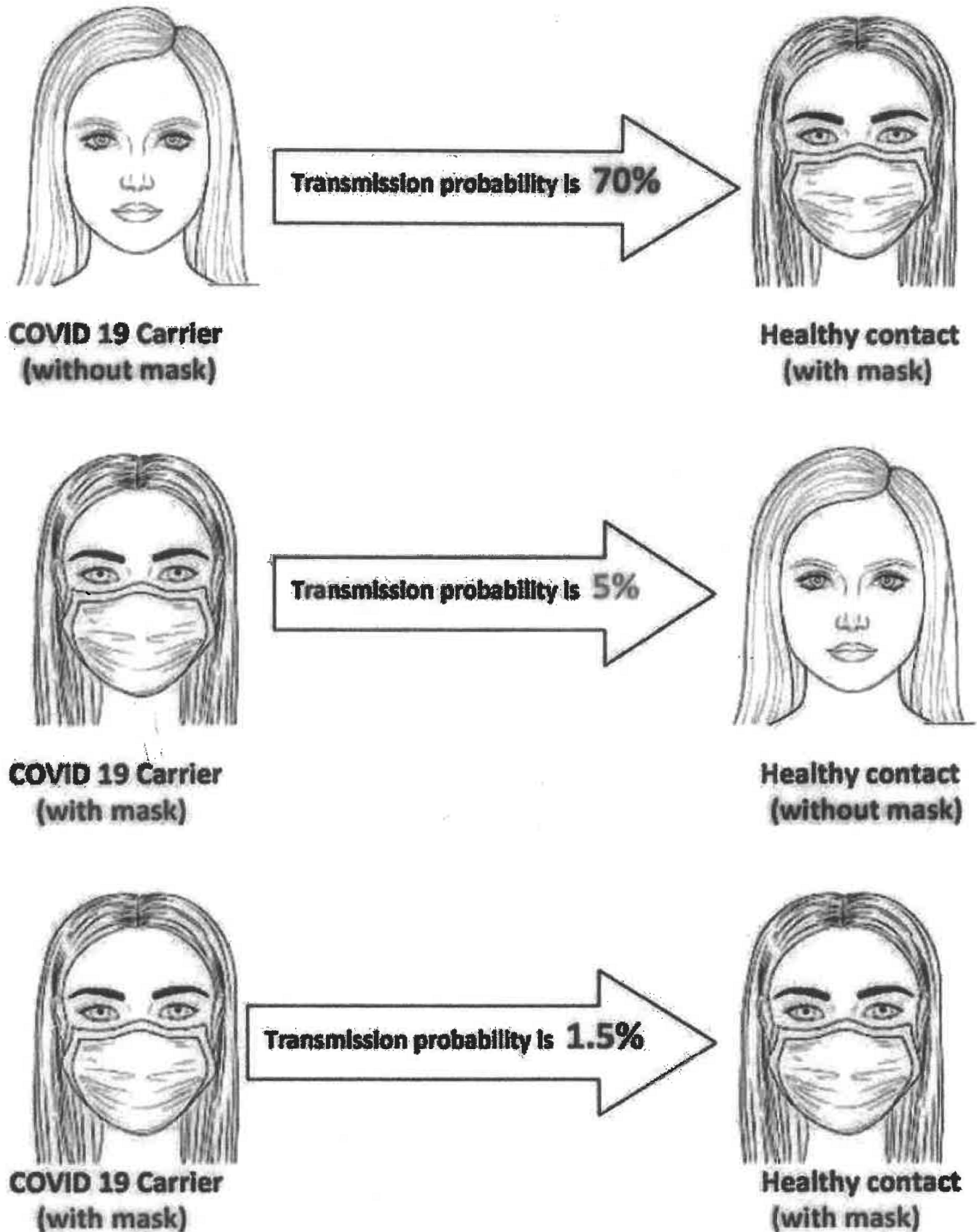
For Facility employees, medical staff members, facemasks shall be provided free of charge at your assigned work area. Contractors and Volunteers are required to provide their own facemask.

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!



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

ANY TYPE OF FACEMASK WILL DO



HAPPY NATIONAL HOSPITAL WEEK!!

Being a healthcare professional is a calling and we are so thankful that you accepted the call. We hope you enjoy the remaining activities scheduled for National Hospital Week! You are the lifeblood of our operation and we could not do this without you.



ENTER TO WIN

Sat 5/16 Mask Contest, Lunch & Gifts 12pm
Sun 5/17 Staff Brunch & Gifts 10am- 2pm

All food related events held in the Cafe!





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



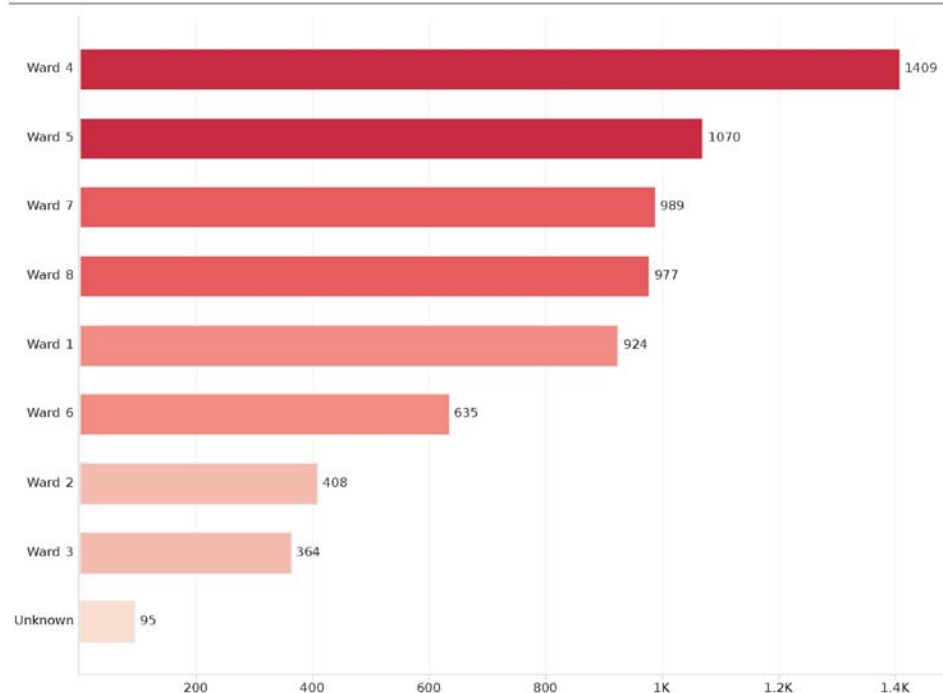
For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit coronavirus.dc.gov.

Cases as of May 14, 2020

	Total Number Positives	Percent
All	6871	100
Race		
Unknown	849	19
American Indian/Alaska Native	19	0
Asian	95	1
Black/African American	3258	47
Native Hawaiian/Pacific Islander	15	0
Other/Multi-Racial	1232	22
White	1097	16
Ethnicity		
Unknown	1309	21
Hispanic or Latinx	1624	22
NOT Hispanic or Latinx	3938	58

Health Statistics

DC Health Statistics - Total Positives by Ward - Total Positives by Ward



UMC IN THE NEWS– May 8 - May 15, 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:

May 8, 2020, [United Medical Center Is Moving Nursing Home Residents To Make Room For Coronavirus Patients](#), Margaret Barthel, DCist