

WashU Med COVID-19 Update

May 14, 2020

Information for School of Medicine faculty, staff and students

Today's COVID-19 stats from BJH

55 inpatients confirmed positive **23** admitted, awaiting test results

Safely returning to work

Some members of the WUSM research community who have been notified by their supervisors could return to campus as early as next Wednesday, May 20. Many safety measures are being implemented to protect our faculty, staff and trainees. Please look for important signage throughout the Medical Campus. This signage applies to entry requirements, elevator capacity, restroom etiquette and furniture positioning, among other topics. In addition, all research personnel should only come to campus on the specific days and times that they have been assigned.



General guidelines:

- Do not enter the campus if you are experiencing any COVID-19 symptoms; stay home if you are sick

- Fill out [the screening app](#) before heading to work and be prepared to have your temperature taken upon entry if you are not able to do it from home
- A WUSM or BJH badge is required for access 24/7
- Cloth face masks or appropriate PPE, as dictated by your specific work environment, are required for all WUSM personnel, as well as contractors and vendors
- Practice social distancing and remain at least 6 feet from others
- Wash your hands frequently and avoid touching your face
- Remember to cough and sneeze into your elbow

Elevator guidelines:

- Elevators are disinfected regularly, but capacity is being significantly limited; refer to signage for maximum number of riders
- Consider taking stairs
- If possible, avoid using your fingers to press the button
- Don't touch your face after pressing the button
- Wash your hands after leaving elevator

Watch future issues of the newsletter for more safety guidelines.

Resilience is the most powerful skill kids can develop right now



In a Huffington Post article, Neha Navsaria, PhD, assistant professor of psychiatry, weighed in on how parents can help foster resilience in their kids during these uncertain times. Navsaria said that while nobody wants their kids to experience a pandemic, it does afford kids the opportunity to learn how to manage stress and to adapt to the current situation in real time. Navsaria [suggests that parents highlight things that kids can control.](#)

“To offset a sense of helplessness, parents should talk to children about what they are all doing to play a part in helping, such as social distancing and wearing masks,” Navsaria advised. “This teaches children problem-solving skills. When children develop a roadmap to solve problems, they feel a better sense of agency and control — all contributors to resilience.”

New report details impact of pandemic on local African-American community

A recent study commissioned by the Missouri Hospital Association determined that ZIP codes with a majority African-American population accounted for 16% of the St.

Louis region's population but 34% of its confirmed COVID-19 cases. In fact, race appeared to be the strongest predictor of confirmed COVID-19 cases per 100,000 residents among 113 ZIP codes across the region.



[In an op-ed in the St. Louis American](#), study co-author Will Ross, MD, professor of medicine and associate dean for diversity, said the study results reveal how decades of economic disinvestment, generational poverty and the toxic stress associated with structural racism have affected the health of African Americans. "Immediate and long-term interventions should focus on public health and trauma-responsive approaches that mitigate the impact of social determinants of health that act on the African-American community, and allocation of resources that promote healing — physical, mental and social," Ross said.

'Thank you for your amazing work saving both of my parents'



Messages of gratitude and support are written to the front-line caregivers working

with COVID-19-positive patients on the 8400 intensive care unit of Barnes-Jewish Hospital.

Parkview Tower Cafeteria closing daily at 2:30 p.m.

Beginning May 17, the Parkview Tower Cafeteria will close daily at 2:30 p.m. The following food options will still be available 24/7 near the exit of the cafeteria's dining area, for purchase with credit or debit cards.

- Salad maker: A new robotic salad maker includes chicken Caesar, Cobb, spinach and bacon, and garden salads, and an option to create your own. The menu rotates every two weeks.
- Food cooler: Filled with packaged food items, including more salads, desserts, yogurt parfaits and fruit cups.
- Frozen yogurt: A frozen yogurt machine is located next to the food cooler. Choose from chocolate, vanilla or chocolate vanilla swirl, with various toppings.



Important numbers and links

- Call the BJC/WUSM employee hotline for COVID-19 exposure or illness: 314-362-5056
- Use this [online screening tool](#) before reporting to work
- Review [inpatient protocol](#)
- Review [ambulatory protocol](#)
- Call the Coping with COVID hotline for in-the-moment emotional support: 314-286-1700
- Contact the Employee Assistance Program for 24/7 work-life support: 844-365-4587

- Email inspirational stories to heroes@wustl.edu

For Medical Campus updates, visit coronavirus.med.wustl.edu »

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