

## WashU Med COVID-19 Update

January 28, 2021

Information for School of Medicine faculty, staff and students

### Today's COVID-19 stats from BJH

**78** inpatients confirmed positive      **6** admitted, awaiting test results

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### Employee COVID-19 vaccinations continue across WashU Med and BJC



*School of Medicine and BJC employees share their experiences as they receive the COVID-19 vaccine. Video produced by Medical Public Affairs.*

As of Wednesday, vaccination invitations have been sent to more than 54,000 personnel across BJC HealthCare and Washington University School of Medicine, with 37,731 (69.4%) receiving vaccination so far. If you have not received an email

invitation yet and want to get the shot, please contact [covidvaccine@wustl.edu](mailto:covidvaccine@wustl.edu). Vaccinations are being administered as quickly and safely as supply allows.

As BJC transitions to vaccinating members of the public, there will be less availability for WashU Med employees. If you plan to be vaccinated, please be aware that first-dose appointments for employees are available through Friday, Feb. 12, while second-dose appointments are available through the first week of March. After Feb. 12, employees can still schedule to receive the vaccine, but it will not be through the same self-schedule process. The updated process for scheduling will be shared as soon as it is finalized.

Employees need not be concerned about availability of their second dose. For every first dose administered, BJC reserves a second dose to administer roughly 21 days later.

For more information, watch Wednesday's COVID-19 Vaccine: Facts vs. Myths [Facebook Live event](#).

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## Negative COVID-19 test now required for all travelers flying into the U.S.



All travelers flying into the U.S. from abroad must now provide proof of a negative COVID-19 test — taken no more than three days before the flight — or documentation of having recovered from COVID-19. Failure to do so will result in being unable to board the plane. The mandatory requirement was initially announced by the Centers for Disease Control and Prevention (CDC) on Jan. 12 and formalized in an executive order signed by President Joe Biden last week.

According to Eva Aagaard, MD, interim senior administrator for occupational health, the School of Medicine is recommending that upon returning from international travel, all faculty, staff, house officers and students follow new [CDC guidelines](#) once they are back in the U.S. **These guidelines apply regardless of vaccination status.** Note that at this time, there is no university-sponsored travel, including international travel, except under rare exceptions requiring departmental and dean's office approval, so these guidelines apply primarily to personal travel.

Once you have returned from international travel:

- Get tested 3-5 days after returning.
  - **If you don't have COVID-19 symptoms**, you can use WashU Med's COVID-19 [saliva test](#).
  - **If you develop symptoms at any time**, contact the COVID-19 Exposure/Illness Hotline immediately at 314-362-5056.
- If your test is positive, isolate yourself for 14 days to protect others from getting infected. Do not come on campus. Call the COVID-19 Exposure/Illness Hotline.

If you are not caring for patients or working in a clinical setting, you should follow these additional precautions:

- Even if you test negative, stay home to self-quarantine for at least 7 days after arrival in the U.S.
- It's safest to stay home to self-quarantine for 10 days after international travel.

Exception for those working in clinical environments: **As long as you have tested negative and are asymptomatic**, you may go to work without quarantining, but you must contact [Occupational Health](#) prior to returning to work, and remain masked and perform active symptom monitoring while on campus. This is in accordance with local public health and CDC guidance for essential health-care workers.

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**WashU Med faculty video illustrates how COVID-19 vaccines work**



[“COVID Vaccine 101: How it Works”](#) promotes understanding of COVID-19 vaccines with a simple two-minute video tutorial. It’s written and narrated by high-risk obstetrician Ebony Carter, MD, MPH, assistant professor of maternal fetal medicine in the Department of Obstetrics and Gynecology.

“I have patients, family members and friends who are highly skeptical of the vaccine,” Carter said. “I admit that I too had some early concerns, but they started melting away when I fully understood how the mRNA vaccine works and how effective it was in clinical trials.”

She says education is key to convincing others to choose to be vaccinated.

“Knowledge is power and we fear what we do not know,” she said. “I hope this video will demystify the vaccine, help people to easily understand how it works, and why it is an important personal and collective tool to get us out of the situation in which we currently find ourselves.”

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## **BJC begins community COVID-19 vaccinations**

BJC began vaccinating the public Thursday, Jan. 28, on the Medical Campus, and on Monday, Feb. 1, will begin on the Christian Hospital campus. Additional sites are in development. The ability to vaccinate is dependent on the limited vaccine supply from the state. More than 250,000



individuals have pre-registered for a vaccine [online](#).

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## Quality, fit of masks matter as highly contagious COVID-19 variants spread

New variants of COVID-19 are circulating, and health officials emphasize that wearing a mask provides protection. But is one mask enough? [In a recent KSDK interview](#), Hilary Babcock, MD, professor of medicine, said that it's not the number of masks one wears, it's the quality. "Make sure it has layers," she said, adding that if you're in crowded areas with limited circulation, two single-layer masks are better than one. And the fit of the mask matters too. "If it has big gaping holes on the side where you can put your hands through, it's clearly not doing its best work," she said.



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## Back to normal after COVID-19 vaccine? Not so fast



Many people are wondering if they can return to “normal life” after receiving the COVID-19 vaccine. Unfortunately, it’s not that simple. In [this video](#), infectious diseases expert Steven Lawrence, MD, explains why we need to continue the mitigation strategies that have been proven to be effective, even after receiving the vaccine.

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## WashU Med opens clinic for patients with persistent symptoms of COVID-19

WashU Med has opened a clinic for patients with persistent symptoms or complications of COVID-19. Patients with continued symptoms, or “long COVID,” continue to have health problems long after their acute illness has resolved. The symptoms and complications after SARS-CoV-2 infection are variable and wide-ranging and can include problems with the heart, lungs, kidneys, brain, blood clotting, and sleep and mood disorders.



The [Care and Recovery \(CARE\) after COVID Clinic](#), directed by Maureen Lyons, MD, is accepting patients who have had a confirmed positive case of COVID-19 by a nasal swab test, a saliva test, or a blood antibody test.

Eligible patients can schedule by calling 314-996-8103 and asking for an appointment in the CARE Clinic.

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## ExpressCare offers same-day appointments, seven days a week



[WashU ExpressCare](#) offers convenient, same-day care for minor health concerns seven days a week, including holidays. The clinic is available to employees and the public, ages 18 and over.

Benefits include:

- See a Washington University emergency medicine physician virtually from home, or when necessary, in-person. (For emergencies, call 911 or go to the closest emergency room.)
- Appointments are less expensive than an emergency room or urgent-care visit. (Insurance co-pays apply.)
- Referrals to a specialist are made as needed.
- For more information, visit [expresscare.wustl.edu](https://expresscare.wustl.edu).

Clinic hours are Mon. – Fri., 11 a.m. – 11 p.m.; Sat. and Sun., 9 a.m. – 5 p.m. To make an appointment, call 844-747-3500.

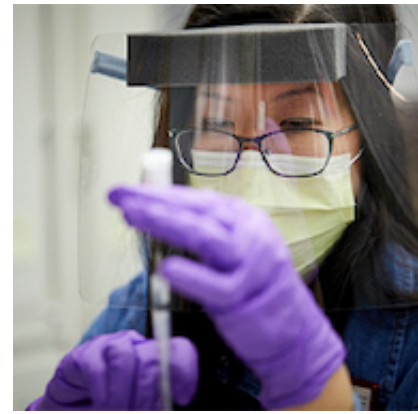
Learn more about virtual telemedicine visits in this [video](#) from Washington University Physicians.

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**Volunteers needed at vaccine sites**

Volunteers are needed to fill many openings for both clinical and non-clinical roles in the coming weeks. Non-clinical work includes patient check-in, data entry and second-dose appointment bookings. Learn more about clinic dates, times and locations, and [sign up](#) to help. Please ensure you are able to make your volunteer commitment as last-minute cancellations may lead to logistical issues.

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## **New safety signage available to download**



# Keep your lab safe

- Wear a mask
- Wash your hands
- Physically distance



**Thanks for doing your part • Slow the spread**

A new series of safety signage, including some specifically for labs, is available to download [in Box](#).

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## Important numbers and links

- Call the BJC/WashU Med employee hotline for COVID-19 exposure or illness: 314-362-5056
- Use this [online screening tool](#) before reporting to work

- Know your [screening stations](#)
- Review [inpatient protocol](#)
- Review [ambulatory protocol](#)
- Contact the Employee Assistance Program for 24/7 work-life support: 844-365-4587
- View WashU Med [employee and student testing data](#)
- Email story ideas and requests to [heroes@wustl.edu](mailto:heroes@wustl.edu)

For Medical Campus updates, visit [covid19.med.wustl.edu](https://covid19.med.wustl.edu) »

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