Today's COVID-19 stats from BJH

42 inpatients confirmed positive  5 admitted, awaiting test results

Pre-register yourself, family members for WashU Med vaccine distribution by Friday

On Monday, WashU Med began distributing its modest supply of COVID-19 vaccine to members of the Washington University community and patients within the
Washington University Physicians outpatient clinics, according to the guidelines set forth by the state and federal governments. As Missouri prepares to advance to new phases of its vaccine distribution plan, WashU Med is taking steps to obtain an adequate amount of vaccine for those in the university community who want to be vaccinated, as well as their family members.

Faculty, staff, trainees and students with a valid WUSTL key can now pre-register themselves, their spouses or domestic partners, and/or their dependents who are over the age of 16 for vaccination at sites managed by the university. Appointment scheduling is contingent on vaccine availability. If you have already received your first dose of vaccine elsewhere, you must obtain your second dose of vaccine at that same location.

Please complete the pre-registration survey by Friday, March 26.

Visit our COVID-19 vaccination FAQ (PDF) for additional information.

COVID-19 transmission rare in Missouri schools following safety measures, finds WashU Med-led study

Requiring students to wear masks and follow other hygiene measures prevents the spread of most coronavirus cases within classrooms, according to preliminary study results released recently by the Centers for Disease Control and Prevention.
and researchers from Washington University and Saint Louis University. The pilot study found just two cases of the virus spreading in-school after conducting contact tracing and follow-up testing for 37 cases across 57 schools. It also found quarantining infected students and staff to be important.

“I think we all underestimated how good people are” at wearing masks, said Jason Newland, MD, a professor of pediatrics at WashU Med who led the study, in a recent St. Louis Public Radio story. Newland added that for young people, “it’s like a part of life.”

Here’s a related story about the study results.

---

**Vaccine clinic volunteers needed**

BJC HealthCare’s public vaccination clinics are in need of volunteers with Epic experience — including both clinical and non-clinical staff — as the number of sites continues to grow. BJC, in conjunction with WashU Med, provides vaccinations through public clinics at many different locations.

Vaccine clinic volunteers will now be paid. Please consider working a shift if you are available. [Learn more](#) about dates, times and locations of open shifts.
Visitor policy changes take effect April 1

With the current decline of COVID-19 hospitalizations and infection rates in our community, the BJC visitor policy team is preparing to methodically and cautiously ease visitor restrictions that were put in place during the pandemic for the protection of patients and staff. The first step in this gradual process will be a return to pre-COVID-19 visiting hours at each BJC hospital and a return to two visitors for all obstetrical care areas except clinical appointments. These changes will take effect April 1. Ambulatory clinics will continue to allow one guest (over age 16) to accompany the patient and two guests for pediatric patients.

WashU Med study links COVID-19 to high blood pressure problems in early pregnancy
A new study by WashU Med maternal-fetal medicine specialists suggests that expectant mothers who test positive for COVID-19 before 32 weeks of pregnancy have almost double the risk of developing serious high blood pressure disorders — such as preeclampsia and chronic hypertension — compared to pregnant women who did not have COVID-19. The risk was not found in women who tested positive closer to term. The retrospective study, involving women admitted for delivery at Barnes-Jewish Hospital, was published in the American Journal of Obstetrics & Gynecology.

“There is emerging information that the effects of COVID-19 persist after the initial infection is resolved, and hypertensive disorders of pregnancy may be one of these long-term outcomes,” said the study’s first author, Joshua Rosenbloom, MD, an instructor in the Department of Obstetrics & Gynecology’s Division of Maternal-Fetal Medicine. “Our research emphasizes the need for long-term follow-up of patients with COVID-19 in pregnancy to ensure that lingering problems such as high blood pressure are appropriately treated.”

Podcast: One year into the pandemic, vaccines are making life better, but it’s not over yet
When the “Show Me the Science” podcast launched in March 2020, guest Steven Lawrence, MD, a professor of medicine in the Division of Infectious Diseases, worried about the impact of COVID-19 on our health-care system, and praised the public health measures that slowed the virus’s spread. One thing he didn’t see coming: the vaccination of millions of people within 12 months.

In the latest episode, Lawrence returns — a year and more than half a million American deaths later — to discuss how we’ve adjusted to pandemic life and how our “new normal” could better address the medical and societal problems laid bare by the virus.

Match Day 2021
Last Friday, many of WashU Med’s graduating medical students gathered — wearing masks and keeping their distance — to find out where they will do their residency training. Others reported their residency match virtually. Watch WashU Med’s Match Day celebration in a [new video](#) produced by the Office of Medical Public Affairs, and read more about the event and view a photo gallery on the [WashU Med website](#).

### 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)
To ensure that this newsletter is delivered to your inbox, add update@wusm.wustl.edu to your address book.