Dear colleagues,

We recognize that the impact of COVID-19 extends beyond our preparations as healthcare professionals. Caring for our own families, navigating professional and recreational travel cancellations, and preparing for other potential disruptions to daily routines can be difficult, stressful, and isolating. Below are some resources that we hope you find helpful as you respond to COVID-19 in all aspects of your life. Additional links to information on COVID-19 and our well-being will be included in future communications. Take good care of yourselves, and of each other!

**How to talk to children about COVID-19- National School Psychologist Association**

**Caring for the Elderly- National Council on Aging**
Many of us may be caring for aging family members, locally or remotely, who are at risk for the disease. Providing support based on updated information can be reassuring for caregiver and family member alike! [https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/](https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/)

**Mindful media consumption**
With information being released in real-time via multiple news and social media outlets, we may find ourselves engaging more frequently with media, particularly during our personal "downtime". Consider ways in which you and your family can more mindfully consume media by creating "tech-free time", working on family games or projects, or setting alarms or limits on your device.

**Adapting to Remote Professional Activities and Collaboration**
The cancellation of many national academic meetings is disappointing- socially and professionally- but we are lucky to live in a digital age! In addition to Zoom, Skype and Google options, contact URMC Institute for Innovative Education [https://www.urmc.rochester.edu/institute-innovative-education.aspx](https://www.urmc.rochester.edu/institute-innovative-education.aspx) or the Miner Library 585-275-3361 for additional tools and recommendations for productive distance meetings and collaboration.

**General information and perspective**
For families, friends, and neighbors who may you for advice and perspective on the COVID-19 pandemic, consider:
Flatten the Curve- an excellent perspective on COVID-19 written by an epidemiologist at the Johns Hopkins School of Public Health  
http://www.flattenthecurve.com

Share Facts, not Fear, a CDC publication  

**Strong Employee Assistance Program:** Please remember that if you are feeling overwhelmed and in need of professional assistance, the EAP is here to help with in-person and tele-health options: https://www.urmc.rochester.edu/eap.aspx, 585-276-110

Yours in well-being,  
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