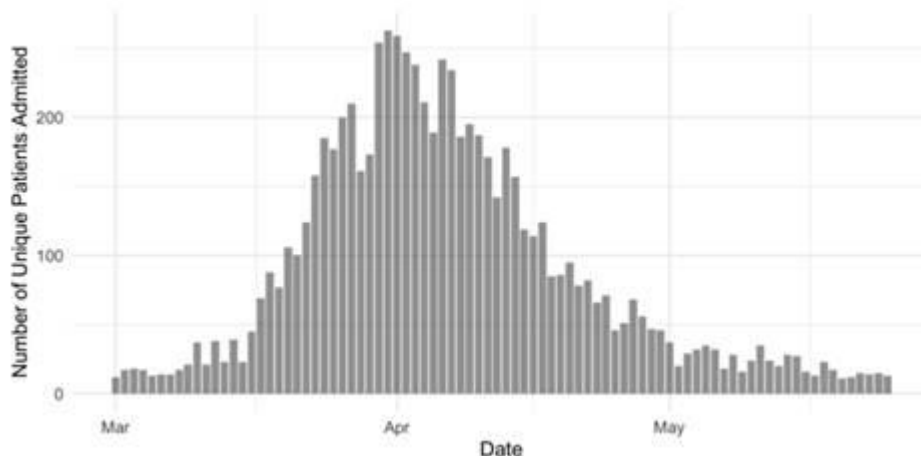


COVID-19 Health System Updates

May 27, 2020 Wednesday

This past weekend brought more good news. Governor Cuomo announced that active hospitalizations for COVID-19 are now less than one-tenth of their level during the peak in early April. This is an incredible sign of progress.

Here is a picture, courtesy of our COVID-19 modeling group, of the number of COVID-19 patient admissions by day to our Health System hospitals, dating back to early March:



Now we have an opportunity to keep those admission rates moving in the right direction.

There are almost 50,000 members of the Mount Sinai family. If we each make it our mission to educate our families, friends, and social networks about the importance of continued masking, social distancing, and hand hygiene, we can make a difference. We have deep insights into the toll that this virus can take when it is able to spread. Let's use our collective voice and our own behaviors to educate and encourage everyone in our communities to help prevent a second wave.

As of yesterday afternoon, we had 292 COVID-19-positive patients in our hospitals. That included 85 patients in our ICUs. We had another 151 inpatients under investigation (PUIs).

Mount Sinai Launches #FitfortheFrontline

Mount Sinai is leading a nationwide event called #FitfortheFrontline to benefit health care workers across the country who have been responding to the COVID-19 crisis. #FitfortheFrontLine is a national fitness challenge everyone can participate in, from now until it culminates on Sunday, June 14 (Flag Day). The event encourages everyone young and old to move, exercise, and get fit. More than 20 major hospitals and health systems, including many of our regional peers, are participating.

The idea is simple: choose any activity—walking, running, yoga, meditation, or anything else that inspires you. There is no expectation or obligation to raise money if you participate, but if you want to, choose a #FitfortheFrontline institution to support with your activity; post the donation link on your social media feeds; and ask your network to pledge support. If you want to support Mount Sinai, the link that your family, friends, and network can use to donate is <http://giving.mountsinai.org/msfftl>. All donations to Mount Sinai will support the Mount Sinai Center for Stress, Resilience, and Personal Growth in providing mental health screenings, referrals, and resources to our staff and conducting important research into the psychosocial impact of this crisis. More information can be found [here](#).

Meet Our COVID-19 Scientists

Could antibodies found in breast milk serve as a treatment for people who have COVID-19? Pursuing an answer, Rebecca L. Powell, PhD, in April began a recruitment drive that collected breast milk from 1,600 women, including 600 who had recovered after testing positive for COVID-19. Her team found that the milk of 14 of the 15 donors tested contained a significant level of antibodies to SARS-CoV-2, the virus that causes COVID-19—promising results published recently in the preprint server [medRxiv](#). Dr. Powell says a much larger study is needed to better understand this immune response. She envisions a potential therapy for patients with mild and severe cases of COVID-19 that could be administered directly into the lungs, much as nebulizers are used for treating asthma. Read more [here](#).

Warrior Watch Study

Two Mount Sinai researchers have launched a project called the Warrior Watch™ Study to support health care workers across the Mount Sinai Health System in the battle against COVID-19. Led by Robert Hirten, MD, and Zahi Fayad, PhD, the project draws upon the collaborative efforts of the Mount Sinai COVID Informatics Center and is open to all employees in the Health System who have an iPhone and are willing to wear an Apple Watch to allow collection of data about their heart rate, movement/steps, and sleeping patterns. The project has two goals: to study and understand the impact that COVID-19 is having on the psychological well-being of health care workers and how this stress can be relieved, and to identify COVID-19 infections in our employees prior to the

development of symptoms. For more information and to learn how to sign up, click [here](#).

Safety Hub

As you know, this month we launched a “[Safety Hub](#)” on our website, where we document all the things we are doing to keep our patients and staff safe. We know that patients have concerns about exposure to COVID-19, and that is causing some to put off needed care. Through the Safety Hub, we are working to address and allay those fears. As always, please feel free to email safetyhub@mountsinai.org, where you can send specific questions that you or your patients might have and receive a quick answer.

Likewise, each of us can play an important role in helping to get the message out that it is safe to come for care to our hospitals and ambulatory sites. There are so many people in our communities who are delaying needed care right now. The public trusts you and needs your reassurance.

New Summer Language Program for Teens

The Japan Society Language Center is offering a free, 10-session beginner Japanese language program that starts Monday, June 1, to the teenage children (ages 15 and up) of Mount Sinai front-line health care workers. The course teaches Japanese through the popular and fun anime cartoon format. Attendance at each session is encouraged, but no experience is needed. This program takes place via Zoom on 10 Mondays from 4 to 5:30 pm. [Learn more and register here](#).

If you have questions about this or other resources and services for your children, please reach out to 4calm@mountsinai.org.

Stories of Strength

I hope you'll take a moment to read the latest [Stories of Strength](#), which, among other incredible stories, features a full-time physician at Mount Sinai Doctors-Urgent Care who is also a lieutenant commander in the US Navy. He served as lead physician caring for the staff of the USNS Comfort when it was here in New York providing COVID-19 support. It is a story of honor, duty, and sacrifice. You can find all the stories [here](#).

Your Questions and Concerns

As a reminder, our COVID-19 Employee Resources website is [here](#). And you can always email CovidQuestions@mountsinai.org if you have any other questions or suggestions for us.

Final Thought

As another sign of our progress in this COVID-19 mission, we will be reducing the frequency of these scheduled updates—sending one each Wednesday. It remains the honor of my lifetime to be your colleague and to wear the Mount Sinai badge alongside you.

Vicki R. LoPachin, MD, MBA
Senior Vice President
Chief Medical Officer
Mount Sinai Health System