

COVID-19

Today's Update

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Calm • Focused • Ready

■ WHAT'S NEW:

Last night, Governor Phil Murphy issued a state of emergency for New Jersey. This is nothing to be alarmed about, rather this action allows for local government to access new funds and frees up resources to help prepare for COVID-19. New York issued a similar state of emergency over the weekend.

■ WHAT'S KEY:

Effective ideally today, to help limit exposure to patients and staff, all main Mount Sinai cafeterias and on-site food sites are closed to the general public but open to anyone with a Mount Sinai ID. Access requires an official Mount Sinai ID and sanitized hands.

■ WHAT'S GOOD TO KNOW:

Being mindful of stress is always important, but particularly when we face a challenge like COVID-19. Mount Sinai provides a [host of resources, tips, and advice](#) for how we can all reset, refresh, and revive ourselves during this time.

