

Community Coronavirus Briefing

AdventHealth Central Florida Division COVID-19 Response

With Florida's statewide stay at home order expiring April 30, Governor DeSantis' statewide task force will deliver recommendations as early as today on the guidelines for a phased approach to re-open Florida. We are actively involved in these discussions and expect the Governor will allow for regional discretion based on a community's rate of COVID cases, hospitalization rates, availability of equipment and supplies and testing capabilities.

Nothing is more important than ensuring the safety of our team members, our patients, our visitors and the communities we serve. Our leadership team is hard at work on a phased re-open plan which would require continued precautions to ensure a safe environment for all and mitigate against a second wave. We will provide updates on our detailed plans to begin offering our community much needed medical care as we manage recovery efforts and work alongside our elected officials, business leaders and community as a whole to ensure a measured, safe re-opening process.

Below are additional insights on the latest COVID-19 information, and details on AdventHealth's response efforts.

Keeping You Safe

AdventHealth is proud to have one of our executives serving on the Orange County Economic Recovery Task Force. Dr. Scott Brady, senior vice president of ambulatory services, is one of 50 leaders representing hospitals, theme parks, financial institutions, hotels, small businesses and non-profit economic development agencies. The Task Force is helping to develop a thoughtful and measured approach to restarting the local economy from the COVID-19 pandemic. Orange County Mayor Jerry L. Demings announced the creation of the 'Orange County Economic Recovery Task Force', which kicked off on April 22. Learn more about the Orange County Economic Recovery Task Force [here](#).

COVID-19 Testing Sites

Increasing access to testing for our community is AdventHealth's priority. Next Wednesday, April 29, the coronavirus testing at the Daytona State College Palm Coast campus will shift from a Flagler County operation to one administered by AdventHealth and in partnership with Flagler County Emergency Management, Flagler Volunteer Services and Daytona State College. This

location will transition to saliva testing and AdventHealth's online reservation system. For a complete list of our testing sites and to book your appointment, please visit AdventHealthCoronaVirusTesting.com. The tests will be available to anyone who meets the [criteria](#) for testing, as set by the Centers for Disease Control and Prevention. A doctor's order is not required for testing.

Keeping You Informed

- **Mental Health** – If you, your family, or colleagues, are in need of emotional help during this uncertain time, the [Heart of Florida United Way 211 Information and Referral Crisis Line](#) is connecting residents with information about available resources in the Central Florida community. Whether it's finding out the location of the nearest food pantry or seeking information related to the virus, 211 Call Specialists are there to help.
- **COVID-19 Facebook LIVE** – *AdventHealth Morning Briefing* Facebook live series launched this week on the Life at AdventHealth Central Florida Facebook Page. Hosted by Dr. Scott Brady, this live discussion will feature leaders and other physicians from throughout our organization. We'll address your top questions and share the latest COVID-19 developments. Tune in every Tuesday and Thursday at 8:30 a.m. [here](#).
- **Video Visit Options** – [AdventHealth Video Visits](#) are available now for primary care, pediatrics and specialty care, as well as physical therapy. In the comfort of your home, you can speak with a medical provider by a video visit or phone call.

Accelerating Innovation

Last week, AdventHealth rolled out a number of [innovative treatments](#) for the most critically ill patients including the **Convalescent Plasma Program** in which plasma from patients who've recovered from COVID-19 is transfused into patients who are still fighting the disease. Antibodies in the plasma have the potential to help these patients recover. More than 20 COVID-19 patients have received this treatment at AdventHealth, making us one of the top 5 programs in the nation by volume.

Acts of Kindness

The community continues to provide tremendous support for our caregivers, and we are grateful for your generosity. Here are just a few highlights of kindness we've received this week:

- **The Dr. Phillips Center for the Performing Arts** recently shared this uplifting [video](#) as a tribute to all the healthcare heroes at AdventHealth.
- **Central Florida Community Arts** is bringing together local artists for a nightly virtual concert series dedicated to Central Florida healthcare workers and first responders. Tune in [here](#).
- **The Walt Disney World Resort** donated over 14,000 ponchos for AdventHealth staff working at our drive-thru testing sites across Central Florida.

Volunteer Appreciation Week

We are so thankful for our volunteers continuing to bring smiles to our faces by volunteering at home to provide us with wonderful donations such as surgical caps, thank you cards, blankets, and more. Their spirit, energy and servant hearts make a positive impact in the lives of our patients, visitors and team members every day.

Important Resources

We encourage you to use the following resources for your top COVID-19 questions and concerns:

- **If you have questions about COVID-19** or wonder if you should be tested, call the free AdventHealth Coronavirus Information Line at **877-VIRUS-HQ (877-847-8747)**. You can also find information at www.CoronaVirusSignsAndSymptoms.com.
 - **Donation Hub:** For ways you can help, including sending notes of encouragement to our caregivers, as well as virtual volunteering opportunities, please [click here](#).
 - **Community Partner Survey:** We invite you to complete the following survey designed to help us gauge important insights and feedback from our community stakeholders. Our hope is to better understand what the transition back to normal might look like for individuals, employers and organizations. Click her to complete the survey - <https://www.surveymonkey.com/r/AHCovid-19>
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MENTAL HEALTH INFORMATION

IT'S OK TO NOT BE OK

Stress and burn-out can be part of working in health care, and as we face the current COVID-19 pandemic together, we may also face fear, anxiety and worry. These are all powerful emotions that can often leave us feeling out of control. During times of uncertainty, our minds often desperately try to find ways to establish a feeling of control, which leaves us feeling run down, nervous and in a negative mood. The good news is that there are proven ways to help manage and calm your anxiety.

TIPS ON COPING WITH ANXIETY

Pay attention to anxiety indicators:

- **Physical:** racing heart, sweaty palms, chills, shaking or twitching muscles, shallow breathing, dizziness
- **Emotional:** dread, feeling of impending doom, hypervigilance and feeling like something bad is going to happen, uneasiness, restlessness, fear, self-doubt

- **Behavioral:** Avoidance behaviors, lashing out at others, irritability, compulsive behaviors (i.e., excessively washing hands, eating, checking the news/social media), pacing, racing thoughts, problems sleeping, loss of appetite
- Notice and name the anxiety when it's happening, but don't stay there. "I'm feeling really bad. My heart is racing. Oh, it is anxiety. Ok, what can I do to calm myself down?"
- Use soothing strategies (i.e., take a hot shower, go for a walk, journal, color/crafts, deep breathing, tell someone).
- Use distraction activities (i.e., call a loved one, watch a show or movie, play a game, listen to a podcast).
- Exercise.
- Cut out or reduce caffeine intake.
- Scale your anxiety. Throughout your day, ask yourself, "Where is my anxiety right now, on a scale from 0 to 10?" This enables you to identify and name your experience, then take steps to reduce the level of anxiety. Use a relaxation skill to move the anxiety from a 7 to a 4, for example.
- If anxiety gets high on the scale, use distress-tolerance skills to calm your system (i.e., hold an ice cube, take a cold shower, snap a rubber band, exercise, do deep breathing until it lowers, squeeze a stress ball).
- Remind yourself it is not always about making your anxiety go away. It's about soothing your mind, body and emotions and calming your system down.
- Practice mindfulness skills. This will get you out of your head and into the present. Give your full attention and focus on the present moment, without judgment. Notice the environment around and your senses (sights, sounds, etc.).
- When you are in the middle of fear or anxious feelings, remind yourself it will pass. You will not feel like that forever.
- Interrupt anxious thinking. Do not follow anxious thoughts down the rabbit hole. Visualize a stop sign, use a distraction activity or focus on your breathing to ground you in the present.

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