



March 30, 2020

Dear Colleagues,

I want to let you know that, with approval from Interim President Bruce E. Jarrell, MD, FACS, the University of Maryland, Baltimore (UMB) is extending the episodic telework period until further notice. Although we are hesitant to set a particular end date at this point, we expect this period to last at least through April. We will provide a further update no later than April 15.

Every day we telework, we are saving lives and we can all participate in improving the human condition. Thank you for your continued support of UMB and our collective public health.

Since the start of the novel coronavirus (COVID-19) pandemic, we've reiterated that the health and safety of UMB students, faculty, and staff is our top priority, and that remains the case. As the crisis continues, it's a good time to remember that mental health is a key component of your overall health and deserves attention, too.

In that vein, we'd like to pass along some stress-reduction tips from Stephanie Knight, MD, FAPA, who is an assistant professor of psychiatry at our School of Medicine. To read Dr. Knight's tips, [click here](#).

Additionally, if you are feeling increased anxiety because of the crisis and its disruption to your life, UMB offers counseling resources through our Employee Assistance Program (667-214-1555) and the Student Counseling Center (410-328-8404).

And please remember that you can find up-to-date information, resources, guidance, videos, FAQs, and more at UMB's [COVID-19 website](#).

Sincerely,

Matt Lasecki, SPHR

*Chief Human Resources Officer and
Associate Vice President*