April 9, 2020

Dear Patient,

As the COVID-19 continues to spread around the world, many people are feeling anxious and isolated. One of the most pressing challenges is the lack of information. But even in these uncertain times, there is an opportunity for us to join forces to STOP COVID19 TOGETHER. This project is a part of #TeamLA, and it aims to collect information that will help us understand how the coronavirus pandemic has affected our communities. Every individual can and should contribute, and by doing so will be joining our team effort to collect necessary data to stop the pandemic.

Here is some additional information - vetted by UCLA Health experts:

- **Coronavirus Risk Assessment Tool**: In the lower left corner of our website is a chatbot, which now includes a COVID-19 self-check tool. If you choose "Coronavirus Risk Assessment" from the available options, you will be prompted to answer several yes/no questions about your symptoms, age and other factors. Based on your responses, the tool will recommend next steps.

- **Updated guidance around face coverings**: Los Angeles Mayor Eric Garcetti has ordered all residents to wear face coverings when visiting essential businesses starting Friday, April 10th. The World Health Organization offered guidance on how to do this safely and the Surgeon General also posted a very helpful video on YouTube.

- **Pregnancy and breastfeeding during a pandemic**: Pregnant women undoubtedly have many questions about how COVID-19 might impact their medical care during pregnancy, as well as their delivery and postpartum experience. UCLA Health OB/GYN physicians Dr. Yalda Afshar and Dr. Rashmi Rao put together a thorough and informative video about what COVID-19 means for pregnant women and babies. We also compiled some additional information for pregnant women here, and are linking to our updated visitor policy here, which includes information on visitor restrictions in the labor and delivery unit.

- **How COVID-19 impacts kids**: Many parents have questions about how COVID-19 impacts children. UCLA Health pediatrician and infectious disease expert, Dr. Karin Nielsen, offered tips on how to keep kids and other family members safe. The CDC provided additional information and guidance about how to talk to kids about COVID-19.

If you have additional questions about COVID-19, please visit our dedicated coronavirus website or call our COVID-19 general information hotline at 310-267-3300. If you want to schedule a telehealth visit or convert an existing appointment into a video visit, call your primary care physician's office at 800-825-2631.

We thank you again for choosing UCLA Health for your health care needs.

Sincerely,

Johnese Spisso, MPA
President, UCLA Health

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CEO, UCLA Health System

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