Dear Patient,

Thank you for your continued support as we respond to the COVID-19 pandemic. Before we share the latest clinical developments and new patient resources, we’d like to highlight some good news.

Recent data suggests that Southern California and Los Angeles County have “flattened the curve.” Physical distancing, wearing face coverings in public and other protective measures are effective in keeping us all as safe as possible. As we continue to work as a team in Los Angeles, UCLA Health is actively contributing to new solutions.

We’ve launched several clinical trials including the study of remdesivir to investigate promising therapies for COVID-19, and we are enrolling people who’ve recovered from COVID-19 in our convalescent plasma study.

Here’s some additional information we would like to share:

- **Our growing list of well-being and mental health resources:** There’s no doubt that this is a stressful time for everyone - but we have a lot of information to help. For instance, here’s a comprehensive guide on how to reduce anxiety and fear from COVID-19, and a Q&A with UCLA Health pediatrician, Dr. Carlos Lerner, on why parents can give themselves a break when it comes to their kids and screen time. We even have a story on 5 safe and fun fitness activities you can try at home.

- **NEW answers to frequently asked questions:** To help you stay up-to-date on the latest COVID-19 developments, we’re constantly updating our Frequently Asked Questions. Our online chat bot answers new and popular questions every day, such as, "What is serology?" The bot is located on the lower left corner of the UCLA Health website. If you're not finding the information you need, please type your question there or call our 24/7 COVID-19 hotline at 310-267-3300.

- **Serology/antibody testing:** An antibody test, otherwise known as a serology test, can detect if a person has had coronavirus before and has since recovered. It detects antibodies, which are proteins in the blood that fight-off infection. Serology testing has a lot of promise because it will help us understand the pervasiveness of COVID-19 in our communities. UCLA Health is currently testing health care staff and patients to see if these antibodies are present. If you think you are a candidate for COVID-19 antibody testing, please discuss with your primary care doctor.

- **Expanded diagnostic testing capability:** The best test to diagnose an active COVID-19 infection is still a nasopharyngeal (through the nose) swab. UCLA Health is now offering swab tests at an expanded list of primary care offices and dedicated sites, as well as for patients who are having a surgery or a procedure at one of our hospitals. If you suspect that you have COVID-19, call your doctor or 310-825-2631 for more information.

Remember, your health is our primary focus. We want to reassure you that UCLA Health is open and available to see you for your medical needs. To inquire about an appointment call 310-825-2631.

We thank you again for choosing UCLA Health.

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