

Good Afternoon DMD Families,

We hope this update finds you safe and healthy. We are reaching out to our families with an update regarding upcoming clinic visits.

We know this is a scary and uncertain time for all, but especially for our DMD families. We are working very closely with hospital leadership, and under their guidance have been figuring out how to balance meeting the needs of our patients while minimizing unnecessary exposure outside of the household. Please understand that this is a very fluid process that is changing minute to minute, and involves a lot of “behind the scenes” work within our DMD team.

As part of this process, members of our clinical team are reaching out to families that will need to have their appointments rescheduled on an individual basis. We know that your appointments are very important to you and your child’s well-being. We want to do our best to discuss each individual family’s concerns so we can continue to do our best to assist you with your needs from afar (even if we are unable to physically see you in clinic at this time!)

Please rest assured that the safety of our patients and their families are our highest priority. We receive daily updates from hospital leadership, and will continue to assess the need to postpone clinic visits on a rolling basis as we learn more about this ongoing crisis.

We kindly ask for your patience with us as we work diligently to best serve you, our patients. As always, our team is accessible for any questions or concerns that you may have. Please do not hesitate to reach out!

With Kindest Regards,
Dr. Wong and the UMASS DMD Team

We would like to share with you some additional tips and suggestions shared by our CEO, Eric Dickson, MD:

Tips to Keep You Well at Home and/or at Work:

1. **You know this one:** Clean your hands often and avoid touching your eyes, nose and mouth with unwashed hands.
2. **Avoid sharing personal household items.** Don’t share utensils, dishes, cups, towels, etc.
3. **Stay home if you’re sick,** and if so, follow the Centers for Disease Control and Prevention (CDC) recommendations on how to avoid spreading COVID-19 (link below).
4. **Cover** coughs and sneezes.
5. **Clean and disinfect** frequently touched surfaces at least daily.
6. **Wash your work clothes thoroughly yourself.** Use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
7. **Social Distancing:** Put distance between yourself and other people. This one is my personal favorite because my teenagers at home have been teaching me this for years!

8. **Keep your sense of humor!** It doesn't have anything to do with infection control, but it will help us all get through this!

Additionally, at Work:

1. **Easy to clean:** Wear clothing to work that can readily be washed at home.
2. **Consider bringing a change of clothes** to wear home at the end of your shift or upon arrival to home.
3. **Consider going to "bare below the elbows"** so that it is easier to wash hands/forearms and avoid the possibility that long sleeves are inadvertently contaminated.
4. **Don't wear ties** as they are harder to clean and might be contaminated.
5. **Wipe before you type;** disinfect a shared computer keyboard before you start to use it.
6. **Disinfect** your cell phone, pager, laptop computers or other devices before you go home.
7. Try to have **social distancing** while at work and avoid having your rounding team cluster around a single computer.

There is great information on the CDC Website <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> for those who are sick at home as well as household members of those who have COVID-19 or are symptomatic.