



UCSF Health COVID-19

August 18, 2020

TOWN HALLS

Please join us at the following town halls:

- Update on the **Comprehensive Parnassus Heights Plan**, including the new hospital at the UCSF Helen Diller Medical Center at Parnassus Heights, on **Thursday, August 20, from noon to 1 p.m.** You can [register online](#).
- **Anti-racism town hall** focused on education initiatives on **Friday, August 21 at noon**.
- **UCSF town hall** with a special focus on COVID-19 research on **Friday, August 21 at 4 p.m.** (Password: 832551)
- Special town hall with **Speaker Nancy Pelosi at 10 a.m. on Tuesday, August 25**. Details to follow. *(Please note that there is a chance that we will need to reschedule this town hall if the Speaker gets pulled in to urgent business. We will keep you informed.)*

COVID-19 UPDATES

SCREENING CHANGES

To keep our workplace safe during this increase of COVID-19 infections across the Bay Area, we are temporarily pausing use of the quick health screener. Beginning today, all employees must use the original screener which will take 60-90 seconds to answer all questions. Please consider this additional timing in your preparations coming to work.

For West Bay employees only:

If you have new (under 10 days) symptoms due to allergies or pre-existing conditions, we recommend testing for COVID-19. To schedule your test, please call the COVID hotline or SHCS and tell them the code "ALLERGIES." You are cleared to work while awaiting test results.

UCSF Health Employees call the COVID Hotline at 415-514-7328

UCSF Students call SHCS at 415-476-8736

As a reminder, do not come to work sick, even if symptoms are mild. Please err on the side of caution. If you have questions about sick leave, etc. [check here](#) or talk with your manager.

HELP REDUCE ROLLING BLACKOUTS

In an effort to limit power outages during this heat wave, please consider voluntary electricity conservation between 3 and 10 p.m.:

- Set air conditioning thermostats at 78 degrees, if health permits
- Defer use of major appliances
- Turn off unnecessary lights
- Unplug unused electrical devices
- Close blinds and drapes
- Use fans when possible
- Limit time the refrigerator door is open

UC RETIREMENT SAVINGS PLANS UPDATES

UC Changes Age for In Service Withdrawals from 457(b) or DC plans for Active Employees

Effective August 3, 2020, UC changed the age when an employee can request a withdrawal from either their 457(b) and/or DC plan - In Service withdrawal. These withdrawals may now be made at age 59.5 from both accounts and align with the age criteria for 403(b) withdrawals. More information on specific criteria and considerations can be found here: <https://www.myucirement.com/resource/300>

CARES Act Provisions: Loans and Withdrawals from Retirement Savings Plans

Employees impacted by Covid-19 have the option to take withdrawals from their UC 403(b), 457(b) and/or their DC plan and may take loans of increased amounts from their 403(b) plans. These provisions were created to mitigate some of the financial hardships caused by the pandemic. More details on options, criteria and resources for assistance can be found [here](#).

[Click here](#) to access “Your Source for All Things Retirement.”

FOGGY EYEWEAR

Jonathan Neumann, an APeX ambulatory analyst, clinical systems, and a swimmer who often deals with foggy goggles has these suggestions to keep eyewear in the hospitals fog-free:

- Wash the inside of the eyewear with dish soap and then rinse, which will provide a temporary anti-fogging.
- Buy a travel-size spray bottle and baby shampoo. Fill the spray bottle with tap water. Dip the spritzer into the baby shampoo to coat the straw with the shampoo. Screw the spritzer back onto the spray bottle and gently shake to mix. You now have a non-irritating soapy water mixture that can be sprayed onto the eyewear. This also prevents fogging and does not use the harsh chemicals found in anti-fogging solutions.

Thank you Jonathan!

REMINDERS

YOUR VOICE COUNTS – SURVEY CLOSING SOON!

In a year of extraordinary challenges, the UCSF community has faced the dual public health crises of COVID-19 and racism. With this in mind, we seek your feedback on how UCSF is doing on these important issues as we serve our research, education, care delivery, and public service mission. Please take [this survey](#) as it is closing tomorrow.

FREQUENTLY ASKED QUESTIONS

Can we trust national data about COVID-19 now that it is not going through the Centers for Disease Control and Prevention (CDC)?

The shift in reporting probably doesn't influence the national numbers, since the primary places that are reporting numbers receive it from the state health departments. Hospital data were not sent to the CDC but to one of the Health and Human Services agencies. The bigger concern right now is the challenges in the state data.

Do regular eyeglasses count as eye protection in the hospital?

Regular eyeglasses do not count as safety glasses because they don't provide a tight fit nor are they wide enough. Please wear your safety glasses over your regular glasses with your mask.

Can you discuss the flu program for BCH Oakland?

Historically, our two children's campuses have collaborated on flu shots for patients. We are in the early stages of collaborating with Oakland's Occupational Health Services to align our programs.

FREQUENTLY USED LINKS

View COVID-19 data dashboards: UCSF Health [COVID-19 Enterprise Dashboard](#) ; Hopkins [COVID-19 Dashboard](#) (for World, USA and CA #s); SF Chronicle [COVID-19 Dashboard](#) (CA, County and SF#s)
Occupational Health Services: Continue to work/return to work [detailed staff guidelines](#) and [simple sheet](#); COVID-19 Hotline 415.514.7328; [COVID+ Employees FAQs](#)

[UCSF Health COVID19 Infection Prevention Website](#)

<https://coronavirus.ucsf.edu/>

[COVID PPE Guidance](#)

[UCSF Town Halls](#)

[Infectious Disease Digests](#)

[Dept of Medicine COVID Grand Rounds](#)

[Emotional Health and Well-Being](#)

[BCH SF Clinical Digests](#)

For questions related to this newsletter, please email COVID19UCSFHealth@ucsf.edu