



UCSF Health COVID-19

February 19, 2021

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TOWN HALLS

You can watch today's town hall, which focused on the impact of COVID-19 on children and school re-openings, once the link is posted [HERE](#).

COVID-19 UPDATES

UCSF FIRST – COVID-19 LUNG TRANSPLANT

UCSF Health recently performed its first lung transplant on a patient who had lung disease resulting from COVID-19. The patient was quite ill prior to surgery, requiring hospitalization for more than a combined six months at another hospital and at UCSF Health. The patient was discharged on Valentine's Day, just 13 days after surgery. This success was due to a fabulous team of individuals across UCSF Health who ensured the highest quality care before, during and after the surgery. Based on data from the United Network for Organ Sharing, between January and November of 2020, only 16 lung transplants for COVID-19 have been performed in the country.

Studies have reported that approximately 10% of patients with COVID-19 require admission to the intensive care unit for acute respiratory distress syndrome (ARDS), with up to 60% mortality in this group. ARDS occurs when fluid builds up in the lungs' air sacs, preventing them from filling up with enough air and therefore depriving the bloodstream and organs of oxygen.

VACCINE APPOINTMENTS THIS WEEKEND

Similar to other institutions nationwide, UCSF Health is experiencing insufficient and unpredictable vaccine supplies that are not keeping pace with our expansion of populations and capacity. Inconsistent flow of vaccines and a lack of visibility into future shipments make it challenging to plan more than one week out.

Winter storms across the country have impacted vaccine deliveries this week, contributing to delays in our supplies of the Moderna vaccine this weekend. Please bear with us if we are required to reschedule some appointments for second doses of Moderna to next week.

At the same time, **we have supplies of the Pfizer vaccine** and have opened a large number of new appointments for eligible employees and learners in our Parnassus COVID-19 Vaccine Clinic for this weekend.

Eligible employees and learners:

- from group 1A who have not already scheduled or
- age 65+ or
- whose work has required you to be onsite at least once per week over the past three months

Please check [MyChart accounts](#) for available appointments. You will be required to attest that you meet eligibility criteria.

ADDITIONAL VACCINE OPTIONS

You and your family are also able to seek appointments at other locations closer to their homes offered by county health departments, mass vaccine sites, and in coming days, by pharmacies and community centers. They can search for these locations on the various county web sites (see links below). These alternative locations will become increasingly available as distribution broadens. Please check health department sites for the county in which you live.

[SF DPH](#)

[CA DPH](#)

[Alameda County DPH](#)

[Contra Costa Health Services](#)

[County of Sonoma](#)

[Marin Health & Human Services](#)

VACCINATIONS OUTSIDE OF UCSF

Employees who receive their COVID-19 vaccine outside of UCSF should email a copy of their vaccine record to [UCSF Occupational Health](#).

OPTIMIZING MASKS

Ensuring that your procedure (surgical) mask has a good fit is important to maximize their benefit. The Centers for Disease Control and Prevention (CDC) released new recommendations that highlight simple and effective methods to optimize how masks fit. Please review [this document](#) that includes information about optimizing mask fit which includes the following simple tips:

- Knotting the ear loops while tucking and flattening the extra material as demonstrated in this [video](#)
- Adding a twist to the ear loops before you put the mask on so that the elastic is in a crisscross
- Using a plastic clip to pull the straps tighter behind your head. If you re-use the plastic clip make sure you clean it regularly with a hospital-grade disinfectant.

Health care personnel are not allowed to wear cloth masks and should not use two masks layered on top of each other. If you are using an N95 respirator, do not wear another mask underneath the N95 since this will interfere with the fit.

In the community setting, the CDC has released [new recommendations](#) about improving the fit of the mask which include the suggestions above as well as wearing a procedure (surgical) mask underneath a cloth mask.

WELL-BEING RESOURCES

UCSF is committed to supporting the well-being of you and your family during our response to COVID-19. We want to acknowledge the stress, fear, anxiety and other complex emotions that come with the work we do to care for our community. Please check out these resources.

- COPE Program (range of services) – <https://psychiatry.ucsf.edu/cope>
- Faculty & Staff Assistance Program : <https://hr.ucsf.edu/service/faculty-and-staff-assistance-program> 415-476-8279
- Spiritual Care Services: <https://www.ucsfhealth.org/services/spiritual-care-services> 415-353-1941
- Finding An Individual Mental Health Provider: <https://psychiatry.ucsf.edu/cope/providers>
- Family Services: <https://campuslifeservices.ucsf.edu/familyservices/?goto=start> 415.502.6312
- Childcare Referral Service: 415.476.2692

REMINDERS

QUESTIONS? VACCINATION RESOURCES

For questions about

- UCSF's vaccine rollout, please email COVIDvaccine@ucsf.edu

- Vaccine scheduling help, please call 415-476-3307
- Questions about MyChart, call 415-514-6000
- If you received a vaccine at City College and need help scheduling second doses, please email COVID2ndDose@ucsf.edu.
- To follow the progress of our vaccine rollout, visit the new [COVID-19 Vaccination Summary](#) dashboard ([Pulse Secure VPN](#) required for off-site access).

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](#); COVID-19 Hotline 415.514.7328; [COVID+ Employees FAQs](#)

[UCSF Health COVID19 Infection Prevention Website](#)

[COVID PPE Guidance](#)

[UCSF Travel Policy](#)

[UCSF Town Halls](#)

[Infectious Disease Digests](#)

[Dept of Medicine COVID Grand Rounds](#)

[Emotional Health and Well-Being](#)

[BCH SF Clinical Digests](#)

Daily Employee Health Screening: Text "Screen" to: 83973 or [UCSF Online Health Screen](#)

[UCSF COVID-19 Vaccine Information Hub](#)

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