



Cooper Medical School of Rowan University

March 19, 2020

Dear Students, Faculty & Staff,

We hope that you are well. We are working to keep the lines of communication open, so we will continue to send regular email updates during this rapidly changing situation.

First, I want to acknowledge that last night, Cooper University Health Care had its first confirmed case of COVID-19. According to a message sent to the Cooper community from Dr. Joseph Montella, Chief Medical Officer, the patient is in isolation and doing well. This is likely the first of many cases, and I want to send a message of support and good wishes on behalf of CMSRU to our clinical faculty who are on the front lines in fighting this pandemic. Thank you for all that you are doing.

During this stressful time, it's important that we maintain our own wellness. Following is a list of resources that can help:

"Coping with Stress"

US Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>

"Mental Health and Coping During COVID-19"

US Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

"Taking Care of your Emotional Health"

US Centers for Disease Control & Prevention (CDC)

<https://emergency.cdc.gov/coping/selfcare.asp>

"Helping Children Cope with Emergencies"

US Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

RedBook Online COVID-19 Outbreak page

American Academy of Pediatrics (AAP)

https://redbook.solutions.aap.org/ss/rbo_outbreaks_page_3.aspx

Q&A on coronaviruses

World Health Organization (WHO)

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

American Psychiatric Association (APA)

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

Coronavirus & Emerging Infectious Disease Outbreaks Response

Center for the Study of Traumatic Stress (CSTS)

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

Taking Care of your Family during Coronavirus Fact Sheet

Center for the Study of Traumatic Stress (CSTS)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf

Research Information: Pandemics

American Psychological Association

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Five ways to view coverage of the Coronavirus

American Psychological Association

<https://www.apa.org/helpcenter/pandemics>

Speaking of Psychology: Coronavirus Anxiety

American Psychological Association:

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

Parent/Caregiver Guide to Helping Families Cope with COVID-19

The National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Just for Kids: A Comic Exploring the New Coronavirus

National Public Radio:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Talking to Teens & Tweens about Coronavirus

The New York Times

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

Finally, I wish to remind you that we have set up a special email address where you can send in questions or

concerns. Questions will be triaged by our team to the appropriate personnel to ensure all matters are addressed. That email address is COVID19_CMSRU@rowan.edu.

Thank you. I wish good health to you and your families.

Sincerely,

Annette C. Reboli, M.D.

Annette C. Reboli, MD
Dean and Professor of Medicine