

## **Arizona COVID-19 cases**

The Arizona Department of Health Services has reported 39,097 positive COVID-19 cases and 20,775 cases in Maricopa County as of June 16, 2020. Out of the 489,286 COVID-19 tests completed to date in Arizona, 7.1% have tested positive for the virus.

In Maricopa County, there have been 20,670 total cases with 1,993 patients (12%) admitted to a hospital and 463 (2%) admitted to an ICU since the county began collecting data on Jan. 22. People aged 65 or older or those who have at least one chronic health condition make up 71% of those who have been hospitalized and 94% of deaths for COVID-19. More than half (56%) of all COVID-19 infections reported have been among those under 45 years old.

## **Thank you for your continued commitment to patient care**

We can't thank you enough for your ongoing commitment to patient care as we navigate through this pandemic. Our leadership teams are meeting daily to monitor capacity, staffing, surgery schedules, testing and PPE supplies and make adjustments to support our staff and patient care.

Abrazo currently has capacity for COVID and non-COVID patients, including elective procedures and emergencies. To help manage our ability to care for these patients, we are working with Tenet to bring in additional staff for ICU beds. As a percentage of occupied beds, the number of COVID patients remains a smaller portion of the total ICU census.

Additional safety precautions have been implemented including universal masking and use of eye protection in all patient encounters. We also strive to ensure that every visitor follows our policies for masking, social distancing and other precautions. Please remember social distancing applies to us as well.

We appreciate the input received from our nurses, hospital staff, physician partners and community, and grateful for your collaboration and support.

## **Resources to help with stress/anxiety**

It's important to take practical measures to protect ourselves physically but also emotionally during this outbreak. Attached is a helpful worksheet with some insight and tips for those of us who might be experiencing feelings of stress and anxiety.

There are a few basics that may help: Make room in your schedule for some quiet time each day. Practice good communication; sharing your feelings with a trusted confidant can help decrease feelings of anxiety. Get regular exercise and sufficient sleep.

If you are experiencing overwhelming feelings of stress or anxiety, please contact our Beacon Wellbeing (EAP) hotline (866) 335-2340. Beacon Wellbeing is an employee assistance program (EAP) that guidance and support to help improve overall health and wellness. Confidential, expert support is available 24/7 at no cost to you.

## **HR teams are available**

Hospital HR teams are returning to regular office hours. You can continue to receive services remotely if you wish by using Employee Self-Service on the eTenet portal, or scanning/emailing documents to us. Please let your hospital HR reps know if you have any questions about accessing services onsite.

## **Employee Health hotline**

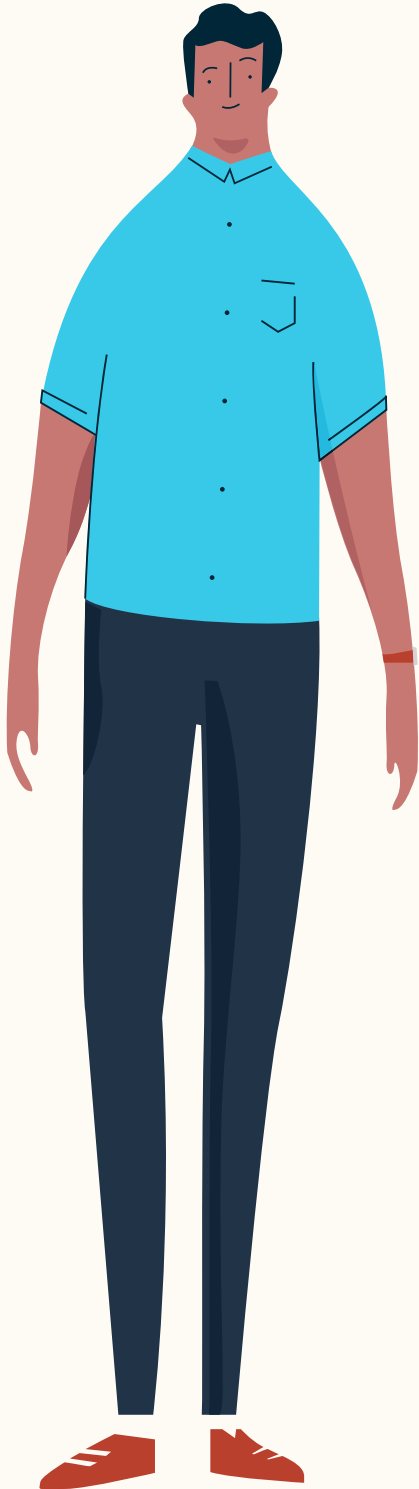
A reminder to please notify your hospital's Employee Health office if you go home sick. Employee Health staff will stay in touch daily before you return to work.

The Abrazo Employee Health hotline for COVID-19 questions is available Monday through Friday from 7 a.m. – 7 p.m., and Saturday-Sunday from 7 a.m. – 5 p.m. The hotline is for Abrazo employees only and may be reached at 602-246-5597.

If you need to visit Employee Health, please call ahead so staff can plan for your arrival.

### **Incident Command email**

Do you have a suggestion or feedback related to the hospital's pandemic response? Please email questions or suggestions to [IncidentCommand@abrazohealth.com](mailto:IncidentCommand@abrazohealth.com). Your message will be routed to the appropriate person to evaluate and respond.



# Beacon Wellbeing

## Helping You Thrive

Beacon Wellbeing is an employee assistance program (EAP) that provides you with personalized guidance and support to help improve your overall health and wellness.

Confidential, expert support is available 24/7 at no cost to you.

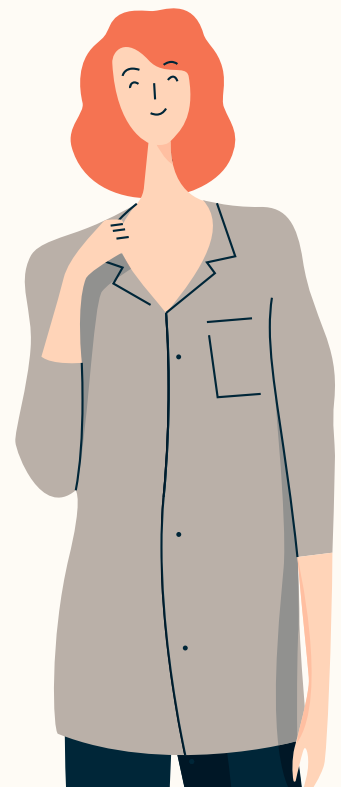
### How does Beacon Wellbeing work?

Beacon Wellbeing offers counseling, education, and referrals designed to help you and your household members better understand and handle common issues, such as:

- Parenting and relationships
- Life events
- Stress or anxiety
- Grief and loss
- Feelings of depression
- Substance use disorders
- Coping with trauma
- Caregiving issues
- Financial planning
- Legal problems

**The program is available online, by phone, or face-to-face.**

**Log on or call us today!**



# Tips for Dealing with Anxiety



## What is anxiety?

Anxiety causes people to feel excessively frightened, distressed, or uneasy during situations in which most other people would not experience these same feelings. Anxiety can negatively affect one's personal relationships, ability to work, study, and perform daily activities.

## What are anxiety symptoms?

- Feelings of terror
- Fear of dying
- Chest pain
- Exaggerated worrying
- Heart palpitations
- Irrational fears
- Upset stomach
- Panic attacks
- Headaches
- Insomnia
- Feeling disconnected
- Feeling tense or jumpy

## Remedies to help with anxiety

- Eating a well balanced diet
- Avoid fried foods, caffeine and sugars
- Regular exercise
- Participate in activities that bring you joy (e.g, Spending time outdoors, bike riding, long walks)
- Ensure that you are getting enough sleep
- Unplug from social media and the news
- Seek out support and resources
- Herbal remedies (e.g. Lavender essential oil, tea)

## Additional Resources:

1. Reach out to your colleagues, Manager, and / or Director.
2. Beacon Wellbeing hotline: ☎ (866) 335-2340 📄 [tenet.mybeaconwellbeing.com](https://tenet.mybeaconwellbeing.com)
3. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
4. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
5. <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>