



## UMB RECOVERY TASK FORCE

**Oct. 23, 2020**

The following is an excerpt from a letter about coronavirus vigilance during the holidays sent by UMB President Bruce E. Jarrell, MD, FACS, this week to the University community.

*With Thanksgiving and other holidays around the corner, we each need a plan to mitigate COVID-19 exposure risks in our celebrations and our everyday activities. We must remain vigilant by wearing masks, washing our hands frequently, and physically distancing. With the holidays coming soon and reports about small social gatherings leading to more cases, I hope that you'll carefully think about how to minimize exposure risk to yourself and your loved ones.*

*These measures are not just to protect you but also your family, friends, classmates, co-workers, and the community.*

Read Dr. Jarrell's complete letter [here](#).

### **This week's highlights detailed below:**

- NPR - COVID Surge and Vaccine Development
- The HS/HSL Wants Your Pandemic Stories
- For In-Person Gatherings, Please Limit Your Bubble
- Upcoming *Face to Face* Program: "Ask the Doctors"
- Last October Flu Shot Clinic Session



## **NPR - COVID Surge and Vaccine Development**

NPR's Steve Inskeep talks to Dr. Francis Collins, director of the National Institutes of Health, about the surge in U.S. coronavirus cases, and the progress on vaccines and mass testing. What follows is an excerpt.

"I think it continues to be absolutely breathtaking the pace that has been achieved here, recognizing that most vaccine development in the past has been a matter of multiple years - four years, six years, sometimes 10 years. The fact that we knew about this virus and its particular genome sequence in January, and we now have four Phase 3 trials in the United States ... it's pretty amazing that that's been accomplished. But before anybody starts to worry, I also want to reassure everybody we are not doing this by cutting corners. ... It will be ... safe and effective."

[\*Read/listen to more.\*](#)



## **The HS/HSL Wants Your Pandemic Stories**

The HS/HSL is collecting stories from the pandemic to preserve a record of UMB's collective experience for posterity and future research. Since the project's launch over the summer, there have been five submissions of artwork and written reflections to the archive. The library is hoping for more submissions to capture the breadth of the UMB community's experiences during this historic time.

[\*Learn more and see the previous submissions.\*](#)

**For In-Person Gatherings, Please Limit Your Bubble**

As most of the UMB community continues to learn and work from home, UMB leadership encourages our students, faculty, and staff to continue following Centers for Disease Control and Prevention (CDC) guidelines to wear a face covering, keep 6 feet of physical distance, wash your hands regularly, limit gatherings, and avoid crowds.

Dr. Jarrell's letter this week (see above) recognizes the importance of social contact for our mental and emotional well-being and encourages regular virtual gatherings with family, friends, and colleagues. However, for those who are meeting in person to socialize, study, or share a meal, we recommend keeping the number of people with whom you interact low and creating sort of a quarantine bubble.

Here's how it works:

- Continue to follow all CDC guidelines (face coverings, physical distancing, etc.) in public or when interacting with others outside your bubble.
- Identify a small group of people with whom you can work, learn, and socialize. By keeping this group small, you can relax some of the rules within that small group without increased risk of spreading the virus.
- This requires trust. All members of the bubble must strictly follow CDC guidelines everywhere outside the bubble.
- Have only one small bubble (five to 10 people maximum). Safe bubbles aren't possible if you have several bubbles with relaxed guidelines or a large bubble. Every additional person increases the risk.
- This is not risk-free! It is still possible to contract and spread COVID-19 within the bubble.

As temperatures fall and gatherings move inside, remember that indoor gatherings carry an even greater risk for spreading COVID-19 than outdoor activities. Continue to be vigilant, follow CDC guidelines to limit the spread of COVID-19, and keep yourself and our community safe.

### **Upcoming *Virtual Face to Face* features "Ask the Doctors: What We Now Know about COVID-19"**

On Oct. 29 at 2 p.m., Dr. Jarrell will speak with other University doctors on the topics of COVID-19 symptoms, treatment, recurrence, testing, and holiday gathering. Be sure to check your weekly **Face to Face** email for registration information.

Visit the **Virtual Face to Face** programming page to [learn more](#) about past and future programs.

## October Flu Shot Clinic Session

Don't play trick or treat with the flu: There's still time to get your shot before Halloween. An October date remains for the UMB flu clinic located at 635 W. Lexington St. This year's clinic also offers asymptomatic COVID-19 diagnostic tests.

Last session: Oct. 28, 9 a.m. to 1 p.m.

Registration is required and will close when full or at 5 p.m. the day before the start of the session. For more information and to register, visit [umaryland.edu/flu](https://umaryland.edu/flu).

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Please visit [www.umaryland.edu/coronavirus](https://www.umaryland.edu/coronavirus) for more information about UMB's COVID-19 policies and recovery.

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