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COVID-19: Things You Need to Know - March 29, 2020

Recent updates to our [GMR Emerging Infectious Diseases web page](#) include:

New documents

- [COVID-19 Guidance on Credential Expirations](#) (New 03.27.20)
- [Interim Guidance on Card Extensions During COVID-19 Outbreak](#) (American Heart Association) (New 03.27.20)

New videos

- [How to use the online screening tool, MAST - Instructional Video](#) (New 03.29.20)
- [Tri-Jet Fogger per Decon Policy for Ground Units- Instructional Video](#) (New 03.27.20)

Important Information

- The [GMR Medical Assessment and Screening Tool](#) (MAST), which was announced last week, has been renamed after the teams made additional updates. Using MAST should be your first step if you have experienced a confirmed or potential contact with a COVID-19 patient, environment or if you feel like you are experiencing COVID-19 symptoms.
- Please be aware of **phishing emails, scams or malware** campaigns around COVID-19. If you have concerns about the authenticity of an email, a link or an attachment, please forward it to Phishing@gmr.net. IT Security will investigate the email and notify you if it is safe to open. Security incidents can also be reported to the GMR IT Help Desk at IT.SupportServices@amr.net or call 866.267.9111.
- We've added a special section to our [Caregiver Well-Being web page](#): Tools for COVID-19 Stress Management. There are resources specifically for providers as well as general tips for individuals and families. Resources include:
 - [Dealing with Stress Management](#) (webinar April 2 or 9)
 - [Coronavirus Sanity Guide](#)
 - [Emergency Responder Crisis Text Line](#) - Text BADGE to 741741 to chat with a trained crisis counselor
 - [That Discomfort You're Feeling is Grief](#)
 - [Resources to Help Parents Talk with Children](#)

Stay safe,
GMR National Command Center Team

Message distributed to all GMR employees