The goal is to practice physical distancing to stop or slow the spread of infectious diseases:

- Avoid crowds and gathering in groups.
- Maintain space between yourself and others whenever possible, at least six feet apart.
- Prioritize meetings via telephones and teleconferences.
- Bring your lunch to work and limit eating in groups (seating options have been limited in the cafeteria).
- Limit the number of persons on an elevator at one time.

Social Distancing Reminders

- Always, all personnel at University Hospital are expected to exercise appropriate discretion in their use of social media. We must continue to conduct ourselves in an appropriate and professional manner at all times, including when speaking about our work in public messages. This is especially true now, when the eyes of the world are watching our healthcare systems and workers. Here are some helpful tips:
  - Never discuss patient-specific information, including on social media, outside your clinical care team.
  - Assume the world is watching what you post in online platforms and say in public settings.
  - Always feel comfortable to bring your questions and concerns to your managers - we want to hear from you!
  - Should you be contacted by the media, please direct such inquiries to UH Media Affairs (973) 634-8298.

Virtual Chapel

To encourage and sustain wellbeing, the UH Chapel has made available various virtual experiences. The schedule is available [here](http://www. chapelservice.org).