



I will likely become infected in the next few months. It's just simple math that I have accepted. But I became a physician knowing the job incurred risk and that I have a duty to patients and society. (James P. Phillips, MD, assistant professor of emergency medicine at the George Washington University)

Dear Colleagues,

A quick spin through JAMA and other journals show a plethora of articles with clinical information, CDC updates, and public health precautions around COVID 19. What I don't see, and what I wonder about, is how all this feels to those of you on the front lines of this health crisis.



The quote above from an ER physician is a good example-What is it like to know that you have a strong likelihood of contracting the virus? How do you balance care for your patients with care for yourself and loved ones? When do you make the decision **not** to come in, fully understanding the burden this puts on your colleagues?

I know that everything in your training and sense of professionalism means putting the patient first. Does that mean always, or are there times when you need to prioritize your own needs? I hope the answer to that question is yes, but I can imagine it gets tricky making those decisions.

I don't pretend to know what it is like to be on the front lines on this current health care crisis, nor do I know what it is like to figure out what self care means in times like these. But I do know that the Corona virus comes on top of what was already a demanding schedule for you. (Strokes, heart disease, pregnancies and cancer have not stopped just because of COVID 19.) I also know that you are a human being with limits. So I hope you can be creative in finding ways to care for yourself in this stressful time.

And thank you for what you do, now and every day.

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