

COVID-19 resources for residents and fellows

The AMA has curated a selection of resources to provide guidance to resident and fellow physicians during the coronavirus (COVID-19) outbreak.

Wellness and burnout

1 **Mental health and coping**

Centers for Disease Control and Prevention (CDC)

2 **Five ways to view coverage of the coronavirus**

American Psychological Association (APA)

3 **Managing mental health during COVID-19**

American Medical Association (AMA)

4 **Headspace**

A mindfulness meditation app with guided meditations, articles and videos to help improve mental health. Headspace is offering access for health care professionals throughout 2020.

5 **Physician support line**

A national, free and confidential support line service for physicians and medical students to help navigate the intersections of their personal and professional lives.

Support resources when confirmed with COVID-19 for residents and families

1

Helping children cope

Centers for Disease Control and Prevention (CDC)

2

Coronavirus & emerging infectious disease outbreaks response

Center for the Study of Traumatic Stress (CSTS)

3

Parent/caregiver guide to helping families cope with COVID-19 (PDF)

The National Child Traumatic Stress Network

4

Updated guidance on best practices if you've been exposed to patients with COVID-19

Centers for Disease Control and Prevention (CDC)

5

Interim infection prevention and control recommendations for patients with suspected or confirmed COVID-19 in health care settings

Centers for Disease Control and Prevention (CDC)

Personal Protective Equipment (PPE)

1 Strategies to optimize the supply of PPE and equipment

Centers for Disease Control and Prevention (CDC)

2 Training for health care professionals

Centers for Disease Control and Prevention (CDC)

Including donning/doffing and respiratory protection.

3 PPE: Questions and answers

Centers for Disease Control and Prevention (CDC)

4 N95 respirators, surgical masks and face masks

U.S Food and Drug Administration (FDA)

5 PPE for infection control

U.S Food and Drug Administration (FDA)

6 FAQs on shortages of surgical masks and gowns during the COVID-19 pandemic

U.S Food and Drug Administration (FDA)