



**By Meghan Hodgson
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Mister Rogers said, “In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

I am an emergency room nurse. I am also a mother, wife, daughter, coworker, granddaughter, niece, sister and friend. I have a responsibility to protect myself so that I can care for everyone else. In my 17 years as an emergency room nurse, I have never experienced this type of stress. I chose emergency room nursing to help people in crisis. My job is different every day and I love that about being a nurse.

What Should You Do?

If you are well, stay home. If you are feeling a little under the weather, stay home and quarantine yourself so that others do not get sick. If you are no longer able to manage your symptoms at home, call 911. You are more likely at this point to come in contact with a COVID-19 patient while waiting in the Emergency Department. This is the harsh reality about the virus. Emergency departments across the nation are assuming that all patients

complaining of cough, fever, congestion, tiredness or any symptoms of a common cold, flu or pneumonia can be COVID-19. If we are unable to protect ourselves properly, we cannot take care of your loved ones. In order for the nurses, doctors and all hospital staff to ensure the virus spread ends, we need your help.

Three Ways You Can Help

1. Stay home and stay safe! Drink plenty of fluids, take vitamins, exercise and get lots of rest!
2. Pray for the hospital staff involved in caring for patients. Pray that they protect themselves! Pray for their stress level so they don't get burnt out.
3. Pray for the patients and their families who cannot be with them during this time. In order to prevent further spread, there are no visitors allowed even during the passing of loved ones.

In times of stress, anxiety and the unknown, I look to God for answers. If you feel that you aren't doing anything to help, remember prayer is more powerful than any medical provider.
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God"
(Philippians 4:6, NIV).

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