



**Mount
Sinai
South
Nassau**

Vol. 1. Issue 10



Update on Coronavirus

Mount Sinai South Nassau COVID-19 Data Dashboard

175

**Confirmed or Suspected COVID-19
patients currently in house**

706

**COVID-19 patients
discharged HOME**

35

Ventilated COVID-19 Patients

as of April 30, 2020



Jets from the Navy's Blue Angels and the Air Force's Thunderbirds flew over our area in a tribute to the medical personnel, first responders and other essential workers.

Deep Cleaning Underway at Mount Sinai South Nassau



Non-COVID Patients Urged To Seek Needed Treatments

More Good News...Mount Sinai South Nassau has begun deep cleaning of areas within the hospital – including the Emergency Department - that were used to treat COVID-19 patients so those rooms can be converted to their original purpose for non-COVID-19 medical and surgical patients.

While COVID is likely to be with us for some time, we are preparing to return to more normal operations and are awaiting approval from the New York State Department of Health to restart elective surgeries.

Physician leaders at the hospital are beginning to see a pent-up demand among patients who put off elective



procedures during the COVID-19 crisis that now – in some cases – have turned into emergency situations.

Patients with pressing medical needs are urged not to delay treatment if they need cardiac, cancer, OB/GYN, emergency or other care. Mount Sinai South Nassau's Emergency Department has designated an area of the emergency room for non-COVID-19 cases. Patient safety is always our top concern and our community should not hesitate to seek needed care at the hospital.



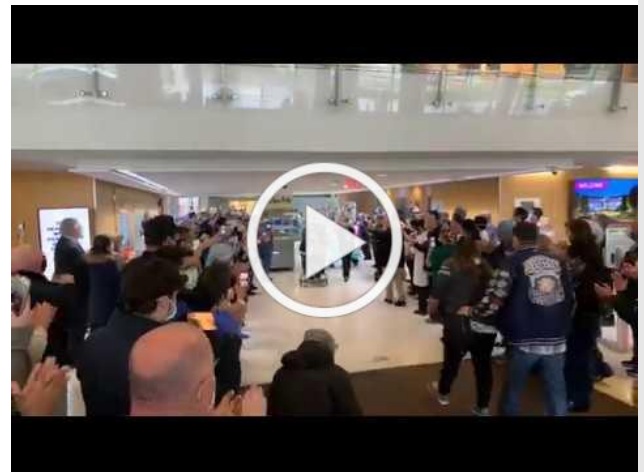
Last Friday, Mount Sinai South Nassau discharged home its 600th COVID-19 positive patient. As more patients recover and are discharged, the hospital has been able to perform deep cleaning on areas like the Intensive Care Unit and other floors to convert the dedicated COVID-19 units back to operating as they were before the pandemic. Our Environmental Services staff has been working throughout this crisis to keep the hospital clean and are now on the front lines of the effort to restore areas back to normal operations. A special thank you to our entire Environmental Services team!

Here Comes the Sun...

The 600th Recovered COVID-19 Patient Goes Home

All along Bianca Jimenez, 19, of Rockaway Beach, Queens, had a sinking feeling that she had COVID-19. The dry cough, loss of sense of taste and smell, dizziness, trouble breathing and fever matched the symptoms of the disease she had heard about on the news. "I kept hearing people were dying from this," said the accounting major at Manhattan Community College. An inhaler prescribed by her pediatrician failed to ease Ms. Jimenez's breathing problems. The next day she visited a local urgent care center and her fears were realized when she learned she had double pneumonia and had been infected with the virus. "I was really scared," she said. "But I thought I'm young and healthy. I'll get through this."

On April 20, she was admitted to Mount Sinai South Nassau, where doctors brought down her 104-degree temperature and treated her with antibiotics, oxygen and breathing therapies. Four days later, Ms. Jimenez has recovered and was the 600th COVID-19 patient to go home. Said Jimenez: "I'm very excited to get home, and so glad I got through this."



Recovered COVID-19 patient Bianca Jimenez, 19, leaves Mount Sinai South Nassau on April 24.

Watch the **Associated Press** video: [Watch Video...](#)

Watch the **News 12** video: [Watch Video...](#)

COVID-19 Patient Recovers After Experimental Plasma

Treatment



It was late March when Jennifer Woodard, 45, began to show symptoms of COVID-19. No amount of pain reliever would ease the low-grade fever and accompanying headaches and fatigue. By April 11, her condition worsened and the Lynbrook mother began experiencing trouble breathing. A chest X-ray showed pneumonia. "At that point, my lungs felt like I had a hot poker stuck in them," said Ms. Woodard, who received a prescription for steroids and antibiotics that initially offered some relief. But a week later, she was gasping for air and in dire straits. She went to Mount Sinai South Nassau's Emergency Department, where doctors admitted her for double pneumonia.

Even with an oxygen mask, Ms. Woodard says she struggled to breathe and get out of bed. On April 21, doctors gave her an infusion of antibody-rich plasma, a promising experimental therapy that has been helping patients recover from severe COVID-19. By the next day, she said she felt like someone gave her a "shot of energy." Not only did she require less oxygen while in bed, but even as she walked around her room. "I am young and have a young family and I couldn't fathom the idea of going on a ventilator," she said. After battling COVID-19 for three weeks, Ms. Woodard finally left the hospital on April 28.

More studies are needed to determine if antibody therapy is effective. However, patients who tested positive for COVID-19 are urged to consider donating plasma to help others by making an appointment to visit the Mount Sinai Doctors site in Hewlett, where plasma donors are being screened. For more information on how to help, [Click here](#)

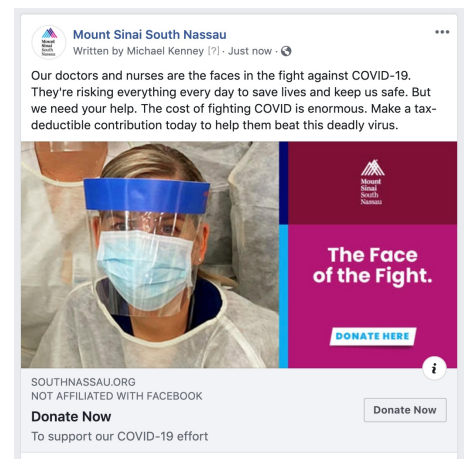
Help support our Front-line Heroes

Mount Sinai South Nassau is committed to protecting the public health of our community and taking whatever steps are needed to stay ahead of this deadly virus. With YOUR help, we'll get through this.

Please consider making a tax-deductible donation to Mount Sinai South Nassau's lifesaving COVID-19 Relief Fund right now.
[Donate now...](#)

Or by text

Text "Nurses" to 80100 to donate \$25
Text "Heroes" to 80100 to donate \$10



Facebook LIVE Interview Series Continues

Throughout the COVID-19 crisis, Mount Sinai South Nassau has been conducting live Facebook interviews that feature several of the hospital's medical and behavioral health experts.

Relaxation and Get Moving Tips with Tai Chi



Allison Anderson
Injury Prevention Coordinator

Respiratory Therapists Take Center Stage in the Fight Against Coronavirus



Mount Sinai South Nassau's team of respiratory therapists are helping save lives on the front lines of the COVID19 pandemic. The skill set of respiratory therapists has become invaluable in treating patients infected with coronavirus. When COVID-19 causes breathing problems, respiratory therapists treat patients with oxygen and determine appropriate ventilator settings to match patients' respiratory needs. They are also responsible for intubating, maintaining, weaning and taking patients off mechanical ventilators or breathing machines.

Medical Laboratory Professionals on the Front Lines



Mount Sinai South Nassau celebrated annual Medical Laboratory Professionals Week, April 19-25. During the pandemic, the hospital's medical lab professionals and pathologists have played a vital role in the hospital's fight against the coronavirus. They have been on the front lines at patients' bedsides and working with collected specimens in the lab. The lab staff has been coping with many challenges, such as increased test volumes due to the surge of COVID-19 patient visits. To date, the Mount Sinai South Nassau lab has processed nearly 3,200

Acts of kindness...

Fueling Front-line Staff



Mount Sinai South Nassau is grateful to New York State Fraternal Order of Police Lodge No. 69 for their donation of energy drinks and snacks to hospital staff.

A special thank you to Mrs. Naginder Singh and the ladies of Arya Samaj of Long Island in Hicksville for their donation of meals to front line staff.



Congresswoman Kathleen Rice, of Garden City, donated breakfast and lunch for staff members from Ferring's Deli in Baldwin.

A Heartfelt Thank You



Mount Sinai South Nassau's Maternity and NICU staff took a moment from their busy day to thank the community for their support and supplies, such as masks, goggles, gowns, and delicious food during the COVID-19 pandemic. **Photo right**, their rainbow heart and hands represent their thank you to the community for their support.

A big thank you to our amazing community and all the local businesses for their

support during this difficult time. Your donations of food for our hardworking nurses and staff have warmed our hearts and lifted our spirits. We are so grateful. Please continue to support these local businesses who donated to Mount Sinai South Nassau.

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For the most up to date information about COVID-19, please visit the CDC website at: www.cdc.gov/coronavirus

Mount Sinai South Nassau COVID-19 information is located at:
southnassau.org/covid19

Thank you for supporting Mount Sinai South Nassau. Be assured that we are monitoring the COVID-19 situation very closely and are prepared to meet the needs of the communities we serve.

Mount Sinai South Nassau | 516-632-3000