

Students, trainees, faculty and staff,

As you know, COVID-19 is unlike anything our health-care system has seen before. Dr. Chris Mody, MD, a professor and head of our Department of Microbiology, Immunology & Infectious Diseases, has answered some of the most common questions about how you can protect yourself and others from the virus. You can [read his Q&A here](#).

If you have a question you'd like Chris to answer, please send it to [esmdean@ucalgary.ca](mailto:esmdean@ucalgary.ca). We'll continue to update the [Q&A web page](#) to help address some of your critical questions and concerns about the COVID-19 virus.

### **Building access**

- Thank you for your patience as our Foothills campus buildings transition to card access only. For complete details, please refer to my [update from Apr. 16](#).
- Changes to the Health Sciences Centre (HSC) east entrance and how clinical faculty access their office space in UCalgary buildings were implemented yesterday, Apr. 20.
  - Signage and barricades have been installed to redirect pedestrian traffic flow.
- Changes to the +15 pedway, the HSC north entrance, and the Teaching, Research & Wellness (TRW) Building and its parkade began earlier today, Apr. 21.
  - Those who have a parking permit for the TRW parkade and are on the critical access list will still be able to park in this location.
  - A reminder that all Alberta Health Services' parking lots, including the nearby Lot 6 and Lot 10 parkades, are available for parking, free of charge.
- If you need to maintain building access and have not yet completed the building access form, please do so at [cumming.ucalgary.ca/access](http://cumming.ucalgary.ca/access).
- If you have questions about building access, please email [esmdean@ucalgary.ca](mailto:esmdean@ucalgary.ca).

### **Learning and working**

- Join Ed McCauley, UCalgary's president and vice-chancellor, and other members of the university's executive leadership team **today, Apr. 21, from 3-4 p.m.**, for a discussion on the Government of Alberta's provincial budget and its impact on UCalgary. The leadership team will also share updates on the university's response to COVID-19. Visit [ucalgary.ca/president](http://ucalgary.ca/president) to view the webcast and to submit questions by email during the town hall.

## Research operations

- The Office of the Vice-President (Research) has streamlined the Critical Research Designation process. Complete details can be found on the [guidance for researchers web page](#).
  - If you've already received approval, no action is required.
    - Please note that if the details of your work have changed since obtaining approval, you must submit your changes for approval.
  - You must take action if you haven't received approval and your research, scholarship or creative activities depend upon:
    - Individuals working on campus
    - Access to campus infrastructure
    - Field work
    - Working in the community

## Mental health and wellness during COVID-19

- The 2019 Lecture of a Lifetime on mental health featuring Dr. Glenda MacQueen, MD, PhD, has been re-released posthumously and is more relevant than ever. [Watch Glenda's lecture](#).
- New resources are available from Well Doc Alberta.
  - Education bulletin: [Sleep Strategies: Helping Physicians Through COVID-19](#)
  - Podcast: [Empathy and Compassion: Offering What We Can During COVID-19](#)
- The CSM's Working Our Way to Wellness (WOWW) Committee is offering online Total Body Strength fitness classes. All UCalgary students, faculty and staff are invited to participate. Visit [cumming.ucalgary.ca/woww](http://cumming.ucalgary.ca/woww) for more information.

To read previous CSM updates, visit [cumming.ucalgary.ca/covid](http://cumming.ucalgary.ca/covid). For additional COVID-19 information and resources, visit [ucalgary.ca/covid-19](http://ucalgary.ca/covid-19) or [ahs.ca/covid](http://ahs.ca/covid).

Sincerely,

Jon Meddings, MD  
Dean, Cumming School of Medicine  
University of Calgary