

**MESSAGE SENT FROM LIZ STEADMAN, DIRECTOR OF STUDENT AFFAIRS,
ON MARCH 20, 2020 ON SOCIAL DISTANCING**

Dear fellow humans,

I'm writing this sitting from home at the kitchen table with my two children, who are now adjusting to home school and their sibling being their only peer-companion for the foreseeable future. It's been an adjustment for all of us. Webex is particularly tricky when my meeting is more interesting than their math problems. But we are developing resilience and flexibility. Below are a few asks I have of you.

Be a Social Influencer

I know you're all doing this because you know it's the right thing to do, but stay at home. But beyond that, be a social influencer. People know you went to medical school. Lean on that. Teach them about how everyone should be staying at home, not just the immunocompromised and older populations. New [data](#) are emerging that indicate young adults are a significant proportion of individuals being hospitalized for COVID-19. Give your sister a call when you see she posts about having a house party and remind her that's how this virus is spreading so rapidly. Post articles like [this](#) showing simulators on how to flatten the curve and prevent a surge of cases that would overwhelm our hospitals. North Carolina now has documented [community spread](#). That's happening. So we all need to do our parts to reduce community spread. And that's done staying at home as much as possible.

Lean on One Another

I know staying home can be lonely and isolating, even if you have roommates or family living with you. Set up a FaceTime/Skype/Webex/Zoom group date with friends or a study group. I've been having my mother-in-law in Seattle FaceTime daily and read to my children, so I can get work done. The technology is there, we just need to be creative. It's the first day of Spring. Get outside (maybe with a Claritin, as needed) and enjoy a run or a hike. Cheer on the Class of 2020 today at 12:15p for our Virtual [Match Day](#) celebration. Spoiler alert: 2020 rocked the Match!! Keep an eye on your email for many upcoming wellness sessions, like the Writing for Resilience activity scheduled.

Stay in Touch

Browse our [UNC SOM COVID19](#) updates page, tune into Wednesday afternoon Town Halls, schedule a (virtual) meeting, email, call or text. We're here. Just socially distancing as we can, to allow our clinicians and other health care professionals to serve the state by taking care of those who need it.

From my kitchen table,

Elizabeth Steadman

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