



**Monday, May 18, 2020**



In this COVID-19 Update, a **health care hero** who never lost hope, the **urgent need to donate blood** and help our health system reinstate elective surgeries, a video montage to mark more than 6,000 COVID-19 patients discharged home, **more community testing sites** open up across the city.

### **Hero of the Day: Pulmonary Doctor Gives Every Single Ounce of Strength**

For Dr. Alfredo Astua, Chief of Pulmonary and Critical Care Medicine at NYC Health + Hospitals/Elmhurst, the first six cases of Acute Respiratory Distress Syndrome in a two day period, when two cases in a month was the usual, served as a sounding alarm of the horrible onslaught of cases to come. But he never lost hope. "On a nightly basis, I gather all the nurses, other doctors and the residents and tell them a story about the patient who just went home to their family," he says. "That's why we give every single ounce of strength we have, so that we can make sure more patients go home." [Read his Insider Health Care Hero profile.](#)



## Urgent Call to Donate Blood

As regions prepare to reopen and hospitals anticipate the return of elective surgeries, the New York Blood Center (NYBC), one of the main supplies of blood products to NYC Health + Hospitals, has issued an urgent call for blood donors as reserves are running dangerously low. Before COVID-19, mobile blood drives hosted by schools, organizations, and businesses made up around 75% of the region's incoming blood supply, but all drives had to be cancelled during the past several months. NYBC has extended donor center hours and is encouraging donors to schedule an appointment to visit one of their controlled, safe environments in NYC, NJ and nearby counties. Make an appointment and donate today. To make an appointment call [1-800-933-2566](tel:1-800-933-2566) or visit [www.nybc.org](http://www.nybc.org).

## 6,000+ COVID-19 Patients Discharged Home

We never get tired of seeing these celebrations! Thanks to our amazing teams, more than 6,000 New Yorkers with COVID-19 have recovered and have been able to return home. [Check out this video](#) montage of patient discharges from hospitals all across our health system.

## More COVID-19 Testing Sites

In addition to the more than 20 NYC Health + Hospitals community testing sites, Mayor de Blasio yesterday announced that the City will partner with CityMD to offer walk-in diagnostic COVID-19 testing to New Yorkers, effectively tripling the number of available testing sites citywide. The City has now reached its goal to test 20,000 New Yorkers per day one week ahead of schedule, building on the commitment to test and trace every positive case of COVID-19. [Read the announcement](#).

## In the News

- [NY1](#) - Hospitals Now Confront Unlikely Challenge: How to Limit Contact Between Patients and Doctors
- [amNY](#) - NYC Health + Hospitals/Queens Hospital Staff Gets Rousing 7PM Salute from de Blasio and McCray
- [CBS News](#) - WWII and Korean War Veteran Released by NYC Health + Hospitals/Jacobi
- [NPR](#), [WNYC](#) - From Medical School To Fighting COVID-19 On The Front Lines At NYC Health + Hospitals/Bellevue
- [Norwood News](#) - NYC Health + Hospitals/North Central Bronx: Impromptu Elevator Musical Performance

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If you have questions, write to us at [COVID-19Readiness@nychhc.org](mailto:COVID-19Readiness@nychhc.org).

**Other resources:**

[Health Care Heroes page](#)

[Evidence Digest](#)

[NYC Health + Hospitals COVID-19 Guidance & Resources](#)

For the latest news on COVID-19, follow **@NYCHealthSystem** on social media.



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