
MSU COVID-19 RESOURCES

Articles about COVID-19 on MSU

MSU's evolving plans for supporting the myositis community during the COVID-19 pandemic

<https://understandingmyositis.org/evolving-plans-covid-19/>

Coronavirus (COVID-19) and Myositis Update (updated 8/31/2020)

<https://understandingmyositis.org/coronavirus-myositis-update/>

“Venturing Out? Be Prepared and Stay Safe”

Learn how to stay safe when you go out with these guidelines from **the CDC**.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>

“A Chronic Illness Patient’s Guide to Coronavirus”

Visit this set of resources thanks to the **Global Healthy Living Foundation (GHLF)** and **CreakyJoints**. It includes information from experts, as well as prevention, mental health, and patient perspectives. <https://awareness.creakyjoints.org/coronavirus/>

Myositis 101 for patients, videos about COVID-19

Dr. Rohit Aggarwal, Co-Director of Myositis Center of the University of Pittsburgh, Chair of Medical Advisory Board of The Myositis Association (TMA) and author of the book “Managing Myositis: A Practical Guide” explains to patients in simple words about COVID-19 and myositis.

Video 1: COVID-19 Infection - <https://youtu.be/uICZv2LoPjA>

Video 2: COVID-19 and Immunosuppressive Drugs - <https://youtu.be/H7QZk8EV6go>

Video 3: Chloroquine & Hydroxychloroquine in COVID-19 -
<https://youtu.be/2wqXHvCbPKg>

Video 4: All you need to know about masks - <https://youtu.be/gHubz-UYPNU>

American Autoimmune Related Diseases Association (AARDA)

COVID-19 and Autoimmune Disease

<https://www.aarda.org/aarda-covid-19/>

American Lung Association

Protecting Yourself During the Spread of COVID-19

<https://www.lung.org/about-us/media/top-stories/update-covid-19.html>

CDC

If You Are at Higher Risk

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#who-is-higher-risk>

How to Protect Yourself

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Managing Stress & Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Emotional Health

<https://emergency.cdc.gov/coping/selfcare.asp>

FDA

Emergency Preparedness

<https://www.fda.gov/emergency-preparedness-and-response/mcm-issues/coronavirus-disease-2019-covid-19>

Food Safety and the Coronavirus Disease 2019 (COVID-19)

<https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

Johns Hopkins Resource Center

Coronavirus Resource Center

<https://coronavirus.jhu.edu>

Mental Health America

Mental Health and COVID-19

<https://mhanational.org/covid19>

Medicare Telehealth Expansion

Telehealth Fact Sheet

<https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>

Telehealth Frequently Asked Questions

<https://edit.cms.gov/files/document/medicare-telehealth-frequently-asked-questions-faqs-31720.pdf>

STAT (journal on the life science industry)

WHO to launch multinational trial to jumpstart search for coronavirus drugs Repurposed Drugs

<https://www.statnews.com/2020/03/18/who-to-launch-multinational-trial-to-jumpstart-search-for-coronavirus-drugs/>

Updated Guide to COVID-19 drugs and vaccines in development

<https://www.statnews.com/2020/03/19/an-updated-guide-to-the-coronavirus-drugs-and-vaccines-in-development/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Suicide Prevention

<https://www.iasp.info> or Call in US 1-800-273-8255

Wall Street Journal

Keeping your house free of coronavirus germs

<https://www.wsj.com/articles/how-to-keep-your-home-free-of-coronavirus-germs-11583867479>

World Health Organization (WHO)

COVID Outbreak

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

On Social Media

Facebook and COVID-19

The Facebook COVID-19 Information Center is available on your Menu icon. Under the Section “Recognized Health Organizations”, it automatically loads links to your county and state health websites. [Follow Myositis Support and Understanding on Facebook.](#)

Join MSU and utilize available myositis programs and services

Myositis Support and Understanding (MSU) is an all-volunteer, patient-centered 501(c)(3) nonprofit organization founded by myositis patients for myositis patients and care partners. MSU is working to improve the day-to-day lives of those impacted by myositis through education, support, financial assistance, awareness, clinical trial matching and access to research, and more.

Register for your free Myositis Support and Understanding (MSU) membership

<https://UnderstandingMyositis.org/register>

Financial Assistance for myositis patients

<https://understandingmyositis.org/programs/financial-assistance-program/>

Join the Myositis Support Community, a partnership with Inspire

Join us for free, 24/7, anonymous, compassionate and educational online support.

<https://Myositis.Inspire.com>

Video Support and Education Sessions

Join MSU for live, face-to-face video support sessions.

<https://understandingmyositis.org/events/>