

This is a check in. Not only to extend a huge thanks for all that you are doing but also to see where you are at mentally and physically. This work is hard. And with the possible extension of the stay at home order the timeline continues to get extended. This is a marathon and not a sprint.

Please respond to me only and let me know the following:

- Would you like a one-on-one virtual check in before the end of the week? Or early next week?
- Where would you say your stress level is at, 1 being no stress what is COVID-19? and 5 being, this is too much...
- What is one thing that I can do to better support you? Don't be afraid to ask for anything.
- What is your biggest fear at this point? Would you like to talk about it?
- What are we not doing that you think we need to be doing?

Again, I truly appreciate each and every one of you. We will get through this together.