

To the CoorsTek Family,

I was recently asked by your Leadership Team to help provide some medical guidance for CoorsTek in the midst of the COVID-19 outbreak. By means of introduction, I am an emergency physician with the University of Colorado, near the CoorsTek global headquarters in Golden. I wish we were meeting under better circumstances but hope to assist the CoorsTek community in the midst of the COVID-19 pandemic.

Jonathan and I took some time this week to talk about the COVID-19 pandemic, covering topics from hand-washing to self-care at home and most importantly, how your Leadership Team can keep you and your loved ones safe. While I think it is important to take this pandemic seriously, you should keep in mind that this illness is proving to be mild and self-limited (resolves on its own) in the majority of people affected by it. The CoorsTek Crisis Management team is taking steps in infection prevention and mitigation to ensure your safety; I encourage you to follow these recommendations, and to ask any questions you might have.

It is normal and understandable to feel anxious about this outbreak, for a few reasons:

- Unpredictability – we do not have a clear sense of what will happen next.
- Lack of control – our individual efforts may not seem to matter in the context of a global pandemic.
- Perceived threat to our loved ones – as the health care system tries to explain why a “mild” illness is so important, we amplify worry and concern about those most vulnerable to the effects of COVID-19.

I'd like to share a few strategies to help cope with the anxiety surrounding COVID-19. *First* – and I understand that this is easier said than done - consider decreasing the amount of daily time spent reading news articles and social media posts about COVID-19. Try to limit yourself to twice per day, if possible. Helpful and trustworthy sources include your local Public Health agency and Centers for Disease Control. *Second* – do your part in mitigating viral spread. Practice good hygiene and social distancing. Avoid unnecessary travel. If you feel sick, prioritize your health and that of your coworkers by staying home and calling a medical provider for guidance. Virtual health (online) visits, often with a board-certified physician, are an accessible and helpful resource if your symptoms are mild. *Third* – take care of yourself. This means getting plenty of sleep, staying hydrated, and getting outside for exercise and stress relief if it is feasible for you.

As you might see in my [Q&A interview with Jonathan Coors](#), the CoorsTek Leadership Team is available for any questions you might have about COVID-19 if you'd like to reach out to them at co-CEOs@CoorsTek.com. If you have questions about your personal health, I encourage you to reach out to your medical provider.

We look forward to hearing from you.

**Sincerely,
Dr. Jenna**

Dr. Jennifer Singleton is a board-certified emergency physician at the University of Colorado and UCHHealth Hospitals in Denver, Colorado. Her background includes leadership in quality assurance, mass event medicine and hospital emergency preparedness.