



Dear fellow medical students,

It is an extremely unique time. No matter who you are or where you live, COVID-19 has affected all of our lives. Whether you are a first year in the depths of preclinical coursework, a second year preparing to take your first board exam, a third year finishing clerkships, or a fourth year ready to start residency, this past week has been nothing short of shocking. We are experiencing this together, and we will all get through this together.

On behalf of the Family Medicine Interest Group Network, its National Coordinator, Regional Coordinators, and Liaisons to the Latino Medical Student Association and Student National Medical Association, we want you all to know you are not alone and we hear you.

Many students have shared with us their feelings of isolation, uncertainty, and stress surrounding the months to come. Many have also expressed a desire to ease the burden of overwhelmed health care teams. It is times like these when utilizing the family medicine network and coming together as one is so important. This experience offers us the opportunity to grow, learn, and become stronger, more compassionate, and more caring physicians.

While we weather this storm together, here are some things we hope you can do:

1. Stay engaged and involved. Some students have been doing amazing things such as organizing childcare for the health care workers in their area. Some have helped those more vulnerable to COVID-19 by running their errands or helping get their groceries.
2. Let us know how and what you're doing so we can spread ideas. We want to hear how you've found ways to support your communities. We also want to know what you're experiencing and if you need our help.
3. Continue being the amazing next generation of physicians this world needs. Be part of the national community through the [AAFP's COVID-19 Rapid Response Member Exchange](#) to learn how family physicians are tackling this crisis across the country.

As always, please reach out for any help you and your family medicine groups need to overcome the challenges you are facing. Let us come together in this time of difficulty to be the bright lights our communities need.

Always in your corner,

The AAFP FMIG Network Leadership Team
Chase Mussard, Mikaela Moore, Deanna Gonzalez, Rebecca Stoll, Merkle Moore, Hannah Smith, Shelby Owens, and Brynn Wright
[@AAFP_FMIG](#)
[FMIG Network Online Community](#)

Chase Mussard, National Coordinator
Mussard@etsu.edu