



**DR. AMIT UPPAL**

DIRECTOR, CRITICAL CARE  
NYC HEALTH + HOSPITALS/BELLEVUE

**My Role:** I am currently treating patients who are critically ill with suspected or confirmed COVID-19.

I'm also working together with Dr. Leon Boudourakist at NYC Health + Hospitals/Kings County to coordinate our ICUs. We are leveraging the size and geographic span of our network to distribute patients and reduce strain on any individual ICU that sees a surge of COVID-19 patients.

I was involved in Hurricane Sandy and Ebola crisis. With COVID-19, there is significant uncertainty about the scale of the conditions to expect.

**Why I'm Fighting COVID-19:** NYC is one of the most densely populated places in the world and the outcome here will have far reaching implications. It is important for me to be on the front lines for this pandemic because our health system is on the front lines for all of NYC.

**Managing Stress:** Between school closures, childcare needs, the demands of taking care of severely ill patients, and the fear of becoming infected, we are all under incredible stress. Despite the amount of work to be done, I try to take care of my personal mental health and lean on the supportive relationships that I'm lucky to have here.