PeaceHealth: System Wide
COVID-19 Education for Students and Instructors

KNOW Coronavirus

EDUCATE ▪ PREVENT ▪ PROTECT

peacehealth.org/coronavirus

As the situation and information evolves around the new coronavirus, COVID-19, your best defense is to know the facts.

From what health officials know now, most people who become infected with COVID-19 will not become seriously ill and will not need hospitalization. However, people who are older or have underlying medical problems are more likely to develop serious illness.

If you are experiencing fever or respiratory infection symptoms (e.g. cough), please call your healthcare provider's office before arriving or scheduling an appointment to determine the appropriate care setting and testing process. If you're having a medical emergency, call 9-1-1.

FAQs

What is novel coronavirus (COVID-19)?

Novel coronavirus, COVID-19 is the infectious disease caused by the most recently discovered coronavirus. Patients with COVID-19 have experienced mild to severe respiratory illness.

Local Resources

Call your local Public Health Department

Free COVID-19 Assessments

Our partners at Zoom+Care are offering cost-free COVID-19 risk assessment via ChatCare in Oregon & Washington.

What are the symptoms of COVID-19?

Symptoms of coronavirus are similar to flu or colds and may include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you or someone you know begins having more worrisome symptoms such as shortness of breath, severe fatigue or confusion, please call your primary care provider's office.

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People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as two days, or as long as 14 days after exposure to the virus.

Who is at a higher risk for COVID-19 complications?

According to the Centers for Disease Control and Prevention (CDC), adults 65 and older and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness.

If you are at increased risk for COVID-19 complications due to age or because you have a severe underlying medical condition, it is especially important for you to take actions to reduce your risk of exposure.

How is COVID-19 treated?

There is no specific medication used for treatment of this illness. Most people will recover at home with rest and plenty of fluids. If you or someone you know begins having more worrisome symptoms such as shortness of breath, severe fatigue or confusion, please call your primary care provider's office. If you're having a medical emergency, call 9-1-1.

How can I help prevent the spread COVID-19?

There is currently no vaccine to prevent COVID-19. It is thought the virus mainly spreads person-to-person, even by people who may not show symptoms. The CDC recommends:

- Maintaining social distancing
- Covering your mouth and nose with a cloth face cover when around others.
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Cleaning AND disinfecting frequently touched surfaces daily.
- Staying home with you are sick.

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Infection Prevention

Hand hygiene is a key expectation in patient safety for preventing the spread of infections. It is the responsibility of every caregiver to utilize appropriate hand hygiene practices- every time, every touch. At PeaceHealth we "wash-in" or gel when entering a patient room and "wash-out" with either gel or soap and water when leaving. The following information provides other expectations of hand hygiene required of our caregivers.

Your 5 Moments for Hand Hygiene

1. **Before touching a patient (Wash-in)**
   When? Clean your hands before touching a patient when approaching him/her.
   Why? To protect the patient against harmful germs carried on your hands.
2. **Before Clean/Aseptic Procedure**
   When? Clean your hands immediately before performing a clean/aseptic procedure.
   Why? To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3. **After Body Fluid Exposure Risk**
   When? Clean your hands immediately after an exposure risk to body fluids (and after glove removal).
   Why? To protect yourself and the health-care environment from harmful patient germs.
4. **After touching a patient**
   When? Clean your hands after touching a patient and her/his immediate surrounds, when leaving the patient's side.
   Why? To protect yourself and the health-care environment from harmful patient germs.
5. **After touching patient surroundings (Wash-out)**
   When? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving- even if the patient has not been touched.
   Why? To protect yourself and the health-care environment from harmful patient germs.

   World Health Organization, Patient Safety, Save Lives- Clean Your Hands

Glove Use Reminders:

Wearing gloves does not replace the need for hand hygiene. Gloves can protect both patients and caregivers from exposure to infectious agents.

Gloves should be worn as a single use item for:

- Each invasive procedure
- Contact with sterile sites and non-intact skin or mucous membranes
- Any activity that has been assessed as carrying a risk of exposure to blood, body substances, secretions and excretions

Gloves should be changed:

- Between patients
- During the care of a patient, to prevent cross-contamination from dirty to clean body sites, e.g., enteral to central line site
- If the patient interaction includes touching equipment that is transported room to room, e.g., glucose meter

Hand hygiene is required with glove use at these times:

- Before putting on gloves
- Immediately after removing gloves
- In between the "5 Moments" while caring for a patient
- Do not apply hand hygiene products to gloves

Help each other to be successful:

- Assume positive intent
- Have each other's backs. It's ok to ask or speak up:
  - "Can I help you with that while you wash your hands?"
  - "I'd like you to remind me to do hand hygiene; may I remind you too?"
- Focus on safety

Personal Protective Equipment (PPE)

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN
- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist
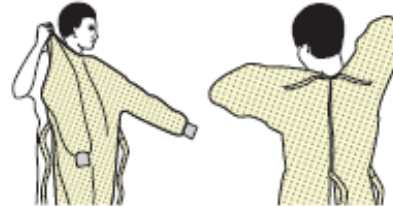
2. MASK OR RESPIRATOR
- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator

3. GOGGLES OR FACE SHIELD
- Place over face and eyes and adjust to fit

4. GLOVES
- Extend to cover wrist of isolation gown
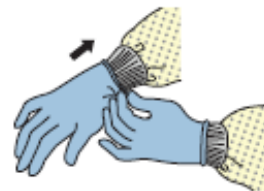
USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION
- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

CDC

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HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)
EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container

2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container

5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE
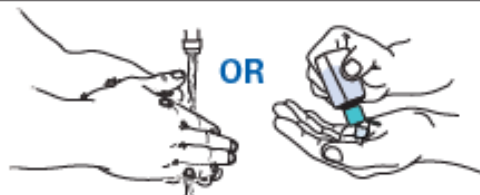
OR

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

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HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container
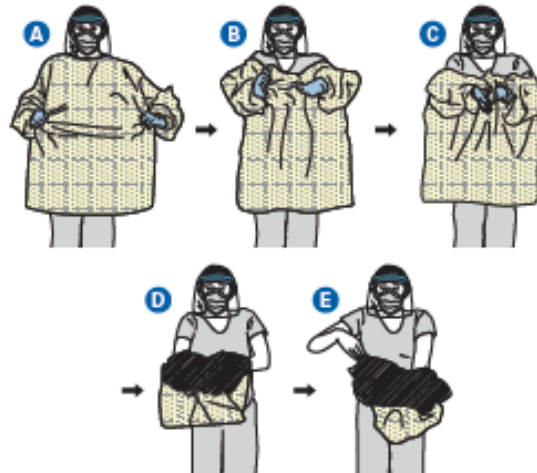
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container

4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE
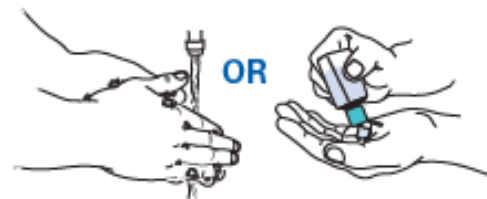
OR

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

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Resource

All students and instructors will be expected to review the PeaceHealth online web site, KNOW Coronavirus, regularly for updated information related to COVID-19. The web site is located on the Crossroads Home Page.

STUDENT SUPPLEMENTAL DISCLOSURE

Instructions to student: print, sign and return this page to your student placement coordinator at PeaceHealth

I am a student enrolled in a healthcare program seeking clinical education at a PeaceHealth facility, an operating division of PeaceHealth, a Washington nonprofit corporation (hereinafter referred to as the "Clinical Facility").

I represent and warrant to the Clinical Facility that the following information and requirements have been acknowledged:

- Supplemental educational material specific to COVID-19 provided by the Clinical Facility have been received and reviewed.
- Hospital issued masks will be expected to be worn during the time while on site.
- Access to facilities will be through employee access sites that will require a temperature check and a brief health history specific to COVID-19 symptoms and travel. Clinical Placement Coordinators will provide directions to these entrances during the onboarding process.

Signature:

Print Name:

Date: