

Infection Prevention continued

COVID-19 Information



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

Lane County Public Health

Phone: **541-682-1380**, 8 a.m.–5 p.m.,
Monday-Saturday

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.



PeaceHealth



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.

Infection Prevention continued

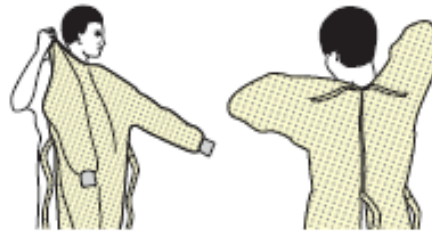
PPE Donning (putting on)

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



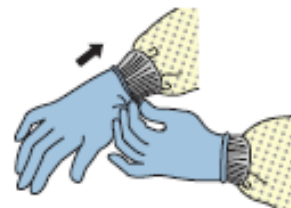
3. GOGGLES OR FACE SHIELD

- 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



Infection Prevention continued

PPE Doffing (taking off) Example 1

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

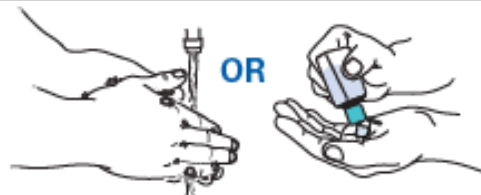


4. MASK OR RESPIRATOR

- 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



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



Infection Prevention continued

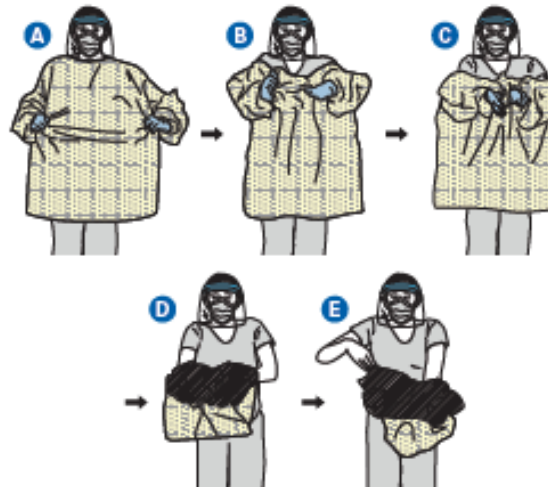
PPE Doffing (taking off) Example 2

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

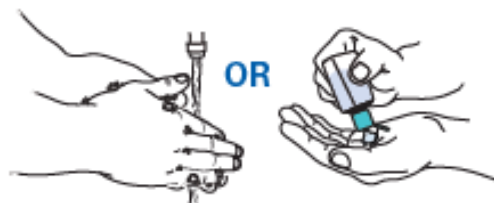


3. MASK OR RESPIRATOR

- 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



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

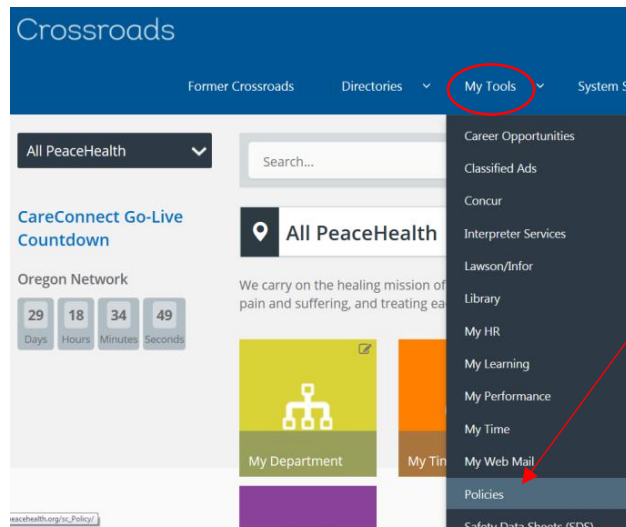


Resources

Policies

Policies

From “Crossroads” click on “My Tools” on the upper tool bar and then scroll down the menu to “Policies”



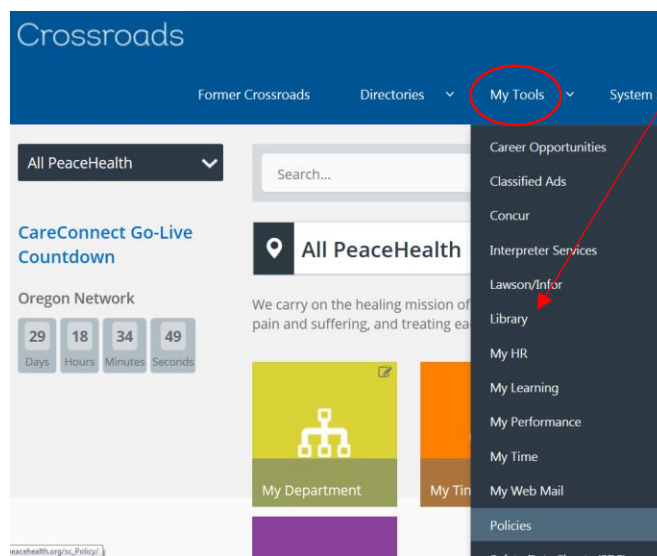
REQUIRED POLICY REVIEW

Immediately upon beginning an on-site experience at PeaceHealth, please use the instructions above to review the following policies (you will be accountable for the information while at a PeaceHealth facility):










- Serious Safety Event #101.387.9
- Workplace Violence Prevention #101.356.42
- Infection Prevention:
 - Infection Prevention and Control #SYS.82.17
 - Standard Precautions #101.82.1

Additional Helpful Resources

From the Crossroads Home Page, go to “My Tools” and scroll down the menu to “Library”



Facility Specific Additional Information

<i>Alaska</i>	<i>Washington</i>	<i>Oregon</i>
Ketchikan Medical Center- Ketchikan, Alaska  2017.Ketchikan	St. Joseph Medical Center- Bellingham, Washington  2017.Bellingham	Sacred Heart RiverBend- Springfield, Oregon  SHMCs.docx
	Peace Island Medical Center- Friday Harbor, Washington	Sacred Heart University District- Eugene, Oregon  SHMCs.docx
	United General Medical Center- Sedro-Woolley, Washington  2017.UnitedGeneral	Cottage Grove Medical Center- Cottage Grove, Oregon  CGCH.docx
	St. John Medical Center- Longview, Washington  2017.Longview	Peace Harbor Medical Center- Florence, Oregon  Florence.docx
	Southwest Medical Center- Vancouver, Washington  2017.SWW	

Thank you for taking the time to read the orientation material. While in a PeaceHealth facility, you will be responsible for this information. If you have any questions, please ask your supervisor, manager, preceptor or educator. We hope you enjoy your experience at PeaceHealth.

