

Precaution Education for Visitors

COVID-19 is a contagious respiratory illnesses caused by infection with a new coronavirus (called SARS-CoV-2). People with COVID-19 have had a wide range of symptoms that may appear two-14 days after exposure. These are some of the possible symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Call 911 and seek emergency care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and/or bluish lips or face.

Precautions – what are they?

WHAT

- **Hand washing - #1 prevention.** Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. Put your used tissue in the trash. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- **Wearing personal protective equipment (PPE)** when needed.

WHY

- Protect ourselves and others such as visitors, staff and patients from getting sick.

Campbell County Health

Excellence Every Day



What is needed to stay safe?

- In all CCH facilities wearing a face covering is required for **everyone** – patients, visitors, employees, volunteers, etc.
- Hand washing or sanitizing is required before and after visiting a patient.
- Limiting the number of surfaces we touch.
- Visiting only necessary departments to decrease unnecessary traffic in halls and departments.
- Excusing visitors during patient procedures that may spread disease to them.
- Practicing safe social or physical distancing: stay at least 6 feet (about 2 arm lengths) from other people who are not from your household in both indoor and outdoor spaces.
- Consider getting the COVID-19 vaccination. Speak with your healthcare provider about your options. [cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/index.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/index.html)



Staying Safe When Visiting

Each illness and disease require different protective equipment; CCH staff will help you with the necessary equipment to ensure the best protection.

Equipment may include:

- face mask
- face shield or goggles
- isolation gown
- gloves
- bonnet
- shoe covers



Protective Equipment PUTTING IT ON

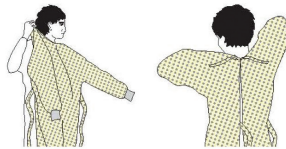
We will help you

Sequence for donning PPE

The type of PPE will vary based on the level of precautions required; e.g., Standard and Contact, Droplet or Airborne Infection Isolation.

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



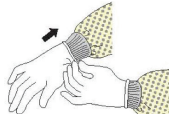
3. Goggles or Face Shield

- Place over face and eyes and adjust to fit



4. Gloves

- Extend to cover wrist of isolation gown



Use Safe 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

Protective Equipment TAKING IT OFF

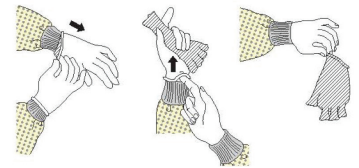
We will help you

Sequence for removing PPE

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

1. Gloves

- Outside of gloves are contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container



2. Goggles or Face Shield

- Outside of goggles or face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container



3. Gown

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



4. Mask or Respirator

- Front of mask/respirator is contaminated – DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove
- Discard in waste container



Perform Hand Hygiene Immediately After Removing All PPE