Precaution Education for Visitors

SUMMER 2020

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.

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.

How far can a sneeze travel?

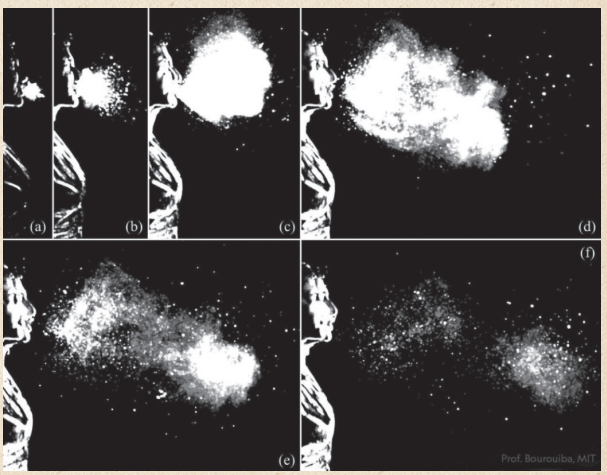
High-speed video images recorded at 1,000 frames per second show saliva and mucus from a sneeze traveling at nearly 100 mph and traveling as far as 27 ft.

Frames expressed as time in seconds:

a. 0.006 seconds
b. 0.029 seconds
c. 0.106 seconds
d. 0.161 seconds
e. 0.222 seconds
f. 0.341 seconds

A study conducted by Ydia Bourouiba, Massachusetts Institute of Technology, April 17, 2020

https://www.nationalgeographic.com/science/2020/04/coronavirus-covid-sneeze-fluid-dynamics-in-photos/

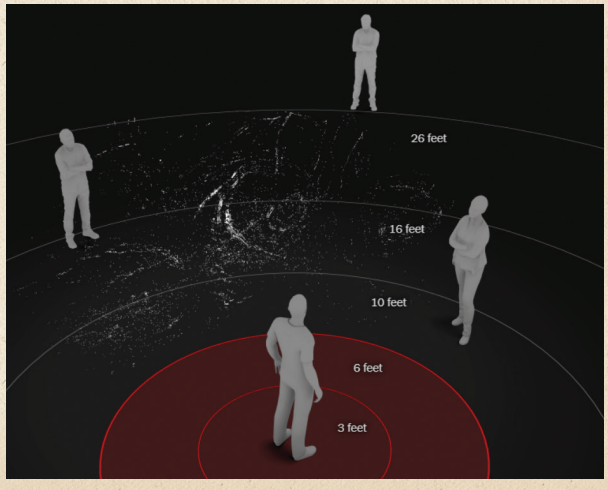


How far can a cough travel?

Video simulation shows heaviest coughs release about a ¼ teaspoon of fluid and in a 600 sq ft room this image portrays the travel of the droplets in approximately 1 minute.

A study conducted by Yuliya Parshina-Kottas, Bedel Saget, Karthik Patanjali, Or Fleisher and Gabriel Gianordoli with the Kyoto Institute of Technology, published in The New York Times, April 14, 2020

https://www.nytimes.com/interactive/2020/04/14/science/coronavirus-transmission-cough-6-feet-ar-ul.html



Campbell County Health

Excellence Every Day

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

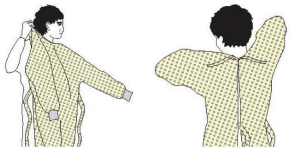
Protective Equipment
PUTTING IT ON

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

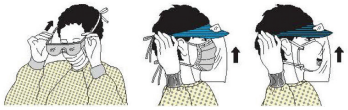


- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist

2. Mask or Respirator

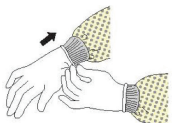
- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator

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

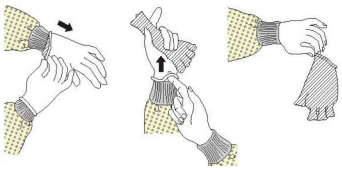
Protective Equipment
TAKING IT OFF

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



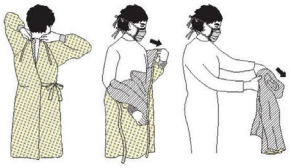
- Outside of gloves are contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container

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