

COVID-19 Response

April 28, 2020 5:00 PM CT

Transition from Work to Home: Guidance for Associates providing care to COVID Patients

Purpose:

Ascension is committed to the safety and wellbeing of our associates and their families. Below are basic steps that will help you as you transition between work and home. Most of these measures are applicable to those working in the clinical environment, however some of them can also be applied to the non-clinical work force as well. See also Appendix A suitable for posting.

Before Coming to Work:

- Disinfect phone, ID Badge/lanyard, eyewear and any work items (like your stethoscope) regularly.
- Stock car with disinfecting wipes and alcohol-based hand sanitizer.
- Pack lunch in a disposable sack / container or use bag that can be disinfected.
- Wear clean uniforms, scrubs as assigned or easily washable street clothes.
- Tie back or secure hair.
- Keep fingernails short and clean per local hand hygiene policies.
- Consider eyeglasses over contact lenses to avoid contact with eyes.
- Conduct Associate and Occupational Health (AOH) Screening app before reporting to shift.

While at Work:

- Perform hand hygiene before and after each patient and when touching new surfaces.
- Avoid handshakes or high-fives.
- Disinfect lunch space before and after eating.
- Disinfect the environment frequently, including outside the patient care areas, work stations, electronic devices, etc.
- Practice physical distancing in break rooms, cafeterias, etc. if possible.

- Do not share headsets or other personal devices with others.
- Store personal belongings in a locker or non-patient care area.
- Wear appropriate Personal Protective Equipment (PPE) as directed.
- Practice Universal Masking while in the hospital or clinic.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If you start to feel sick at work (feverish, cough, etc.) report immediately to your supervisor to go home. Follow appropriate Associate Health policy.

Prior to Leaving Work:

- Wash your hands with soap and water or hand sanitizer.
- Put on a clean face mask (cloth acceptable) for 'Population Masking'.
- Disinfect phone, ID badge/lanyard, eyewear and any work supplies; leave what you can at work.
- Handle regularly contaminated items (shoes, work bag, work clothes) with care.
- If appropriate, remove hospital laundered scrubs at work and deposit them in returned scrubs receptacle.
- Place scrub and white coats in your "dirty clothes" bag in the trunk of your car or directly into the washing machine when you get home.

Once Home:

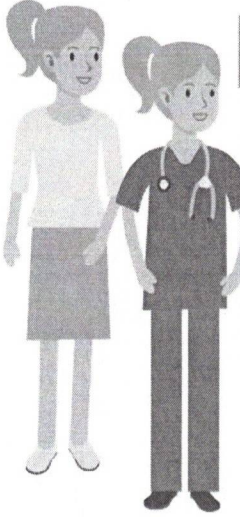
- Wash scrubs, lab coats and any other attire (ex: cloth hair bonnet) with detergent.
- Leave work shoes in your car trunk, outside the home or in your garage.
- Shower immediately after arriving home or as soon as possible.
- If reusable lunch bags: empty and disinfect inside and out.
- Practice good hand hygiene.
- Stay home if you are sick. Contact supervisor prior to returning to work.
- Remember to take care of yourself. Refer to the [Associate Self Care](#) site for more information.

Appendix A:

https://drive.google.com/drive/folders/1S11_lpFCBcK8sOoDAGvA28cgUSPahXg8

KEEPING OUR HEROES SAFE

COVID-19: How can I protect myself and my family?



At work

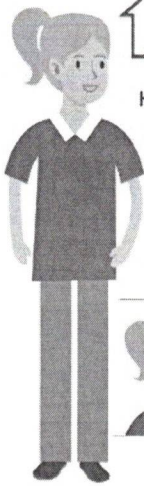
Follow PPE recommendations

Preparing for work:

- Always have a clean set of scrubs/work attire ready.
- Pull back medium to long hair.
- Leave all jewelry at home.
- If you wear contacts, consider glasses to decrease the need to touch your face.
- Prepare clean clothes and shoes to change into after work.
- Prepare dirty clothes bag.
- Stock car with disinfecting wipes and hand sanitizer.

Before leaving work:

- Consider changing into clean clothes and shoes at your discretion.
- Disinfect phone, ID badge, eyewear and any work supplies (like your stethoscope) regularly.
- Wash hands with soap and water or hand sanitizer.



At home

Hand washing prayer







Whether at home or at work, by yourself or with family, practice hand washing with this prayer. Repeat slowly ten times during hand washing:

Renew my heart, my mind, my body, and my spirit.




Cover your mouth and nose


with a cloth face cover when around others.


Additional prevention measures


-  Wash your hands thoroughly and often.
-  Do not touch your face.
-  Cover your cough and sneezes and wash your hands after.
-  Practice social distancing (6ft).
-  Clean and disinfect objects and surfaces that are frequently touched.
-  Stay home if you are sick.

Support Utilize:

-  Ascension Benefits
-  Associate Well-Being
-  Virtual Peer Support Sessions

Scan for Associate Well-Being Resources 

For additional resources, please refer to the CDC website. 

 Ascension

References:

[How to Protect Yourself & Others](#)

[Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)

[Checklist to Get Ready](#)