

PROTECT YOURSELF

The best way to prevent contracting COVID-19 is for us to follow appropriate precautions to prevent the transmission and spread of the virus. Break rooms now evaluated and signs posted to include limited number of employees at a time to eat on a break. These numbers may vary based on the size of the room. If you are not eating and still want to take a break, a facemask must be worn at all times. The virus spreads from close contact so wearing a mask and social distancing has proven to reduce the chance of contracting the virus. Other practices include cleaning and disinfecting frequently touched areas such as nursing stations and break rooms and strict hand washing. Avoid touching eyes, nose and mouth. We all have masks on, however; **our eyes are still vulnerable the use of goggles or face shields can add another layer of protection please speak to your supervisor to obtain goggles**, this is suggested to be worn at all times to prevent unknown exposure from undiagnosed patients. We are still in this together and continue to look for opportunities to lessen our risk and keep our workforce, families and community healthy including new reusable and washable isolation gowns we are excited to increase our level of protection without wasting PPE, look for these coming soon. It is the power of our practices, which create our ability to win the fight.

