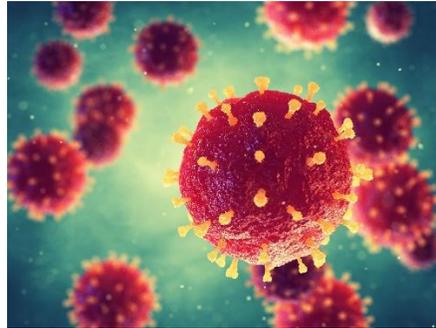


# Mt. Hood Hospice

## COVID-19 (Coronavirus) Information

### Updated 04/09/2021



Mt. Hood Hospice considers the safety and wellbeing of our patients, their families and caregivers, and our staff members a top priority. As concerns about the Coronavirus (COVID-19) continue, we would like to address the preventative actions we can all take to help contain the spread of this illness.

Ways to help limit the impact of this illness:

- **Get the COVID vaccine when it is available to you**
- **Wash your hands often with soap and water for at least 20 seconds**  
*All caregivers and visitors must wash their hands or use hand sanitizer upon visiting patients. While an alcohol-based hand sanitizer that contains 60%–95% alcohol can be used, it is best to reserve those resources for times when soap and water are not readily available. When your hands are visibly dirty, soap and water should be used.*
- **Wear a mask over your mouth and nose whenever you are with someone outside of your household**
- **Practice “social distancing”, that is, keeping 6 ft between yourself and others as much as possible, regardless of the presence of symptoms**
- **Avoid close contact with people who are sick**
- **Avoid touching your eyes, nose, and mouth**
- **Cover your cough or sneeze with a tissue**  
*Be sure to throw the tissue in the trash and wash your hands*
- **Clean and disinfect frequently touched objects and surfaces with disinfecting wipes (such as door handles, touch screens, phones, keyboards, closet doors, handrails, countertops, cabinet knobs, faucet handles, refrigerator and microwave handles, toilet handles, etc.)**
- **Stay home when you are sick, so you do not infect others!**

- **If you have not already done so, consider getting the flu shot.**

*A flu shot is one of the best overall ways to minimize the influenza and its complications, but it is always advisable to consult with your physician first to confirm it is appropriate for you. While the current flu shot may not affect the Coronavirus, it can lessen the risk of the influenza virus, which sickens and hospitalizes thousands of people every year. Influenza remains a current active risk in our community.*

**When Mt. Hood Hospice staff and/or volunteers visit you can expect:**

- Screening questions about your potential exposures to illness
- Screening questions regarding any symptoms you or those close to you may be exhibiting specifically fever >100.4, cough, and shortness of breath. The CDC is also recognizing the following symptoms as potential indicators of COVID-19: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell. Please notify Mt. Hood Hospice of any new symptoms.
- Staff and volunteers will be doing self-screenings and reporting their own temperatures to our Infection Control Nurse prior to seeing patients. They will be asked to stay home if they present symptoms of illness.
- Staff that provide hands-on care (hospice aides and nurses) will be taking patients' temperatures at the start of visits and will wear a mask. If close contact is required (such as transferring, bathing, contact with bedding) they will also be wearing a gown and gloves.
- Staff that do not provide hands-on care will remain at a distance of at least 6 feet from you. Do not take this personally, we must "social distance". We are also practicing this in our office, among other measures, so that in the event we have a staff member fall ill, other staff will remain able to work.
- Ongoing measures to minimize contamination of equipment and patient area (*only bringing necessary equipment and supplies*).
- Ongoing teaching regarding infection control measures
- Ongoing advice regarding preparation for potential exposure
- Staff will be **discouraging people from visiting patients when they are sick** – even the common cold can infect others who may be more vulnerable.

*These measures are in addition to our routine infection control procedures, or "Standard Precautions", that we will continue to employ.*

We are working to ensure additional supportive supplies are stocked and available, if needed. There continues to be a risk for shortages of personal protective equipment (PPE) and many supplies such as hand sanitizer and wipes. We are being deliberate in our use of such items and will be using them as advised by CDC recommendations.

The coronavirus pandemic continues to evolve. People may be infecting others without having any symptoms or known exposures. The way we deliver care to our patients is still adjusted from our normal operating procedures. In doing so we hope to:

- 1) limit your exposure to coronavirus
- 2) limit staff exposure to coronavirus, thereby decreasing potential for subsequent spread to the vulnerable population we serve
- 3) minimize unnecessary use of PPE

Continuation of these practices will largely depend on the degree of risk in Clackamas and Multnomah Counties as well as guidance by the CDC and OHA. If the infection rates are 5% or above in the counties we serve, then our volunteers will not be able to make in-person visits.

We greatly appreciate everyone's cooperation in our efforts to keep our patients, families, caregivers and staff, as well as our greater community, safe. We realize that during this time, we all need to work together to protect the health of those most vulnerable.

Thank you,

*Your Mt. Hood Hospice Team*

Recommended resources:

[www.cdc.gov](http://www.cdc.gov)

[www.oregon.gov/oha](http://www.oregon.gov/oha)