

# COVID Patient Visitation Instructions

Kaweah Health Medical Center (Kaweah Health) understands patients need support during this difficult time, and the need to have a loved one close by. Kaweah Health is committed to allowing visitor(s) per the most recent protocol.

Prior to each visit with your loved one, you will be checked in and given a surgical mask (if not wearing one already).

## Knowing Your Risk

Kaweah Health would like to let you know you are at risk of acquiring COVID-19 by visiting any patient who has tested positive for COVID-19. The best way to prevent illness is to avoid contact with people who are sick with this virus, and to receive a COVID-19 vaccination. The virus is spread mainly from person-to-person by:

- Close contact within six feet of one another.
- Respiratory droplets produced when an infected person coughs, sneezes, or talks.
  - These droplets can land in the mouth or noses of people who are nearby, and possibly be inhaled into the lungs, or by touching your face with your hands that may be contaminated with COVID -19.
  - Masks are not 100% effective in preventing contact with these droplets.

## Protecting Yourself

During your visit, Kaweah Health will give you personal protective equipment that includes a mask. Visitors will not be allowed if unable to wear personal protective equipment.

How to put on your personal protective equipment:

1. **Perform hand hygiene using hand sanitizer.**
2. **Must wear a well-fitted surgical mask provided at hospital entrance.** Make sure mask is covering your nose and mouth. If mask has loops, hook around your ears. If mask has ties, secure on crown of head (top tie) and base of neck (bottom tie).
3. **Perform hand hygiene.**

**While in the room, please reduce the chance of spreading the virus BY:**

- Not removing your mask
- Not bringing in any personal items (purse, bags)
- Limiting close contact (no hugging or kissing)
- Not eating or drinking in the room
- Not scratching, rubbing, or touching your face
- Limiting touching surfaces

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How to leave the room and remove your personal protective equipment:

1. **Call the unit staff** and let them know you are leaving. All staff are happy to show you how to take off personal protective equipment.
2. **Perform hand hygiene using hand sanitizer.**
3. **Exit the patient room.** Close the door behind you.
4. **Perform hand hygiene.**
5. **Remove and throw away the surgical mask.** Do not touch the front of the surgical mask. Carefully untie (or unhook from the ears) and pull away from face without touching the front.
6. **Perform hand hygiene.**
7. **Put on new surgical mask to exit the building.**
8. **Perform hand hygiene.**

Websites for reference

Centers for Disease Control and Epidemiology (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

World Health Organization (WHO):

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub>

California Department of Public Health (CDPH):

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

\*Fully vaccinated is defined as >14 days since completion of initial vaccine series. Pfizer and Moderna require two vaccinations. Janssen/Johnson & Johnson require one.

- Booster dose is strongly encouraged for best protection from severe illness.

# At Home Watch & Monitor Your Symptoms

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. Using personal protective equipment in the rooms lowers your risk of exposure but we recommend you continue to monitor yourself for potential symptoms.

People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is not all inclusive. Please talk to your medical provider for any other symptoms that are severe or concerning to you.

## When to Seek Medical Attention

If you have any of these emergency warning signs\* for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please talk to your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency:** Tell the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering.