



COVID-19 Newsletter – March 19, 2020

The Not-For-Profit Hospital Corporation commonly known as United Medical Center (“UMC”) is dedicated to the health and well-being of the individuals and communities entrusted in our care. The medical staff, UMC Executive leadership team, and the hospital’s Board of Directors are committed to providing continuous and safe quality care and truly thank you for all of your outstanding team work to implement the visitor restrictions and patient screening to help manage the spread of COVID-19 (“coronavirus”). Your participation in the process to operationalize the new steps to keep patient, visitors, and staff safe is appreciated, and your support of our commitment to quality patient care is very important.

We recognize that we have disseminated many communications and new policies over the past week and are working to streamline the flow of information. The goal of this newsletter is to provide comprehensive information on one document to make sure everyone at UMC is informed and in compliance with new policies and procedures as we continue to do our part to stop the spread of the Coronavirus.

TEMPORARY VISITOR GUIDELINES

The NFPHC CNMC-SNF and Intensive Care Unit are closed to all visitors unless preapproved by a physician or the SNF Administrator for medical necessity or end of life care.

In response to the Coronavirus/COVID-19, UMC has taken Precautions to Ensure Safety for our Community

Given this important goal, we have instituted new practices to screen patients and visitors. All visitors are required to answer screening questions and obtain a visiting pass from the security desk. Additional visitors or children under 18 are not permitted to enter the facility or to wait in lobbies or common areas, including any/all areas of the hospital/entity-lobbies, waiting areas, common spaces, chapels, cafeteria and/or any other areas within the care location. All visitors and patients will be directed to use specific entrances. Patients will be limited to 1-2 visitors at a time.

For example:

- **NO visitors will be allowed in the Skilled Nursing Facility (SNF) or Intensive Care Unit (ICU);**
- **you are visiting the emergency department only one visitor is allowed;**
- **If you are visiting the behavior health unit only one visitor is allowed from 10am – 12pm;**
- **If you are visiting the 5West and 8 West areas only two visitors are allowed from 10am – 12pm and 6pm - 8pm;**
- **If you are visiting patients under investigation only one visitor is allowed. Additionally, you MUST be provided personal protective equipment prior to entering the patient’s room.**

Visitors under 18 are not permitted in any care location

INFECTION PREVENTION (IP) UPDATES –

What Does It Mean to Flatten The Curve? – Graphic Explained (link to video)

All employees should continue to practice good hygiene everyday

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- [Avoid touching your eyes, nose, and mouth](#). Avoid sharing food too.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash

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This memorandum highlights recent Center for Disease Control (CDC) publication Coronavirus Disease

(COVID-19) Updates March 10, 2020-Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings.

Coronavirus transmission is by droplets from person to person in close contact, defined as being within approximately 6 feet for a prolonged period of time.

A COVID-19 suspected or confirmed case should be admitted to a single room with a private bath if possible and placed on droplet/contact precautions. Persons entering the room should wear a mask (N95), face shield or goggles, gown and gloves.

The physician can request negative pressure isolation according to the needs of the patient.

Negative pressure isolation rooms are used for patients suspected of tuberculosis, measles or varicella.

HEP A filter units are used if aerosol-generating procedures are performed; this may be required of any patient independent of COVID-19.

March 16, 2020

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

Standard Precautions should be used and are based on the principles that all blood, body fluids, secretions, except sweat, non-intact skin, and mucous membranes may contain transmissible infectious agents. For example, personal protective equipment (PPE) a facemask and eye protection

should be worn during the care of a patient if splashes, sprays, or coughs could occur during the patient encounter. **Wearing mask in hallways and non-patient contact areas should be avoided.**

Persons who work in the emergency room may wear surgical mask due to the increase volume of persons presenting with respiratory symptoms who need to be assessed before a diagnosis is made.

Healthcare personnel (HCP) who enter the room of a patient with known or suspected COVID-19 should adhere to Standard Precautions and use a respirator (N95 mask) or facemask, gown, gloves and eye protection. When available, respirators (N95 masks) are preferred; they should be prioritized for situations where respiratory protection is most important.

Healthcare personnel should perform hand hygiene before and after all patient contact, contact with potentially infectious material, and before putting on and after removing PPE, including gowns or gloves. Hand hygiene to be used on dry hands with a 60% - 95% alcohol based hand rub or hand hygiene should be performed with soap and water for 20 seconds if hands are visibly soiled.

Patients with known or suspected COVID-19 should be admitted in a private room with the door closed. Airborne Infection Isolation Rooms or rooms equipped HEPA filtration should be reserved for patients who will undergo aerosol-generating procedures.

Healthcare personnel should follow basic infection control practices between patients (e.g. hand hygiene, single use equipment is preferred, cleaning and disinfecting shared equipment).

Limit transport and movement outside of the room to medical essential purposes. Patient should wear a facemask to contain secretions during transport. If patient cannot tolerate a facemask or one is not available, they should use a tissue to cover their mouth and nose.

EVS personnel should wear all recommended PPE when entering a room with COVID-19 patient; perform hand hygiene before and after removing PPE. After discharge or transfer of the patient; terminal cleaning is performed. EVS personnel should refrain from entering the vacant room for 1 hour.

The hospital will continue to handle medical waste and linens with the appropriate PPE and the coverage of medical waste and linens at all times. [For additional tips for healthcare professionals visit the CDC Website HERE.](#)

Medical Staff

On March 16, 2020 the Medical Executive Committee (MEC) voted and approved the following:

1. Primary Clinics will remain open to provide necessary care and to support the Emergency Room. Patients shall have access to specialty services by calling the Clinic Call Center (202-574-6141) to request an appointment.
2. All elective surgeries shall be cancelled effective March 17, 2020. Only emergency surgeries and surgeries deemed medically necessary "urgent acute" shall be performed.
3. The MEC voted to approve a process to credential practitioners during an emergency. The MEC established a set of clinical priorities to help ensure the readiness for COVID-19

Nursing & Human Resource Departments

All UMC Departments including Nursing have been asked to submit revised staffing patterns that will address a possible influx of patients. More information will be released once the updating staffing patterns are approved.

Administration

A telework policy shall be released today for departments to develop a plan for approval. All decisions shall be based upon the UMC vision:

- UMC is efficient, patient-focused, provider of high quality healthcare and the community needs.
- UMC will employ innovative approaches that yield excellent experiences.
- UMC will improve the lives of District residents by providing high value, integrated and patient-centered services.
- UMC will empower healthcare professionals to live up to their potential to benefit our patients; and
- UMC will collaborate with others to provide high value, integrated and patient-centered services.

We are dedicated to maintaining excellence, integrity, and professionalism in all aspects of our operations and how we conduct business. We shall communicate often as we move through this experience.

Community Resources

The Hospital Board of Directors and Executive Leadership Team recognizes that you are more than an employee and that as much as you care for our patients, staff, and visitors you must also care for your families at home. Below are local resources and information to assist you as you deal with the realities of the Coronavirus outside of the walls of UMC.

Physical and mental health is extremely important, especially during stressful and uncertain times. Feeling anxious, stressed, scared, and/or worried are normal reactions to the unknowns about this virus, and to things that feel outside of our control.

If you find the emotions you are experiencing are impacting your daily life and functioning, reach out for help using professionally trained mental health experts. It's free of charge and open to anyone via www.inova.com/eap.

All UMC Employees have access to [GuidanceResources](#) (UMC Web ID: EAPComplete) or by dialing 1-877-595-5284. Guidance Resources provides information for personal and work-life issues including:

- Confidential Counseling
- Financial Counseling
- Online Will Preparation
- Legal Support
- Work-Life Solutions (Child-care, college planning, moving & relocation, etc.)

You can access additional mental health support from your respective health plan as well:

CareFirst BlueCross BlueShield

- Available 24/7 soothing music and relaxation videos to help break free from stress, unwind at the end of the day or ease into a restful night of sleep
- Yoga and meditation videos
- Airplay functionality using AppleTV
- Relax 360° can be viewed in virtual reality experience
- Visit carefirst.com/sharecare to register

The Capital Area Food Bank will continue to serve individuals in the DMV who are food insecure during these uncertain times information is available at:

<https://www.capitalareafoodbank.org/covid19response/> or by calling (202) 644-9800.

Physical Fitness – YMCA at <http://www.ymca360.org>– Free access to 60 online videos.

Online Learning – Online courses from various colleges and universities at <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

Art - Free Frida Kahlo Art Exhibit by Google at artsandculture.google.com or Various Museums at Adventuresinfamilyhood.com

District Residents:

- For the latest developments visit: coronavirus.dc.gov or contact DC Health: (202) 576-1117 (8:15am – 4:45pm)

Meals for students in the District are available on weekdays from Monday, March 16th – Tuesday, March 31st from 10am – 2pm. See below for city- wide locations:

School Name	Address	Ward
Anacostia High School	1601 16th Street SE	8
Ballou High School	3401 4th Street SE	8
Banneker High School	800 Euclid Street NW	1
Brookland Middle School	1150 Michigan Avenue NE	5
Cardozo Education Campus	1200 Clifton Street NW	1
Columbia Heights Education Campus	3101 16th Street NW	1
Coolidge High School	6315 5th Street NW	4
Eastern High School	1700 East Capitol Street NE	6
Jefferson Middle School	801 7th Street SW	6
Kelly Miller Middle School	301 49th Street NE	7
Kimball Elementary School	3375 Minnesota Avenue SE	7
LaSalle-Backus Education Campus	501 Riggs Road NE	4
McKinley Education Campus	151 T Street NE	5
Stanton Elementary School	2701 Naylor Road SE	8
Walker-Jones Education Campus	1125 New Jersey Avenue NW	6
Woodson High School	540 55th Street NE	7

Maryland Residents:

- For the latest updates visit: <https://coronavirus.maryland.gov/> or

Charles County	301-609-6900	301-932-2222
Montgomery County	240-777-1741	240-777-4000
Prince George's County	301-883-7834 301-883-7879	301-883-4748 301-883-7879

Meals for students in Prince George's County will be served while public schools are closed until March 27th:

- Andrew Jackson Academy
- Benjamin Tasker Middle School
- Buck Lodge Middle School
- Carmody Hills Elementary
- District Heights Elementary
- Drew-Freeman Middle School
- Dwight D. Eisenhower Middle School
- Hillcrest Heights Elementary
- Frank Dent Elementary
- John Bayne Elementary
- Judge Sylvania Woods Elementary
- Kenmoor Middle School
- Langley Park McCormick Elementary
- Longfields Elementary
- Martin Luther King Jr. Middle School
- Nicholas Orem Middle School
- Port Towns Elementary
- Samuel Chase Elementary
- Stephen Decatur Middle School
- Suitland Elementary
- Templeton Elementary
- Thurgood Marshall Middle School
- Walker Mill Middle School
- William Paca Elementary
- William Wirt Middle School

Virginia Residents:

For the latest updates visit: <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/> or

Virginia	Telephone #
Arlington County	703-228-5580
Alexandria County	703-746-4996
Fairfax County	703-534-8343 703-569-1031 703-246-7100 703-704-5203
Prince William County	703-792-7300

Alexandria Public Schools will be providing emergency meals at no cost for any child under 18 and/or enrolled in high school *and* any family who needs it - including free delivery.

There are two ways to access food while schools are closed:

1. Individual Meals to Go: Any child between the ages of 2 and 18 - whether or not they are eligible for Free or Reduced Price Meals - can pick up a meal to go in a bag. Stop by the Chinguapin Drive side of T.C. Williams High School (door 14) between 8 a.m. and 1 p.m. to pick up a meal-to-go (8 a.m. - 10 a.m. for breakfast and 11 a.m. to 1 p.m for lunch). You do not need to fill out any forms to pick up a meal-to-go.
2. Family Meal Packs: You can order a family meal pack online and pick it up at the drive through pick-up point outside Chinguapin Recreation Center (Chinguapin Drive side of T.C. Williams High School, door 14) between 8 a.m. and 1 p.m the following day. If transportation is an issue, please remember to check the box to request free meal delivery. [Fill out the form to request a family meal pack.](#)

For food pantry locations and schedules in Alexandria, visit www.hungerfreealexandria.com or call 703-662-1067.