



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 20, 2020

Weekly Update

Recommendations for cleaning during the COVID-19 outbreak



There is much to learn about the novel coronavirus that causes coronavirus disease 2019 (COVID-19). Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

General Recommendations for Routine Cleaning and Disinfection of Households

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty

surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Community members can practice routine cleaning of frequently touched surfaces (for example: tables, door-knobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

General Recommendations for Cleaning and Disinfection of House-

EVENTS CALENDAR

April 10: Blood Drive HVCH Meeting Room

A blood drive will be held in the HVCH meeting room from 9 a.m. to 3 p.m. Call 740-380-8218 to schedule a time to donate.

INSPIRATIONAL QUOTES OF THE WEEK

"You're going to go through tough times - that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events."

—Joel Osteen

"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own."

—Michelle Obama

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."

—Albert Einstein

Direct to You: From Latricia Johnston

“The human spirit is stronger than anything that can happen to it,” C.C. Scott. In a world that practically overnight has turned topsy-turvy and very fluid, there can be moments it is hard to find calmness and peace. This quote I recently saw on Facebook, as many people are struggling to remind themselves and one another, “this too shall pass.”



Latricia Johnston,
Chief Public
Relations Officer

last evening when I delivered dinner to my parents, and did not go inside. We sat outside (6 ft apart) on their porch and chatted about how life has changed in a matter of days. And when it came time to leave, I could not even hug them or kiss their beautiful faces.

After mourning the situation and admitting that for the time being life is “different,” I had a come to Jesus meeting with myself. I was reminded despite all of the uncertainty, you can still find peace in times of trouble. While we may have to dig deep to find them, there are still “constants” in our life and we need to cling to them.

The melody of the songbird is still there each morning if you listen. Let it fill you. The sky is always blue and the sun is always shining behind the clouds. May the anticipation of seeing it each new spring day warm our souls. While the Pastoral Care Team is temporarily suspended at HVCH, the Chapel remains and your faith is still present. Make a point to visit it and renew your strength with a time of quietude. Escape the continual questions that flood our minds by getting outside and breathing in fresh air

It can be a very frightening time for all of us. The global financial impact that Coronavirus is having, you can’t really hide from if you wanted to. Many are spending extra on necessities to ensure they have medications or food and supplies for the next couple of weeks. Others are doing this and delivering them to parents and grandparents in an effort to prevent spread of disease to an elderly population, while some are doing this for children due to loss of jobs.

The list continues to grow of restaurants and businesses that are temporarily closing or offering only drive through options. My heart hurt



Grateful patient shows appreciation

The HVCH Outpatient Surgery Department recently received a gift of appreciation from a grateful patient. Carolyn Sue Davis received exceptional care during her routine colonoscopy. She was grateful for the follow up phone call after the procedure and a signed card from the surgery staff. Carolyn said “I prayed for an opportunity to encourage someone. I want to thank the entire staff. They showed me compassion and I was given excellent care. You can tell when someone is sincere, as it comes from the heart!” Pictured are Mary Chorniak & Letha Burrell, receiving heartfelt gifts of appreciation including Penny’s pastries, homemade scarf & cookbook.

HVCH Cafeteria Menu March 23-March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna	Sub Way Your Day Veggie Pizza Potato Salad Pasta Salad Coleslaw Tomato Soup	Taco & Fajita Bar Nachos & Cheese Corn Black Beans Spanish Rice Chili Soup	Chicken Fried	Battered Cod
Chicken			Steak	Chicken N'
Fingers			Macaroni & Cheese	Noodles
Sweet Potato			Mashed	Mashed
Fingers			Potatoes	Potatoes
Cheese Stick			Breaded	Cauliflower
Brussel			Zucchini	Green Beans
Sprouts			Broccoli	Succotash
Garlic Bread			Minestrone	Tomato Soup
Broccoli Soup			Soup	

DIRECT

while walking the HVCH and Osburn & Associates Walking Trail.

Finally, together, let us remind ourselves as a community, we are a lighthouse for each other. In the days ahead, identify ways for your constituents, friends, families and neighbors to be reminded they can lean on you if needed - just like every other day. Stay strong.

PRIMARY ELECTION EXTENDED June 2, 2020

- The Ohio Primary Election has been extended to June 2nd, with an extension of absentee ballot requests through May 26.
- There will be no early in-person voting. Only voters who registered by the primary election deadline of February 18 may vote.
- All votes already submitted will count. It's important that voters who have already submitted their vote by mail or in-person prior to March 17 know that their vote will be counted.

Sheriff's Office New Smart Phone App Feature: COVID-19

The Hocking County Sheriff's Office is pleased to announce a new feature on the Hocking County Sheriff's Office Mobile Phone App: COVID-19 Information.

The COVID-19 pandemic is affecting people on a local, state and national level. In an effort to keep the community informed, this new feature offers up-to-date information on COVID-19 directly from the CDC (Center for Disease Control).

Alerts, links to the CDC's Social Media, Travel Notices, Frequently Asked Questions, and other important information are available using this new feature. Push notifications and alerts are also available.

The Hocking County Sheriff's Office Mobile App is available FREE of charge for Apple and Android phones and tablets. Search "Hocking Sheriff" in the Apple App Store, or in the Google Play Store, to download the app.



United States® Census 2020

The 2020 Census is happening now. Your answers can shape your future. For the first time, you can choose to respond online, by phone, or by mail. Census results help determine how billions of dollars in federal funding flow into states and communities each year.

The results determine how many seats in Congress each state gets.

It's mandated by the U.S. Constitution in Article 1, Section 2: The U.S. has counted its population every 10 years since 1790.

Learn more at 2020census.gov.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Licensed Practical Nurse (LPN) - Behavioral Health Unit - Part Time
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Supervisor - Full Time
- Respiratory Therapist - Contingent/PRN
- State Tested Nursing Assistant (STNA) - Full Time - Dayshift
- State Tested Nursing Assistant (STNA) - Part Time - Nights
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)

VIRUS

holds with People Isolated in Home Care (e.g. Suspected/Confirmed to have COVID-19)

Household members should educate themselves about COVID-19 symptoms and preventing the spread of COVID-19 in homes.

- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- In the bedroom/bathroom dedicated for an ill person: consider reducing cleaning frequency to as-needed (e.g., soiled items and surfaces) to avoid unnecessary contact with the ill person.
- As much as possible, an ill person should stay in a specific room and away from other people in their home, following home care guidance.
- The caregiver can provide personal cleaning supplies for an ill person's room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners and disinfectants.
- If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as practical after use by an ill person to clean and disinfect the high-touch surfaces.

How to clean and disinfect:

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19. Clean hands

UPDATES FROM HVCH

- **Visitor restriction:** No visitation is currently in place. We will evaluate on a case by case basis the need to allow family members to come in, such as for end-of-life situations.
 - ~ The nurse providing patient care will call an indicated family member (with patient permission) to give them a daily update on the patient.
 - ~ The patient's room phone number will be provided so the patient can receive calls whenever they like.
 - ~ If a patient is being admitted from the ED, the visitor can accompany the patient to the inpatient department to assist with answering admission questions and then will be asked to leave.
 - ~ Outpatient Appointments - if a patient brings in a visitor with them for an outpatient appointment, the patient and the visitor will be screened for travel and temperature.
 - ~ ED/Urgent Care - will only limit one visitor with the patient (not interchangeable- only one for the duration).
 - ~ Behavioral Health Unit - we have increased the number of calls the patient is allowed from 2x10 minutes (per day) to 4x10 minutes (per day).
- **Entrances:** During this time of transition, due to constant change of coronavirus guidelines, open entrances could change daily. The Emergency Room entrance will be the only door open after 4 p.m.
- **Screening of Staff:** All staff are required to be screened for symptoms and temperature taken which will be recorded daily at the beginning of the shift.
- **Physical Distancing:** Please respect the 6 feet of physical distancing guideline when possible. The hospital has rearranged waiting rooms to help with this effort.

immediately after gloves are removed. If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.

If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air. Dirty laundry from an ill person can be washed with other people's items.

Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

OUR VISION

To provide extraordinary care close to home now and into the future.

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.