



**Effective immediately:** Visitor restrictions will be in place on our hospital campus until further notice. **Each patient will be allowed one (1) visitor at a time.** Additionally, one (1) visitor every 24 hours will be allowed for patients under evaluation for COVID-19 or who have tested positive unless the patient is imminently at the end of their life. Until COVID-19 no longer poses a public health threat, all patients and visitors will be screened.

All visitors must check in at the front desk, and again at the nurse's station.

Visitors must meet all four (4) of the following criteria:

- Wear a face covering while at the hospital.
- Have a visible Visitor sticker on the upper body.
- Be without COVID-19 like symptoms.
- Follow directions of Nursing and Staff, especially during an emergency event.
- Be over the age of 18, unless the patient is the visitor's legal guardian.

Once visitor is screened by above criteria, visitor will be given a name badge sticker to indicate they have been screened.

Except for transit to and from, visitors are to stay in the patient's room for the duration of their visit.

Visitors must follow staff instructions regarding hand washing and use of personal protective equipment.

Exceptions:

- Clergy/spiritual support personnel as requested by patient or family member will be allowed. Please check in at the front desk and then the nurse's station for further instruction before visiting the patient.

We appreciate your help in keeping patients, visitors and caregivers safe.

Up to date information specific to Idaho regarding COVID-19 can be found at <https://coronavirus.idaho.gov/>

# How To Protect Yourself

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Source: Centers for Disease Control (CDC) at [www.cdc.gov](http://www.cdc.gov)

## Steps to help prevent the spread of COVID-19 if you are sick

**Follow the steps below:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.



- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Call ahead for medical treatment:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Separate yourself from other people in your home, this is known as home isolation
- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.



- Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
- When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See [COVID-19 and Animals](#) for more information.

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

### How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
    - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
      - 
      - - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
- AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
- at least 7 days have passed since your symptoms first appeared
- ***If you will be tested*** to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (without the use of medicine that reduces fevers)  
AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND  
you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).