

# WE STAND FOR SAFETY.

The safety of our patients, faculty, staff, and volunteers is a top priority for University of Iowa Health Care. We have developed policies, protocols, and resources to equip our teams with the tools they need to make every day a safe day.

## Entering and Exiting UI Hospitals & Clinics

To ensure the physical safety of our patients, staff, and volunteers, UI Health Care has limited the number of entrances and exits to the hospital. For the most up-to-date map, please visit [tiny.cc/UIHCMap](https://tiny.cc/UIHCMap).

UI Hospitals & Clinics is now taking temperatures of all persons entering the building—including patients, visitors, contractors, and anyone else who enters. This is to further protect the health and safety of everyone in the building.

Anyone who enters the building must be wearing a face mask, and no-touch walk-by thermal scanners are located at all hospital screening stations.

If fever is detected (100.0°F / 37.8°C or greater, or a subjective fever), you will be given a mask to wear and then directed to call the University Employee Health Clinic for follow-up evaluation.



# Self-Screening for COVID-19 Symptoms

Please be mindful of your own health. It is your responsibility to self-screen before arriving for your volunteer shift. Use this as a guide to monitor for COVID-19 symptoms:

*If you have...*

**ANY of these symptoms:**

- Fever of 100.0°F or greater
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Loss of taste or smell

**OR**

**At least TWO of these symptoms:**

- Headache
- Unexplained muscle pain or body aches
- Chills

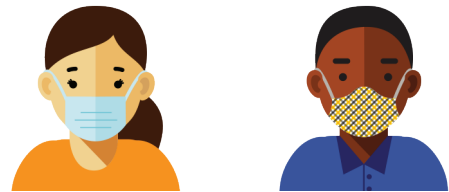
**STAY HOME and call the University Employee Health Clinic at 319-356-3631**

## Personal Protective Equipment (PPE)

All UI Health Care employees, students, learners, volunteers, and contractors must wear a cloth or medical-grade face mask at all times while inside (unless they are alone in a private office), entering, and exiting the facility.

### What face covering should you be wearing?

In all public spaces and when entering and exiting a UI Health Care facility, wear a **cloth or medical-grade face mask.**



In all clinical and patient care areas, wear a **medical-grade face mask.**



Policies regarding PPE are subject to change. Please visit [tiny.cc/UIHCMaskPolicy](https://tiny.cc/UIHCMaskPolicy) for the most up-to-date information.

## Social Distancing to Prevent the Spread of COVID-19

Did you know that six feet can actually go a long way? That's the idea behind social distancing. COVID-19 is spread by droplets, such as from a sneeze or a cough, so putting in a little extra space between yourself and others helps to reduce the likelihood of spread. Some ways you can socially distance include:

- Standing a bit farther back while waiting in lines
- Walking farther apart in hallways
- Talking with someone with more space between you
- Taking the stairs instead of elevators when able

You'll see these stickers on the ground. Use them as a guide to safe social distancing!



### What should I say if someone is standing a bit too close?

*"I'm going to take a few steps back. We're practicing social distancing, which means we stand at least six feet apart. It helps prevent the spread of COVID-19 and keeps us both safe."*

**OR**

*"I say it because I care: six feet apart."*



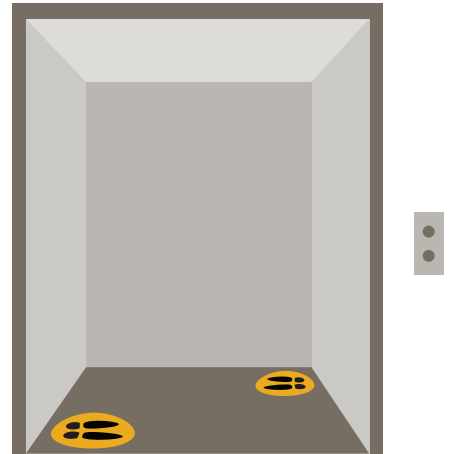
## General Safety and Infection Prevention Best Practices

There are many steps we can take to protect ourselves and those around us, but we can only be successful at safety if we each take it to heart and hold ourselves and each other accountable every day, every time. Because it's the right thing to do.

- Wash your hands often and avoid touching your face.
- Wipe down surfaces with disinfectant wipes often.
- Wipe down shared computer keyboards, phones, door knobs, and other items you frequently touch before using.
- Limit food sharing. There are potential health risks with communal food sharing, and it is strongly discouraged at this time.
- Practice social distancing (6 feet) whenever possible. Consider all opportunities to minimize contact with others.
- Avoid congregating in halls or traveling in groups.
- Limit your use of elevators and take the stairs whenever possible. If you can't keep six feet from others, please be patient and wait for the next elevator.

### Social Distancing

is simple and can help you and others stay safe.



**WE  
STAND  
TOGETHER.**

*The safety of our volunteers, staff, and patients always comes first. Please take care of yourself and your work spaces as we strive to do our best for each other, our patients, and our community.*

## Hand Hygiene and Face Mask Best Practices

In addition to foaming in and foaming out, volunteers are encouraged to wash their hands frequently throughout their shift. Using warm water and soap, be sure to scrub the tops, palms, fingers, nails, and wrists for a **full 20 seconds** before rinsing!

**20 seconds is equivalent to singing...**



**“Happy Birthday to You” twice**

**The chorus to Frozen’s “Let It Go”**

**The ABCs**

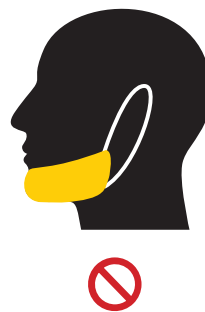
**“Do Re Mi” from The Sound of Music**



## What are some face mask best practices?

There are several steps you should take to make sure you are keeping yourself and those around you safe while wearing your face covering.

- Always wear a clean mask to volunteer - You should clean your mask daily with a non-scented, allergy-free detergent (don’t use dryer sheets!)
- Perform hand hygiene before putting on and after taking off your mask
- Only wear a cloth or medical-grade mask - Neck gaiters, bandanas, and masks with one-way valves are not permitted
- Store your mask in a clean, dry space while not wearing it
- Make sure your mask fits snugly against the side of your face and fully covers both your mouth and nose



### **While volunteering, when do I need to wear my face mask?**

Face masks are required to be worn at all times by all employees, students, learners, volunteers, and contractors. Visit [tiny.cc/UIHCMaskPolicy](https://tiny.cc/UIHCMaskPolicy) for the most up-to-date guidelines.

### **What kinds of face masks can I wear?**

You must wear a cloth or medical-grade face mask. Neck gaiters, bandanas, or masks with one-way vents are not permitted.

### **Why are there plexiglass barriers in certain places throughout the hospital?**

To provide an extra layer of protection, plexiglass barriers have been placed in areas where it may not be as easy to adhere to social distancing guidelines.

### **Why are there “unavailable” chairs in common areas?**

To promote social distancing, some chairs have been labeled “unavailable” to keep everyone safe. Please use an open seat instead.

### **If I see a staff member remove PPE, does that mean I can remove mine?**

Staff members are allowed to remove PPE in certain situations and locations such as break areas. Volunteers are not allowed to congregate or use these spaces in order to keep them decompressed for staff.

### **What are the current visitor restrictions at UI Hospitals & Clinics?**

For the most up-to-date information, please visit [tiny.cc/UIHCRestrictions](https://tiny.cc/UIHCRestrictions).

### **What do I do if I have lost my volunteer ID badge?**

Please email the Volunteer Services staff at [volunteerservices@uiowa.edu](mailto:volunteerservices@uiowa.edu).

### **What do I do if I think I’ve had a high-risk exposure to COVID-19?**

For a detailed description of a high-risk exposure and what to do if you are concerned about symptoms, visit [tiny.cc/UIHHealth](https://tiny.cc/UIHHealth).