



SALMON

HEALTH and RETIREMENT

Keeping Your Family Safe:

We know you're concerned about protecting your family's health, so here's a list of things you can do to limit accidentally infecting someone at home.

1. Leave all non-essential items, such as tote bags, at home

According to the World Health Organization, there are two main transmission routes for COVID-19: respiratory and contact.

"Droplets may land on surfaces where the virus could remain viable; thus, the immediate environment of an infected individual can serve as a source of transmission (contact transmission)," the website states. Bring only what you need to the workplace, such as IDs and money, to decrease the risk of transmitting the virus when you return home.

2. Take a shower as soon as you get home from a shift

Just as aggressive hand washing prevents transmission via touch, scrubbing in a hot shower will also help get the virus off your body. People working in high-risk areas should shower immediately upon returning home.

3. Disinfect phones, pens, credit cards or anything else brought to work

Current evidence suggests new coronavirus may remain viable for hours to days on surfaces made from a variety of materials. The CDC recommends cleaning visibly dirty surfaces with soap and water prior to disinfection to prevent transmission of COVID-19 in community settings. Here are the guidelines for disinfection, from the CDC website:

"For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Diluted household bleach solutions can be used if appropriate for the surface. Follow the manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted."

4. Bring a change of clothes/shoes to work, change before leaving work/before entering your home

For example: Mary has two children aged 4 and 9 and her own ritual for preventing the spread of COVID-19 to her family. She wears scrubs to work, changes into new scrubs for her shift, then changes back into her original scrubs at the end of her shift to leave work. When she gets home, she changes again before entering the house, throws those scrubs into the washing machine, and immediately showers in hot water.

5. Leave work shoes in a designated place (ideally, the car or garage)

Change your shoes before you get into the car and put them in a bag in the trunk or garage. Clean them weekly with a strong disinfectant.

6. Hold the hugs until you've taken all the steps above

Have a conversation about how COVID-19 is transmitted with everyone you live with, including children. Eliminate miscommunication, in advance, by explaining you need to wait until you disinfect your items and shower before you spend time together.

Consider calling home after a shift to let them know you will be coming in. If there are little ones too young to understand, it may be easier to run straight to the bathroom so they can't interact with you until you've had a chance to shower.

7. Continue to follow the experts

There is misinformation being spread via social media such as Facebook or Pinterest, with "safety hacks" or other ineffective methods of preventing the spread of COVID-19. The two best sources of information at this time are from the CDC or the WHO. If you personally know someone you are 100% sure is a credible expert in epidemiology, you can seek information from them too. Many people "know someone, who knows someone" who is giving information--often with no evidence to back it up. Get the facts directly from credible sources, to protect yourself and your family.

8. Remember to ask for support

The COVID-19 pandemic is increasing anxiety and depression for many people, especially nurses and doctors. Take time to tend to your self-care needs in-between shifts. Trying to maintain normality during the coronavirus pandemic is difficult. Almost everything has changed—where we can go, what we can do, and much, much more. The essential employees at SALMON Health and Retirement are of the utmost importance; they are on the front lines of caring for the sick and vulnerable, all while putting themselves at risk. With such high stress, it is very important for essential employees at SALMON Health and Retirement to take good care of themselves during this time.

And more

Fidelity Investments and the Centers for Disease Control and Prevention (CDC) put together some suggest specific ways essential employees (and others) can manage their stress during the coronavirus pandemic:

- Ease your mind by taking all of the necessary precautions: washing your hands, keeping your hands away from your face, covering your mouth when you cough or sneeze, maintaining social distance where you can, and cleaning and disinfecting frequently touched surfaces.
- Try to eat healthy meals and snacks to keep a clear mind.
- Exercise when you can to relieve stress.
- Reach out to others—connecting with family members and friends strengthens your relationships and helps emotionally.
- Try to give yourself time each day to take a few deep breaths, stretch, and reflect on your thoughts and feelings.
- Get plenty of sleep each night.
- Make time to unwind when you can and participate in the activities you enjoy: read a book, listen to music, etc.

It's necessary and helpful to remember we're all in this trying time together, and can support each other through this process. The entire leadership of our organization applauds and appreciates your willingness to contribute your time and efforts.

If you have any questions, please reach out to your campus human resources specialist.