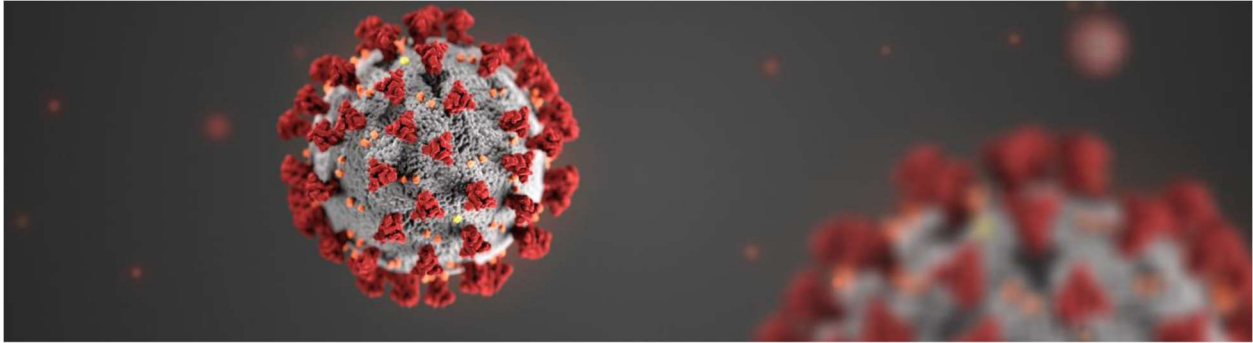


**Mt. Hood Hospice**  
**Covid-19 Information**  
**Updated 7/16/2021**



Mt. Hood Hospice considers the safety and well-being of our patients, their families and caregivers, and our staff members a top priority. As restrictions and mandates have been lifted while more people have been vaccinated, and positivity rates continue to drop, we would like to update our patients and families on preventative actions we can still take to help further contain the spread of the virus.

**Ways to help limit the impact of the virus:**

- If you feel that the Covid vaccine is the best choice for you and/or your family, you can make arrangements to get the vaccine. If not, that is okay. Whether or not to get the vaccine is a personal decision and will not affect your hospice care and services in any way.
- Wash your hands with soap and water for at least 20 seconds:  
*All staff and visitors will wash their hands or use hand sanitizer upon visiting patients. While an alcohol-based hand sanitizer that contains 60-95% alcohol can be used, it is best to reserve those resources for times when soap and water are not readily available. When your hands are visibly dirty, soap and water should be used.*

- Mask mandates have been lifted in most settings; however, hospice staff will continue to wear masks when visiting patients.
- Social distancing mandates have also been lifted in most settings, but hospice staff will continue to observe this, when possible, while visiting patients.
- Avoid close contact with people who are sick, when possible.
- Avoid touching your eyes, nose, and mouth as much as possible.
- Cover your cough or sneeze with a tissue  
*Be sure to throw the tissue in the trash and wash your hands.*
- Clean and disinfect frequently touched objects and surfaces  
*Door handles, touch screens, phones, keyboards, handrails, countertops, cabinet knobs, faucet handles, toilet handles, refrigerator and microwave handles, etc.*
- Stay home when you are sick
- Consider getting the flu shot when the next flu season arrives.

**When Mt. Hood Hospice staff and/or volunteers visit, you can expect:**

- Screening questions about your potential exposures to illness
- Screening questions regarding any symptoms you or those close to you may be exhibiting, specifically fever >100.4, cough, and shortness of breath. The CDC is also recognizing the following symptoms as potential indications of Covid-19: chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. Please notify Mt. Hood Hospice of any new symptoms.
- Staff and volunteers will be doing self-screenings and will report to the Infection Control Nurse if they have a fever or any other symptoms. They will be asked to stay home if they present symptoms of illness.
- Staff that provide hands-on care (nurses, hospice aides) will wear gloves and a mask. If close contact is required (such as transferring, bathing, contact with bedding), staff may wear a gown.
- Staff that do not provide hands-on care will also wear a mask and maintain social distance when possible. Please do not take this personally. We want to protect our patients and families as much as possible.

- Ongoing measures to minimize contamination of equipment and patient areas
- Ongoing teaching regarding infection control measures

*These measures are in addition to our routine infection control procedures, or “Standard Precautions”, that we will continue to employ.*

We are working to ensure additional supportive supplies are stocked and available, if needed.

As the Covid-19 pandemic continues to wind down, and restrictions are lifted, we still want to be mindful of the safety and exposure of our patients and their families. In doing so we hope to:

- 1) Limit your exposure to Covid-19
- 2) Limit staff exposure to Covid-19 and decrease the potential for spread to the vulnerable population we serve.

We will continue to monitor the situation as it evolves and will update you as needed with any changes. We greatly appreciate everyone’s cooperation in our efforts to keep our patients, families, caregivers, and staff safe. Please do not hesitate to call us if you have any questions.

Thank you,

*Your Mt. Hood Hospice Team*