

Visitor Guidelines for COVID-19 Patients

Trustbridge is committed to protecting the most vulnerable of our community members who are in our care, while maintaining the most open visitation policies possible. Please observe the following visitor guidelines while visiting one of our COVID units.

1. All visitors will be provided with personal protective equipment (PPE) including an N95 respirator, eye protection, gown, and gloves.
2. Trustbridge staff and/or volunteers will be available to assist you in properly donning (putting on) and doffing (taking off) your PPE. There are also instructions on the back of this page.
3. N95 Respirator, eye protection, gown, and gloves must be worn at all times while in the patient's room and on the COVID unit.
4. Please stay in the room of the patient you are visiting. Common areas are closed at this time.
5. If you need assistance, please use the call bell in the room to call for assistance and speak to Trustbridge employees. Please do not leave the room until you are ready to leave.
6. In addition to wearing PPE correctly, good hand hygiene is the best way to prevent the spread of infection. Wash your hands with soap and water or alcohol-based hand rub when donning and doffing PPE, anytime you change gloves, when using the restroom, and when entering and exiting the building or unit.

Thank you for observing these guidelines to help keep our community safe!

Using Personal Protective Equipment When Visiting a Patient with COVID-19

Donning (putting on PPE):

1. **Perform hand hygiene using alcohol-based hand rub.**
2. **Put on isolation gown.** Tie all of the ties on the gown.
3. **Put on N95 respirator.** Respirator straps should be placed on crown of the head (top strap) and base of the neck (bottom strap). Perform a user seal check each time you put on a respirator.
4. **Put on face shield.**
5. **Put on gloves.** Gloves should cover the cuff (wrist) of the gown.
6. **You may now enter the patient's room.**

Doffing (removing PPE):

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of the hands.
2. **Remove gown.** Untie all ties or unsnap all buttons. Some ties can be broken rather than untied. Do so in a gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle with red bag.
3. **Perform hand hygiene using alcohol-based hand rub.**
4. **Remove face shield.** Carefully remove face shield by grabbing the strap and pulling upwards and away from head. Do not touch the front of the face shield.
5. **Remove and discard respirator.** Do not touch the front of the respirator. Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
6. **Perform hand hygiene using alcohol-based hand rub.**



References: Centers for Disease Control and Prevention (CDC) (June 30, 2020). *Using Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19.*