



The PULSE

HEALTH UPDATES

How team members can help limit the spread of viruses

As the coronavirus and the disease it causes — COVID-19 — continue to spread, it is important to remember our training at Christian Health Care Center and to know what is being done to limit the spread of the virus. You have probably heard that the disease has claimed the lives of several people in the Seattle area.

First, it is important to know that all CHCC staff members are trained on standard precautions and the use of such personal protective equipment as gloves, gowns, masks and protective eyewear. Our daily practice — the way in which we work every day — is designed to minimize the spread of infection. Throughout our building, every day, we use cleaners and disinfectants recommended and approved by the U.S. Environmental Protection Agency. All staff are instructed on hand hygiene, including the frequent wash-



ing of hands with soap and water and the use of alcohol-based gels.

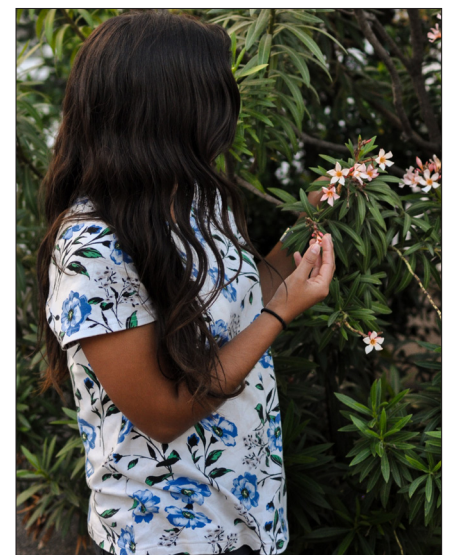
Further, as part of the CHCC emergency and disaster plan, a policy and procedure are in place for responding to any type of pandemic outbreak. We also have participat-

Please see Coronavirus on Page 3

CALENDAR

Upcoming events

- March 13 is All Staff Popcorn Treat Day!
- The March Madness contest begins March 16. Fill out your prediction sheet by March 19.
- March 19 is the first day of spring! In celebration, wear a **shirt with a floral print** to work.
- On March 21, enjoy a frozen treat in the staff lounge for Something on a Stick Day.



Like or share CHCC's Facebook posts with your friends and family to help others learn about job openings, volunteer opportunities, donation requests and more.

facebook.com/christianhealthcare

Don't forget to spring forward at 2 a.m. March 8!



JUST FOR FUN

Photo contest ends Sunday

Remember to bring in a childhood picture to post in the CHCC lobby for the photo contest! The last day to bring in your photo will be Sunday, March 8.



POLICY

Policy reminder: Personal cell phones

Here at Christian Health Care Center, it is our policy to provide quality care to our residents without interruption.

It's to that end that we provide periodic reminders of CHCC policies. This week: The personal cell phone policy.

Policy explanation and compliance guidelines:

1. This facility prohibits employees from using personal cell phones for any reason on the nursing units or in working areas of the facility. (Note: In the event of a facility emergency, an employee may be permitted to use a personal cell phone if necessary for the safety and well-being of residents and staff.)

2. This includes calls, texts, instant messages, Facebook, chat or any other use of a cell phone.

3. Under no circumstances should employees take pictures, videos or any other personal representations of any resident, family member, visitor or staff member for the purpose of personal use, social media or any other reason.

4. Cell phones may be used by employees while on a scheduled break in break areas only.

5. If an employee has a personal situation that requires ongoing availability to their cell phone number, they may seek permission from the administrator for a limited time allowing them to



accept calls or texts during working hours. Even in these limited circumstances, the team member must keep the phone on silent and only access it when not in view of residents or family members.

6. Any employee who drives a company-owned vehicle is prohibited from using a cell phone for any reason while driving.

7. Personal cell phones must be placed on mute/vibrate at all times.

8. Employees who violate this policy will be subject to disciplinary action, up to and including termination of employment.

9. Any and all questions regarding this policy should be directed to human resources.

CORONAVIRUS

Continued from Page 1

ed in table-top emergency exercises specifically regarding pandemic outbreak situations. We have staff members on the Whatcom County Infection Control Task Force and in the Northwest Regional Healthcare Response Network. Both organizations, along with the two state associations (Washington Health Care Association and LeadingAge Washington) send out regular updates, sometimes several each day. CHCC leadership are tracking new developments in order to be prepared in the event that the coronavirus were to spread farther north.

Out of an abundance of caution,

and in recognition that our residents are an especially vulnerable population, we may keep staff members out of the building for 14 days after they return from areas where the virus has been identified. This will be decided on a case-by-case basis.

Team members who are sick should call in to speak with their supervisors with as much time as possible before the start of their shifts. Additionally, team members who have been traveling or who have plans to travel should speak with their supervisors as soon as possible.

All community members, family members, loved ones, volunteers, vendors and others should be aware of their own health status. Anyone who is sick or who has been exposed

to someone who is sick must stay out of the building until well. Those who are coughing or sneezing may be politely asked to come back later.

The virus is spread through droplets, so through coughing and sneezing in general. The best way to avoid getting sick is to avoid being around a lot of people — especially anyone who is sick — and to wash your hands well. Hands should be washed with soap and warm water for 20 seconds, with close attention paid to underneath the fingernails. Hand sanitizer should be rubbed into hands until they are dry. The friction in both scenarios is important to the elimination of germs.

For updates on COVID-19, visit <https://www.cdc.gov/coronavirus/>.

CORRECTION

First Tuesdays are cake days

In the latest issue of The Pulse, the information listed about cake days was incorrect. We should have written that cakes for the celebration of birthdays will be available on the first Tuesday of every month, starting in March.



REFRESH! Dumpster lids must be closed at all times.
Check all of the other containers before over-filling one.



ASK US ANYTHING!

Have a question about CHCC? Jot it down and drop this slip into the comment box in the break room. We'll share answers in the Comment Box Corner column in an upcoming issue of this newsletter.

TRIPS AND FALLS



Your attention to trip hazards and surface conditions is the strongest protection you have against these incidents and the serious injuries they can cause!

It's up to us to keep CHCC free from trip hazards. If you see a concern, please report it to Steven Lewis in environmental services. Some things to look for:

- *Keep cords out of traffic areas.*
- *Get rid of clutter/boxes to reduce the chances someone will trip on them.*
- *Clean up small water spills immediately.*
- *Report burned-out lightbulbs and/or lighting that is too dim or too bright, which inhibits visibility.*

What's your role? How do you
CONTRIBUTE?

#CHCCTeamwork



We are all working toward a common goal: To provide 24-hour care for human beings. To achieve that goal, we must be strong as individuals and also work as a team.

Sometimes that means being nimble and providing extra support at critical points — wedging in, helping to hold everything together. Sometimes that means serving as your team's base — the rock, the cornerstone, the solid foundation, trusted and steadfast.

What's your role?

NEW HIRES

Welcome to CHCC!

The following team members recently joined us at CHCC. Please give them a hearty welcome when you see them in the halls!



Freddy, hospitality aide



Tawnee, NAC



Tomas, NAC