

### Special Edition

#### Everything's 'Gonna' Be Alright

As health care workers, we are the front lines of care for those affected by this pandemic. Though we are prepared for it, it's a role many of us hoped we'd never need to play. We find ourselves in new, uncharted territory each day.

In times of uncertainty, it is natural to focus on those questions that keep you up at night. Will you be able to face the challenges ahead? Will I be safe? Are we prepared for what is around the corner? Will this ever end?

The answer to all of these questions is: **yes**.

You have the training, the skill, and the expertise for what lies ahead. These past few months show that you are capable, you are strong, and you are determined. You come to work every day because you do what's right for our patients, our communities, and for each other. You rely on your training — to know what to do and jump into action without a second thought.

If at moments things seem overwhelming and scary and those questions are running through your brain, remember that you have a great team around you, and this will pass.

We will look back eventually on these times and marvel at how we rallied around each other, at our dedication to doing what's right, and at the teamwork it took to get the job done. These times are an example of what it means to work at UPMC and what it means to provide Life Changing Medicine.

[Spring is here](#). It's a time of growth and renewal. I hope that you take a moment for yourself, to connect with a loved one, and to take a deep breath. Because in the end, everything's gonna be alright.

Thank you for all you do.

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### New COVID-19 Personal Protective Equipment Plan Available

[A new COVID-19 Personal Protective Equipment Plan](#) addresses the proper use of PPE including N95 masks, PAPRs, and surgical masks when caring for COVID-19 patients. Everyone's participation in supporting these guidelines is critical to ensuring we continue to have the supplies necessary to safely care for patients now and in the future.

Key points include:

- Appropriate PPE for suspected and confirmed COVID-19 patients as well as asymptomatic patients during elevated risk clinical care
- N95 practices including proper and re-use and extended use, fit-testing, and conservation
- Conservation measures for PAPRs and eye protection PPE

Guidance is provided for the inpatient, outpatient, long term care, and home health settings.

## Rapid Response Team Procedure Updated

Guidance for those involved as part of the Rapid Response Team deployed in the event of an emergency response to a patient with a positive COVID-19 infection or who is under investigation for COVID-19 is updated and available on Infonet. [Search "COVID-19 Rapid Response Team" on Infonet for guidance.](#)

Key items to know include: appropriate personnel to enter the patient room, PPE, and procedural guidelines.

## Employee Exposure Guidelines

As the number of patients with COVID-19 in our facilities increases, take a moment to review the recommendations from MyHealth@Work, which include if an employee had:

- Exposure to a positive COVID-19 patient at work
- Cared for a patient when asymptomatic, but later the patient became symptomatic and the patient later tested positive for COVID-19
- Is symptomatic (COVID-19 positive, or high likelihood of COVID-19 without test)

Two recent updates to the guidelines include:

- The definition of close contact is now "within 6 feet for a duration of 5 minutes or greater."
- When an employee calls regarding travel, and they travelled from a location not on the list of all international or selected domestic locations, they may return to work without restriction. If they travelled from an international location, then they are asked to self-isolate for 14 days. If they travelled from a domestic location on the exclusion list, then these employees work with MyHealth@Work to determine their work status based upon degree of self-isolation performed while travelling. They are self-isolated until completing the review.

In any of these scenarios and others included in the [Employee Health Guidelines and Summary](#), employees **must call MyHealth@Work at 1-833-854-7386 to receive and document the recommended course of action, consistent with the guide.**