



MedStar Health

MedStar Health **Nursing.**

COVID-19. Caring for you.

Protecting You and Your Family

MedStar Health is the system it is because of its people, and your health and safety is a primary concern during the COVID-19 pandemic.

The following FAQ is designed to help protect you and your family during our pandemic response.

If the COVID-19 virus can be airborne, should we be using different PPE?

The Centers for Disease Control & Prevention (CDC) and World Health Organization (WHO) continue to list COVID-19 as a contact and droplet-spread disease. Media reports of the recent study showing virus persistence in the air was conducted under laboratory conditions using a high-powered machine, which does not reflect normal human cough conditions. The mask and eye protection used at MedStar Health, including the N95 respirator for all COVID-19 patients and aerosol generating procedures (AGP), continues to follow CDC and WHO recommendations.

Do we need to use more protective suits to keep COVID-19 off our scrubs?

We follow CDC guidance for PPE which includes gloves, gown, mask and eye protection. PPE serves as a barrier and prevents the risk of exposure to infectious material. Once the PPE is removed, the most important way to reduce transmission is hand hygiene. This is the same concept we use for organisms that are spread by contact (MRSA) and airborne (tuberculosis). Wearing the appropriate PPE and practicing good hand hygiene supports the safety of our associates, patients and their families.

I still feel uncomfortable wearing my scrubs home. Can I have my scrubs washed at work?

Current guidance indicates PPE is protective for this contact and droplet-spread disease. Many caregivers are changing their scrubs at work and going home in their clothes. The following infographic offers some helpful steps to enhance safety as you enter your home. The CDC indicates that hot-water washing is an effective laundry disinfection method. Most hospitals do not have the capacity to wash or distribute individual scrubs. The supply of green scrubs used in procedural areas is limited.

Can I wear masks or respirators that I have from home?

At this time, MedStar Health has adequate supplies of masks. Associates and physicians should use the masks provided provided by MedStar Health.

Why are we disposing of PPE, such as face shields and masks, given the international shortages?

While our current supply of PPE remains robust, given the national supply constraints of PPE, associates and physicians have understandably and responsibly inquired about safe ways to reuse and recycle PPE. MedStar Health is piloting PPE reuse protocols to determine the safest, most effective and efficient ways to collect, decontaminate and redistribute the items. Following outcomes from the pilots, PPE conservation guidance will be communicated.

Protocol when getting home.



Take shoes off before entering home.



Spray alcohol on top and bottom of shoes.



Spray alcohol on clothing, cell phone, glasses, keys, work utensils, computers, etc.



Throw away any receipts or papers.



Go to where you can remove your clothing and put them directly in the washer.



Don't touch or sit on any chairs or beds.



Proceed to bathroom and take a shower, brush your teeth, etc.



Now you can hug your family.