

UnityPoint Health – Meriter

Covid-19 & PPE Training

LAST REVISED NOVEMBER 2025

What to Expect with COVID-19

You can expect updated processes and guidelines to keep you, employees, patients, and visitors safe.

You will need to:

- Self-monitor and report symptoms
- Know and follow PPE requirements

The following slides provide a training on these topics

The situation changes rapidly. Work with your preceptor/ instructor/ unit liaison to stay up-to-date on any changes

Self-Monitoring Symptoms

While assigned to UPH Meriter, you should be self-monitoring for the following symptoms:

- Fever ($\geq 100.0^{\circ}\text{F}$) or chills
- Persistent cough
- Sore throat
- Shortness of breath or chest tightness
- Nausea, vomiting, diarrhea or abdominal pain
- Runny nose or nasal congestion

- New or unexplained:
 - Loss of taste or smell
 - Muscle or body aches
 - Headache
 - Fatigue

If you develop a fever ($\geq 100.0^{\circ}\text{F}$) or experience any other symptoms listed but do not have an exposure:

1. **Stay home!**
2. Schedule Testing through process outlined by your school.
3. Notify your preceptor/ instructor/ unit liaison
4. If negative test, you may return to clinical 24 hours fever free (with no fever reducing medication), controlled cough, and general symptom improvement

Required Covid-19 Testing

- We **do not** require pre-placement Covid testing
- We require **PCR Covid** testing if you are symptomatic. UPH-Meriter does not accept Negative Rapid Home Antigen tests as confirmation that you do not have Covid.
- Covid-19 testing will not be conducted by UPH-Meriter, it will be up to the student and/or school to determine testing site
- If you have Covid symptoms, you need get a **PCR Covid** test. You cannot report back to Meriter until your symptoms are gone, even if you test negative for Covid.
- If it has been 20-60 days since your positive test and you develop new symptoms: complete an antigen test. If you test negative, you may return. If symptoms persist past 48 hours, please repeat antigen test.
- If it has been 61-90 days since your positive test and you develop new symptoms:
 - Complete a PCR Covid test: if experiencing upper respiratory symptoms (fever, nasal congestion, runny nose, cough, or chills) or had a high-risk exposure or is immunocompromised.
 - Complete an antigen test if having any symptoms of COVID-19 and do not meet criteria for a PCR test.

Clearance After a Positive Result

All students who enter any Meriter facility and have tested positive for Covid-19, must first contact the Meriter Employee Health Services (EHS) Sick Call Line at (608) 417-6417.

You will leave a message, including your phone number, for them to return your call.

Students may return after 10 days of isolation. This is based on your date of symptom onset and if you meet symptom guidelines.

Masking Guidance

- Masks are required upon room entry or direct patient encounters in all medium or high-risk clinical settings as well as high-risk aggregate settings, such as waiting rooms for the Emergency Department and Inpatient Dialysis.
- Masking is required for the following situations, regardless of location:
 - Team Members with recent COVID exposure in past 10 days or
 - Team Members with recent COVID diagnosis in past 10 days AND cleared to return to work by Employee Health
 - At the request of a patient

Masking Guidance Cont.

- Masking is recommended (but not required) in most common areas of the hospital, as well as throughout our ambulatory locations (primary care and therapy clinics) and outlying facilities. **Masking is no longer required in common areas, hallways or nursing stations on clinical units in the hospital.**
- Staff and patients should continue to follow PPE recommendations based on standard or isolation precautions

The Dos and Don'ts of Wearing a Mask

Do wear your mask like this



Mask should always be worn covering the nose and mouth

Don't wear your mask like this



Wearing your mask like this increases your risk of getting COVID-19

Do remove (doff) your mask like this



Mask should be removed by touching the straps, NOT the front of the mask

Steps to safely remove your mask - Grasp the elastics of the mask and carefully remove from you head

- Be careful not to touch the front of the mask
- Carefully fold so the outside of the mask is folded inward against itself
- Store mask in a paper bag labeled with team member name
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer

Don't remove (doff) your mask like this



Remember - DO NOT touch the front of your mask, it is contaminated! If you do, make sure you perform hand hygiene.

Masks, Respirators & Face Shields

Masks and N95 respirators are single use items and should be discarded when removed by the wearer or with the following:

- Mask is visibly soiled, torn, or damaged then don a new mask
- Mask is too wet to comfortably wear then don a new mask
- Mask is contaminated (e.g. mask inadvertently touched with a soiled hand). Don a new mask.

Do not continue to use a damaged or soiled mask. If you do not feel safe with the condition of your mask, discard it and obtain a new one!

The face shield can be worn into multiple rooms. Face shields must be disinfected when exiting isolation rooms.






Hand Hygiene

- Hand hygiene should be performed, using an alcohol-based hand sanitizer, rubbing hands until dry, or washing with soap and water for at least 20 seconds.
 - ✓ Upon entry of patient room
 - ✓ Upon exit of patient room
 - ✓ After contact with body fluids
 - ✓ Before a clean/aseptic procedure
 - ✓ When leaving for the day, before eating, after using the restroom and other times as needed throughout the day.

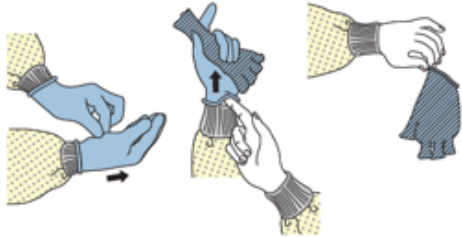


Competency Checklist

Review the following checklist and validate your competency in skills required for your area. Work with your preceptor/ instructor/ unit liaison for additional guidance as needed.


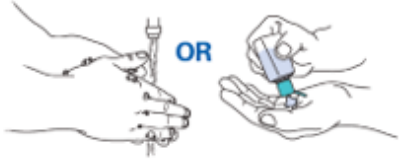
Competency Checklist

Sequence for Putting On (Donning) PPE		Competency Validation
		Initial Completion or Mark N/A
Hand Hygiene <ul style="list-style-type: none"> Use an alcohol based hand sanitizer, rubbing all surfaces of hands until dry OR Wash hands with soap and water for at least 20 seconds 		
Gown <ul style="list-style-type: none"> Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back Fasten in back of neck and waist 		
Mask <ul style="list-style-type: none"> Secure ties or elastic bands at middle of head and neck or behind the ears Fit flexible band to nose bridge Fit snug to face and below chin 		
Face Shield <ul style="list-style-type: none"> Place over face and eyes and adjust to fit 		
Gloves <ul style="list-style-type: none"> Extend to cover wrist of isolation gown 		

Competency Checklist

Sequence for Removing (Doffing) PPE Disposable or Reusable Gown		Competency Validation Initial Completion or Mark N/A
<p>Gloves</p> <ul style="list-style-type: none"> • Outside of gloves are contaminated • If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer • Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove • Hold removed glove in gloved hand • Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove • Discard gloves in a waste container 		
<p>Face Shield</p> <ul style="list-style-type: none"> • Outside of face shield is contaminated • If your hands get contaminated during removal, immediately wash your hands or use an alcohol-based hand sanitizer • Remove face shield from the back by lifting head band or ear pieces • Disinfect with a disinfecting wipe following contact time for product used and store in a clean location 		
<p>Gown</p> <ul style="list-style-type: none"> • Gown front and sleeves are contaminated • If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer • Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties • Pull gown away from neck and shoulders, touching inside of gown only • Turn gown inside out • Fold or roll into a bundle and discard in a waste container or place into linen hamper if reusable 		

Competency Checklist

Sequence for Removing (Doffing) PPE Disposable or Reusable Gown		Competency Validation Initial Completion or Mark N/A
<p>Mask</p> <ul style="list-style-type: none"> • Front of mask is contaminated — DO NOT TOUCH • If your hands get contaminated during mask removal, immediately wash your hands or use an alcohol-based hand sanitizer • Grasp bottom ties or elastics of the mask, then the ones at the top, and remove without touching the front • Appropriately store in a paper bag or breathable container 		
<p>Hand Hygiene</p> <ul style="list-style-type: none"> • Use an alcohol based hand sanitizer, rubbing all surfaces of hands until dry OR • Wash hands with soap and water for at least 20 seconds 		

Required Action Before Arrival

It is the expectation of UPH-Meriter that you have reviewed this training and discussed with your preceptor/coordinator your questions.

By entering UPH-Meriter's facility for your clinical rotation, you are indicating you have received this material and understand this training.

You must click the following link to confirm your receipt of this

education: [Click Here](#)



Thank You

