



UnityPoint Health
Meriter

PARTNER OF
UWHealth

UnityPoint Health – Meriter

PPE & Student Requirements for COVID-19

LAST REVISED MARCH 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:

- Take your temperature (twice daily)
- Self-monitor and report symptoms
- Know and follow PPE requirements
- Adhere to physical distancing

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 taking your temperature and self-monitoring for the following symptoms twice daily:

- 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
- New or unexplained:
 - Loss of taste or smell
 - Muscle or body aches
 - Runny nose or nasal congestion
 - 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
- 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.
- A student, who has previously tested positive and is now asymptomatic, are waived from this testing requirement for 90 days

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

Students may return back onsite after 10 days of isolation based on symptom onset and have improving symptoms.

Masking Guidance

- 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.
- Masks are required upon room entry or direct patient care in High-Risk Clinical Settings.
- Please see current masking guidelines on the Hub for the most up to date information
- Staff and patients should continue to follow PPE recommendations based on standard or isolation precautions
- Masking is always recommended when unable to physically distance >6 feet.

Masking Guidance Cont.

- 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

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.

Extended Use of Face Shields

Q: Can I wear the same face shield into multiple rooms?

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

Q: Can I use the same face shield for multiple days?

A: Yes. See the below table on when to disinfect vs discard*. Work with your preceptor or unit liaison for storing between clinical days

Important Restrictions

Students are NOT allowed to participate in:

- **Care for patients known to be Covid-19 positive,**
- **Care for patients under investigation (PUI),**






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.

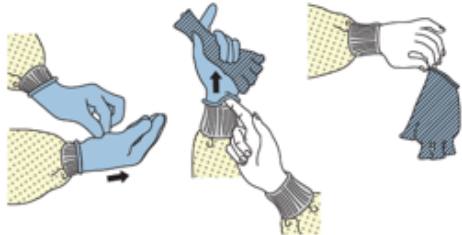


Competency Checklist

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.


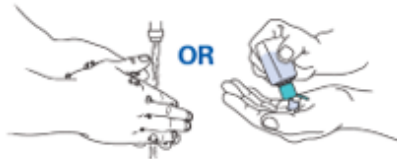
Competency Checklist

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
Gloves <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 		
Face Shield <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 		
Gown <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
Mask <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 		
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 		

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



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