



UnityPoint Health  
Meriter

PARTNER OF  
**UWHealth**

# UnityPoint Health – Meriter

## PPE & Student Requirements for COVID-19

LAST REVISED JUNE 2025

# What to Expect with COVID-19

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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

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

The following slides provide a training on these topics

# Self-Monitoring Symptoms

While assigned to UPH Meriter, you should be 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 PCR 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

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- 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.

# Clearance After a Positive Result

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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.

Students will need to be cleared by Meriter's EHS.

# Masking Guidance

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- Masking is recommended (but not required)
- 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

# 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 your 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.

# Important Restrictions

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**Students are NOT allowed to participate in:**

- **Care for patients known to be Covid-19 positive,**
- **Care for patients pending a Covid test**



# 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

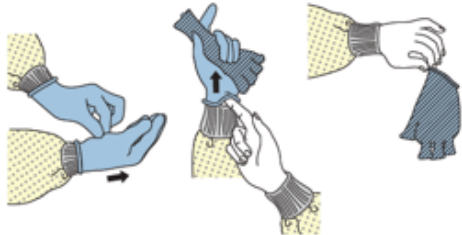




Review the following checklist and validate your competency in skills required for your area. Work with your preceptor/ instructor/ unit liaison for additional guidance as needed.


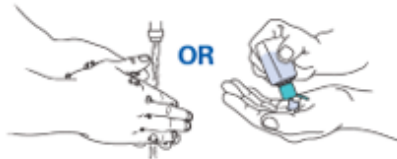
# Competency Checklist

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

# Competency Checklist

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

# Competency Checklist

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

# Required Action Before Arrival

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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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