

## Jeff Boer

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**From:** Brian Ledley <bledley@pmhnet.com>  
**Sent:** Thursday, May 7, 2020 12:21 AM  
**To:** staff@pmhnet.com  
**Subject:** [STAFF] COVID updates  
**Attachments:** indiana.opening.phases.jpg; Handsanitizer.jpg

Good evening everyone,

Here are a few updates from the COVID-19 Pandemic Task Force:

1. PMH currently has 16 gallons of 80% hand sanitizer in a basement along with some smaller bottles from a distillery in Indianapolis named Hotel Tango. The sanitizer is a liquid as opposed to a gel or foam. It is an excellent product to refill smaller spray bottles. Please see the attached picture for examples. The sanitizer can be requisitioned through materials management.
2. The second image attached is an infographic from the Governor's office explaining the re-opening phases of Governor Holcomb's "Getting Indiana Back on Track" Plan. It is a good visual to help guide people on how everything will re-open and when. Please share it with your friends and family.
3. As a reminder, PMH will proudly display anyone who has a graduating senior with a sign out in front of the hospital. We have had a few associates drop off signs. If you would like to display a sign recognizing your child, please drop it off in my office, and the Plant Engineering department will place the sign along the highway.
4. We know the County Commissioners' Executive Order requiring masks to be worn when out in public has been a controversial issue. However, it is a requirement for everyone. We ask that PMH associates lead by example and continue to wear a mask when out grocery shopping, picking up prescriptions, or getting take out food from one of the local restaurants. Wearing masks can slow the spread of COVID-19, but we can't expect the community to wear masks if hospital staff aren't.
5. This week, the Centers for Disease Control and Prevention (CDC) updated guidance designed to keep health care personnel safe during the COVID-19 pandemic, along with patient isolation strategies to ensure consistency in CDC's criteria for patient discontinuation of transmission-based precautions and health care personnel return-to-work guidance. CDC's [updated symptom-based strategy](#) for discontinuing isolation for COVID-19 patients and health care personnel now recommends a uniform "10-and-3" policy in which isolation is maintained for at least 10 days after illness onset and at least three days after recovery. In this guidance, CDC defines illness onset as the date symptoms begin; recovery is defined as fever resolution without the use of fever-reducing medications and progressive improvement or resolution of other symptoms.
6. Beacon Health System has been gracious enough to loan PMH five PAPRs. These units help protect the staff members who are swabbing potential COVID-19 patients coming through our drive-thru testing area.
7. May is Mental Health Awareness Month – we need to make sure we are taking care of ourselves, physically and mentally. Catherine Dywan, LCSW, is available if you need support, both privately as well as in one of the group sessions she offers. In addition, PMH has its Employee Assistance Program that has resources for mental health. If you need some help, please ask for it. We are encouraging all staff to take a **"COVID Free 15 Minutes,"** each day. This virus has taken up much of our time and focus. We want to make sure associates can disconnect from all the planning and preparation. Work with your co-workers and supervisor to make sure you can get away

from your work station and mentally recharge. With the weather (hopefully) becoming warmer, getting outside to take a walk around the campus is one option.

Thank you for your continued effort in everything you do for PMH and its patients.

Brian

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**Brian Ledley**

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# BACK ON TRACK INDIANA PLAN EXPLAINED

## KEY



	STAGE 1: March 24 - May 4	STAGE 2: May 4 - 23	STAGE 3: May 24 - June 13	STAGE 4: June 14 - July 3	STAGE 5: July 4 and Beyond
<b>Social Gatherings</b>	10 People or Fewer	25 People or Fewer	100 People or Fewer	250 People or Fewer	250+ People Permitted
<b>Facial Coverings</b>	Recommended	Recommended	Recommended	Optional	Optional
<b>Government Offices</b>	Closed to the Public	Limited Public Access	Limited Public Access		
<b>Manufacturing, Industrial</b>					
<b>Office Settings</b>		Remote Work Encouraged	Remote Work Encouraged		
<b>Retail</b>					
<b>Restaurants</b>		May 11th			
<b>Bars and Clubs</b>					
<b>Gyms</b>					
<b>Personal Services</b>		May 11th*			
<b>Entertainment and Tourism</b>					
<b>Religious Services</b>		Services May Convene Following Guidelines Starting May 8th	Services May Convene Following Guidelines	Services May Convene Following Guidelines	

Note: This roadmap is subject to change based on CDC guidance and other new information. Local governments may impose more restrictive guidelines. Stage 2 will begin on May 11 for Lake and Marion counties and May 18 for Cass County.

\*Visit [backontrack.in.gov](https://backontrack.in.gov) for more information and guidelines for reopening Indiana and industry specific guidance for face coverings, etc.



#BackOnTrack

[backontrack.in.gov](https://backontrack.in.gov)

This piece was created on May 4, 2020. If you see different information published on a more recent date, please use the most current recommendations.