



VISITOR INFORMATION & EXPECTATIONS

Welcome! Columbia Memorial Hospital (CMH) and CMH Medical Group caregivers are doing everything they can to keep you safe, but we need your help.

General guidelines for your safety

While at any CMH location, please:



Stay at least 6-feet away from people you do not live with.



Wear a cloth, paper or disposable face covering at all times while indoors. A face covering helps prevent the spread of viruses. See the flipside.



Avoid touching your face or mask. If you do touch your face or mask, wash or sanitize your hands right away, before touching anything else.



Cover coughs and sneezes with your elbow or a tissue. If you use a tissue, throw the tissue away and wash or sanitize your hands right away.



Request that your temperature be checked at any time at a CMH Screening or Nursing Station.

Visiting a patient in the hospital

When visiting a patient in the hospital, please:

Limit Visitors: Follow the hospital's limits on the number of guests a patient may have during a single visit. Visitors must be 12 or older.

Social Distance: Stay 6-feet away from people you do not live with, when using common areas, including waiting rooms.

Wear a Mask: You must wear a mask at all times, even when you are with a patient who is a member of your household. See the flipside.

Eat or Drink Carefully: Do not eat or drink in a patient's room, unless they are a member of your household. You may purchase food from the cafeteria and sit outside or in your vehicle to eat. Only staff are allowed to eat in the cafeteria at this time.

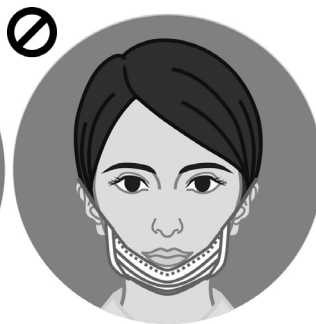
Use Assistive Technology: Ask the nursing staff about setting up a group Skype or phone call. CMH has dedicated iPads or tablets for this use.

Concerns

If you feel that you have been inappropriately restricted from CMH, please contact patient relations at 503-338-4003.

How to wear a mask properly

Everyone entering a CMH facility must wear a mask. You must use your mask properly for it to be effective.



Donning and doffing your mask

EAR LOOP MASK	SURGICAL MASK WITH TIES
<p>Donning (Putting On) Your Mask:</p> <ol style="list-style-type: none"> 1. Hand sanitize 2. Put fingers through the ear loops, nose piece should be on top. 3. Place mask over mouth and nose, positioning ear loops over ears 4. Pull mask from the top and bottom to unfold the pleats. 5. Form nose piece over bridge of nose <p>Doffing (Taking Off) Your Mask:</p> <ol style="list-style-type: none"> 1. Grab loops with both hands 2. Remove from ears and throw away 3. Wash or hand sanitize 	<p>Donning (Putting On) Your Mask:</p> <ol style="list-style-type: none"> 1. Hand sanitize 2. Open mask, unfolding pleats 3. Pre-bend nose piece 4. Place mask over face, covering your nose 5. Tie at Head Crown- bring both ties to crown of your head and secure with a bow 6. Tie bottom ties securely in a bow at the nape of the neck 7. Form nose piece over bridge of nose <p>Doffing (Taking Off) Your Mask:</p> <ol style="list-style-type: none"> 1. Untie bottom tie first 2. Untie top tie and throw away 3. Wash or hand sanitize