



MAKE THE WORKPLACE SAFER: COVID-19 Huddle Messages

To fight COVID-19, we must contain and suppress the virus. Keep patients and staff safe from harm by sharing these reminders at huddles and unit-based team meetings.



Take care of yourself and your co-workers.

- + **Wear a mask and keep your distance.** Stay at least 6 feet apart from others and wear a mask in workspaces, restrooms, conference rooms and break rooms.
- + **Stay at home if you're sick.** Protect the health of our members and patients by staying at home if you're not feeling well.
- + **Get plenty of rest,** drink plenty of fluids, eat healthy foods and manage your stress.
 - Download the Calm and myStrength apps at kp.org/selfcareapps to help you cope with stress, sleep loss and chronic pain.
 - For mental health and wellness resources, contact the Employee Assistance Program at kp.org/eap [KP Intranet].



Protect our patients.

- + **Wash your hands with soap and water regularly** for at least 20 seconds. Alcohol-based hand sanitizers also are effective.
- + **Wipe down** high-touch objects and surfaces, such as exam room tables, chairs, countertops and doorknobs, before and after use.



Preserve our resources.

- + **Make every mask count.** Save your mask by avoiding facial lotion, makeup and lipstick.
- + **Safely remove PPE to avoid contaminating yourself.** Ask a co-worker to observe you as you don and doff personal protective equipment.