

# SAFETY RECOMMENDATIONS

## ***What Healthcare Personnel Should Know***

These are recommendations made by the Center for Disease Control and Prevention

Please Visit [CDC.gov](https://www.cdc.gov) for more information.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients-H.pdf>

Hello TravaLab Team,

We at Travalab believe that PREVENTION is the most important aspect of dealing with COVID-19.

General precautions for viral illnesses are as follows.

## **TECHNICIAN RECOMMENDATIONS**

- When calling a patient please use the **Patient Recommendations** listed below to abide by guidelines to access patients before proceeding with selected draws.
  
- Wear proper PPE at all times; which includes a mask, gloves, and lab coats, as well as, eye protective wear (optional).
  
- Frequent hand washing for 20 seconds multiple times a day. To kill germs, infectious-disease experts recommend washing with soap and water for at least 20 seconds. Dry your hands with a paper towel, then use the towel to shut off the faucet and open the restroom door. If soap and water aren't available, use hand sanitizers containing at least 60% alcohol.
  
- Turn your head and cough or sneeze into a disposable tissue or the inside of your elbow if no tissue is available. Don't cough or sneeze into your hands. Dispose of the tissue and wash your hands with soap and water or use a hand sanitizer immediately.
  
- Use a disinfectant to regularly sanitize commonly touched surfaces, such as telephones, door handles, light switches, computer equipment, etc. Try to apply the same practice at home by sanitizing door handles, light switches, toilet handles, and restroom and kitchen counters.
  
- Try not to use other workers' phones, desks, offices, or other work tools and equipment.

- If meeting in a group setting, avoid close contact with others and ensure that the meeting room is properly ventilated.
- Resist all temptation to touch your face!
- Stay away from people who cough or sneeze.
- Make an appointment with your doctor and get prepared if you are experiencing any symptoms or need to take care of other medical needs.: do you have all your medicine refills? Do you have any emergency medicine you will need?
- Carry a hand sanitizer in the car, in the house and at work.
- Call your doctor if you feel like you have any flu symptoms.
- Drink plenty of clear fluids, i.e. water.
- Stay home! Avoid work and school if you have the flu! Wear a mask if you go out.

### **PATIENT RECOMMENDATIONS**

- Access patients general health over the phone before proceeding with appointment
- Question to kindly ask patients
  - § Have you been experiencing any flu-like symptoms?
  - § Have you traveled internationally in the past month?
  - § Is there a chance of exposure to COVID-19 in the last month?
- Call patient on the day prior to visit phone to discuss minimization of contact in the subject's home (e.g., asking family members to wait in a different room) and also to ask about the following risk factors
  - Recent travel to particularly high risk areas,
  - Exposure to a person known to have tested positive for COVID-19,
    1. Fever or respiratory symptoms (cough or shortness of breath),

2. Exposure to a person who has a fever or respiratory symptoms within the last 14 days.

If a person responds “YES” to any of these above items, scheduled appointment will be cancelled and subject will be referred to their medical provider.

2. Take their own temperature on the morning of the scheduled appointment. If febrile (100 degrees F or higher), then scheduled appointment will be cancelled.
3. Follow COVID-19 CDC guidelines for healthcare workers including observing universal droplet precautions. This means that a surgical mask should be worn at all times.
4. Provide subject surgical mask if available for “dual masking”.

### **\*COVID-19 SERVICE DISCLAIMER\***

***We at TravaLab are doing our best to continue providing mobile phlebotomy services nationwide during this difficult COVID-19 pandemic. We want to ensure our Phlebotomist are protected to ensure the protection of their Patients. If a Patient or Participant has been exposed to COVID-19 or assumes they may have, it is up to the Technicians discretion in completing the service request.***