

# INFECTION PROTECTION AND YOU

## How to Protect Yourself Everyday

Every person that works in healthcare is considered a Healthcare Provider. That means YOU!

You play a vital role in ensuring our patients receive nutritious meals, have clean rooms, are transported appropriately, and that their experience is all that it should be!

Treating and caring for people the way we want our own families treated and cared for is what we do.



### Clean Your Hands

- Wash your hands often with soap and water for at least 20 seconds after blowing your nose, coughing, sneezing, and when hands are visibly soiled.
- When soap and water are not available, use alcohol-based hand sanitizer. Cover all surfaces of your hands and rub until they feel dry.
- Avoid touching your face with unwashed hands - especially at work or in public places, such as the grocery store, gas station, restaurants, or any place where people frequent. Your nose, eyes, and mouth are entry points for germs.



### Routine Practices

- Avoid close contact with people that are sick maintain 6 feet of separation.
- Stay home when you are sick, except to get medical care.
- Cover your cough and sneezes with a tissue. Use your sleeve if necessary!
- Clean frequently touched surfaces and objects daily (e.g. tables, counter tops, light switches, doorknobs, cabinet handles, and cellular devices) using regular household disinfectant products.
- Have a plan for if you or someone in your home is sick.



### When you go home from work

- Choose an entry point into your home and use it after each shift.
- Take your shoes off as close to the entry as possible and leave the shoes there or bag them.
- Remove your work uniform as close to the entry as possible and take it to the washing machine, if possible, or bag it.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your face.
- Shower and join your family!

# WELL-BEING RESOURCES

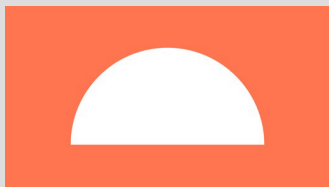
\*available to all Compass Group associates and their dependents\*



Say hello to **Sanvello** for on-demand help with stress, anxiety and depression. Through this program, you can connect with powerful tools that are there for you, when you need them. <https://bit.ly/2UgaIWE>



If you're struggling with falling asleep or staying asleep, **Sleepio** can help you get to the root of the problem. Sleepio is a 6-week online program that can help you to rebuild a healthy sleep pattern and address even the most stubborn sleep problems. <https://bit.ly/2yODGkp>



**Daylight (App Only)** helps you cope with all the feelings of worry and anxiety. This app listens and talks to you, understands your challenges and goals, and guides you through strategies for reducing worry and anxiety in your life. <https://bit.ly/39cnxW1>



If you believe that you have symptoms of coronavirus, or have questions about it, **Teladoc** doctors are available 24/7 to evaluate your risk, answer any questions, and help with next steps if necessary. To talk with a doctor, call **800-835-2362** or visit [Teladoc.com](https://Teladoc.com).\*



As the coronavirus situation continues to evolve, you might feel stressed or overwhelmed. We're here to help. The free and confidential **Employee Assistance Program** line is now available through HealthAdvocate. Call **877-240-6863** to connect with a licensed counselor 24/7.

**VISIT ALTOGETHERGREAT.COM FOR MORE INFORMATION!**

\*Teladoc is available through the end of May 2020. Consultations are provided at no cost if you are enrolled in an eligible Compass Group medical plan and \$49/visit for those not enrolled in an eligible plan.



# HERE ARE SOME WAYS TO STAY ENTERTAINED



## Education

- Yale University is offering a [free course](#) online, The Science of Well-Being, that teaches you how to be happier.
- 10 Historic Homes you can [virtually tour](#) - from Buckingham Palace to the Frida Kahlo Museum.
- Free [Literacy program](#) where actors read to Children, each video also includes lessons for K-5th graders to do at home.
- The Cincinnati Zoo in Ohio is offering daily [Facebook LIVE](#) events featuring a different animal each day at 3:00pm EST.
- Take a [Masterclass](#). Learn anytime, anywhere at your own pace. With hundreds of lessons from the best business, culinary arts, sports & games, film & tv, music & entertainment and so much more!
- Learn the secrets of being a Disney Imagineer with this [free online](#) course your entire family can take right now.
- [Coursera](#) has hundreds of free adult education courses from colleges and universities around the world in subjects like history, science, and art.
- [Free online class with the American Quilters's Society. They are offering one free virtual class](#) through their professional-quality online quilting tutorials. Enter the promotion code IQUILTFREE at checkout. This code is valid through June 30, 2020.



## Music

- Fender is offering 3 months of free online guitar, bass and ukulele lessons to the first 100,000 who sign up for [Fender Play](#).
- Follow your favorite musician/bands chances are they host live performances on their Facebook or Instagram feed – it's a great way to instantly lift spirits.
- Check out [Billboard](#) and the 13 best things that happened in music this week to cheer you up during self-quarantine.



With many practicing social distancing to prevent further spread of COVID-19, we thought we'd compile a list of ways to stay entertained, and from the comfort of your own home.



## Health & Wellness

- Planet Fitness is offering free at-home workouts for anyone and everyone. Tune in to [Facebook Live](#) and get moving with trainers and even some surprise celebrity guests for a 20 minute workout to relieve stress and stay healthy.
- Best at-home workout [streaming services](#) to try – there are several free 7-14 day trials.
- [Beach Body](#) is free for 2 weeks – over 1,200 Workouts available!
- [Peloton App](#) is offering a free trial for 90 days with some great workouts.



## TELEVISION & MOVIES

- Stream your favorite Broadway hits! Anytime, Anywhere! Start your 7 day free trial [here](#).
- Check out [Disney+](#) with a free 7-day trial stream Disney, Pixar, Marvel, and Star Wars movies.
- AMC Theatres - Rent or buy your favorite movies, watch at home or on the go, and earn [AMC Stubs points with AMC Theatres on demand!](#)



## Staying Connected

- Stay connected with family and friends while also practicing social distancing via [Zoom](#)'s video conferencing, it's free.
- [SiriusXM](#) is providing coronavirus updates with 24/7 public service channel featuring nonstop information and health tips.
- Words with Friends. Invite friends, co-workers and family members to a friendly game of scrabble. All from the comfort of your couch. [Download](#) the app from the Apple Store or Google Play.



## Compass Perk Spot

- Don't forget to check out the [Perk Spot](#) for Grocery coupons, and 25% savings on Grub Hub and Door Dash.
- [TurboTax](#) get your taxes done right and save \$20