


Covid-19 Initiative

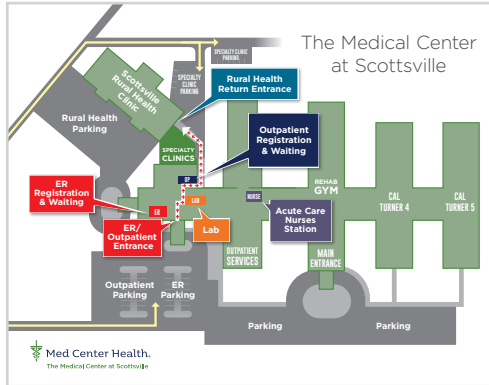
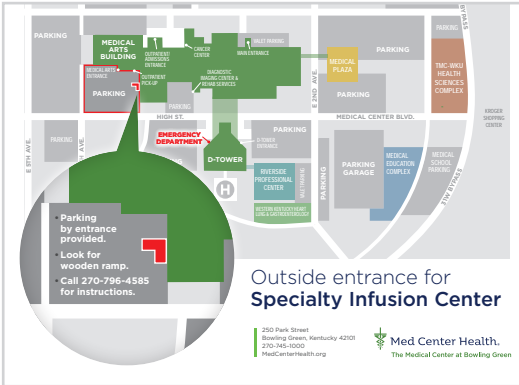




WHEN THE COVID-19 PANDEMIC first appeared in Southcentral Kentucky, the Med Center Health Marketing team went into high gear to inform the public about the virus, what to do, and how it was affecting our hospitals and clinics. Throughout 2020 and into 2021, hundreds of marketing pieces, social media posts and website updates were produced. Once the vaccine was available, our message shifted from mitigation to vaccination. Our priorities were to inform the public about how to stay healthy while keeping a consistent message in keeping with the latest science, as well as reassuring our patients that our facilities were safe.

SIGNAGE

WAYFINDING MAPS



ATTENTION

If you are seeking immediate medical care, please proceed to the

EMERGENCY DEPARTMENT.

ALL ER PATIENTS PLEASE REPORT TO THE ER CHECK IN.

ALL OTHER INDIVIDUALS
Please use the following entrances:

You will be screened for fever, cough, shortness-of-breath, or other respiratory symptoms before admittance is granted.

Outpatient Services Entrance
Monday - Friday
7:00am - 5:00pm

Main Entrance
Emergency Department Entrance
24/7

Burkesville Road

Med Center Health.
The Medical Center at Albany

ATTENTION

If you are seeking immediate medical care, please proceed to the

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ALL OTHER INDIVIDUALS
Please use the following entrances:

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Emergency Department Entrance
24/7

Front Entrance
Monday - Friday
7:00am - 5:00pm

Medical Pavilion Lower Level
Monday - Friday
7:00am - 5:00pm

Med Center Health.
The Medical Center at Franklin

ATTENTION

If you are seeking immediate medical care, please proceed to the

EMERGENCY DEPARTMENT.

Please use the following entrances:

	WEEKDAY HOURS	WEEKEND HOURS
1 Outpatient/Admissions Entrance	5am - 6pm	7am - 1pm
2 Main Entrance	5:30am - 9pm	5:30am - 9pm
3 Medical Arts Building Entrance	7:30am - 6pm	Closed
4 Outpatient Pick-up	5am - 6pm	7am - 1pm
5 Diagnostic Imaging & Rehab	6am - 5:30pm	Closed
6 Ambulatory Surgery Entrance	5am - 7pm	Closed
7 Emergency Department Entrance	24/7	24/7
8 Riverside Professional Center	7:30am - 5pm	Closed

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ALL OTHER INDIVIDUALS
Please use the following entrances:

You will be screened for fever, cough, shortness-of-breath, or other respiratory symptoms before admittance is granted.

Main Entrance
7:00am - 5:00pm

Emergency Department Entrance
24/7

Med Center Health.
The Medical Center at Caverna

ATTENTION

If you are seeking immediate medical care, please proceed to the

EMERGENCY DEPARTMENT.

ALL ER PATIENTS PLEASE REPORT TO THE ER CHECK IN.

ALL OTHER INDIVIDUALS
Please use the following entrances:

You will be screened for fever, cough, shortness-of-breath, or other respiratory symptoms before admittance is granted.

Emergency Department Entrance
24/7

Front Entrance
6:30am - 7:00pm

Med Center Health.
The Medical Center at Scottsville



Visitation Policy

Med Center Health is closely monitoring the evolving coronavirus (COVID-19) pandemic. In an abundance of caution, and to keep our environment safe for patients, visitors and staff, Med Center Health has a restricted visitation policy. Exceptions to the policy are outlined below:

- MATERNITY SERVICES:** One dedicated spouse, partner or support person
- NICU:** One parent
- ALL OTHER ADULT UNITS:** One visitor at a time, over the age of 16. Exceptions will be made for end-of-life situations and pediatric needs.

All persons entering the building will be screened and required to wear a mask at all time. Those with fever, runny nose, body aches, or respiratory symptoms should not visit. When visiting, remember to wash your hands with soap and water when entering and leaving patient rooms.

If you have questions regarding the visitation policy, please call 270-745-1000.

Due to the fluctuating nature of COVID-19, this policy will be revised as needed. For more information about COVID-19 transmission and prevention, please visit the Kentucky Department for Public Health website www.KYCOVID19.ky.gov or call 800-722-5725.



SIGNAGE

INSTRUCTIONAL SIGNS



Temperature/ Health Screening Station






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SYMPTOMS OF COVID-19


Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include:









Fever **Cough** **Shortness of breath**



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

*Symptoms may appear 2-14 days after exposure.  Med Center Health.

HEALTHY AT WORK


Please help us all stay healthy at work by practicing the following:

-  Do not enter the premises if you have felt sick in the last 24 hours.
-  Remain six (6) feet apart whenever possible.
-  Wear a cloth mask whenever you're around others, if it is safe to do so.
-  Wash hands and use hand sanitizer frequently.
-  Do not gather in common areas.
-  Check your temperature and for any COVID-19 symptoms daily, and get tested if you have any symptoms.

 Med Center Health.

Help us practice social distancing.

If a patient is
being transported,
please wait.

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ATTENTION

Use of the
elevator
limited to
1 PERSON
at a time.



Exception for emergencies only.

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CAL TURNER VISITORS CALL 270-535-6889

1

Wait in vehicle until
you receive instructions.

EMERGENCY PATIENTS SIGN IN

1

PLEASE CALL
270-622-2839

PROCEDURE MASK



REQUIRED

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VACCINATIONS

by appointment only

Please have ID ready.

COVID TESTING TODAY

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MENTAL HEALTH FOR EMPLOYEES

POSTERS

Checklist BEFORE GOING HOME

- ✓ **Reflect** on your work day for a moment.
- ✓ **Identify** one thing that was a challenge for you. Now, let it go!
- ✓ Think of **three things** that went well or that you achieved today. Celebrate them!
- ✓ **Touch base** with your co-workers to see if they are OK.
- ✓ Now turn your attention to **you**. Are you ok? Reach out to your Med Center Health family for support.
- ✓ **Disconnect** from work. Rest and recharge.



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9 Mental Health ACTIVITIES

- WORRY TIME**
Set aside a time each day for worry. Write down your worries, discuss them with a friend or loved one and problem solve to overcome them.
- THOUGHT CHALLENGE**
Write down any unhelpful thoughts you are experiencing. Try to challenge yourself and come up with more realistic and helpful thoughts.
- ACTIVITY PLANNING**
Create an activity diary and schedule in some pleasurable and achievement-related activities.
- TALKING ABOUT FEELINGS**
Create a time each week to talk about your thoughts and feelings. You can do this with a loved one or friend, or call LifeServices EAP*.
- 3 GOOD THINGS**
Before bed identify and write down three good things you achieved from the day.
- THOUGHT TESTING**
Try setting out some simple activities to test out the validity of a thought.
- BEING PRESENT**
Be present and live in the moment. Go for a walk and see how many different things you can take in with all your senses.
- WELLBEING**
Look after your wellbeing. Cook healthy meals, exercise and make sure to get enough sleep.
- IMAGERY**
Picture yourself in an imaginary future where everything has turned out in a positive way.

*LifeServices EAP provides free and confidential counseling, including coping with stress, anxiety and mental wellness. For more information, visit www.lifeserviceeap.com or call 800-822-4847 to schedule an appointment.

More information on EAP services for Med Center Health employees can be found in the COVID-19 folder on your desktop.



SOCIAL MEDIA

Checklist BEFORE GOING HOME



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How to Cope DURING A DIFFICULT TIME



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E-MAIL COMMUNICATION

How to Cope DURING A DIFFICULT TIME

- Set limits on how much time you spend reading or watching about the COVID-19 pandemic
- Find people and resources with accurate health information (stay updated with trusted news sources)
- Eat healthy foods and drink lots of water
- Get physical exercise
- Get adequate amount of sleep
- Engage in hobbies
- Talk to loved ones about your feelings
- Pay attention to your own body

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Staying Calm DURING A DIFFICULT PERIOD

- Consider the impact on you of your current news feed
- Consider opportunities to utilize your strengths in daily activities
- Make an effort to focus on positive thoughts and things that bring you joy and relaxation
- Show respect for others and be mindful of our own responses
- Understand that it's normal to feel anxious about COVID-19 and the uncertainty
- Don't suppress feelings
- Write down your thoughts, fears, concerns

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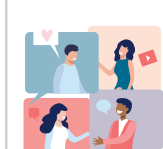
Staying Connected

Stay connected and maintain your social networks. Even in situations of social distancing and isolation, try as much as possible to keep your personal daily routines. If health authorities have recommended limiting your physical social contact to contain the COVID-19 outbreak, you can stay connected via e-mail, social media, video conference and telephone.

CONNECT WITH MED CENTER HEALTH

Follow our Med Center Health social media accounts for informational videos and articles, inspiring photos and stories, and helpful tips regarding mental and physical health.

- facebook.com/MedCenterHealth
- twitter.com/MedCenterHealth
- youtube.com/user/TheMedicalCenterBG
- instagram.com/MedCenterHealth



Med Center Health.

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Staying Calm DURING A DIFFICULT PERIOD

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World Health Organization

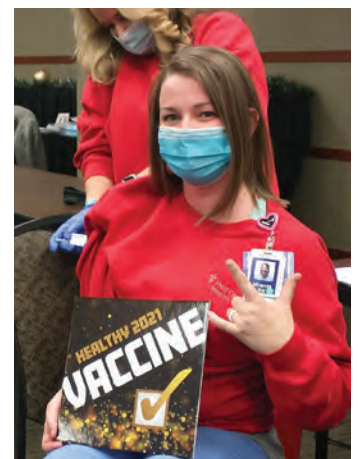
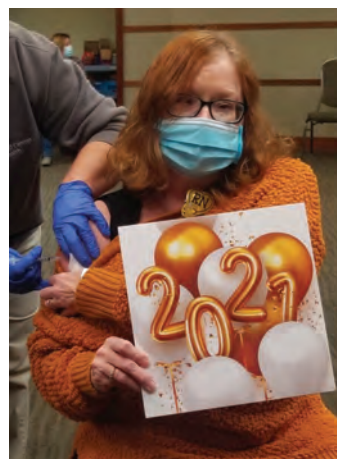
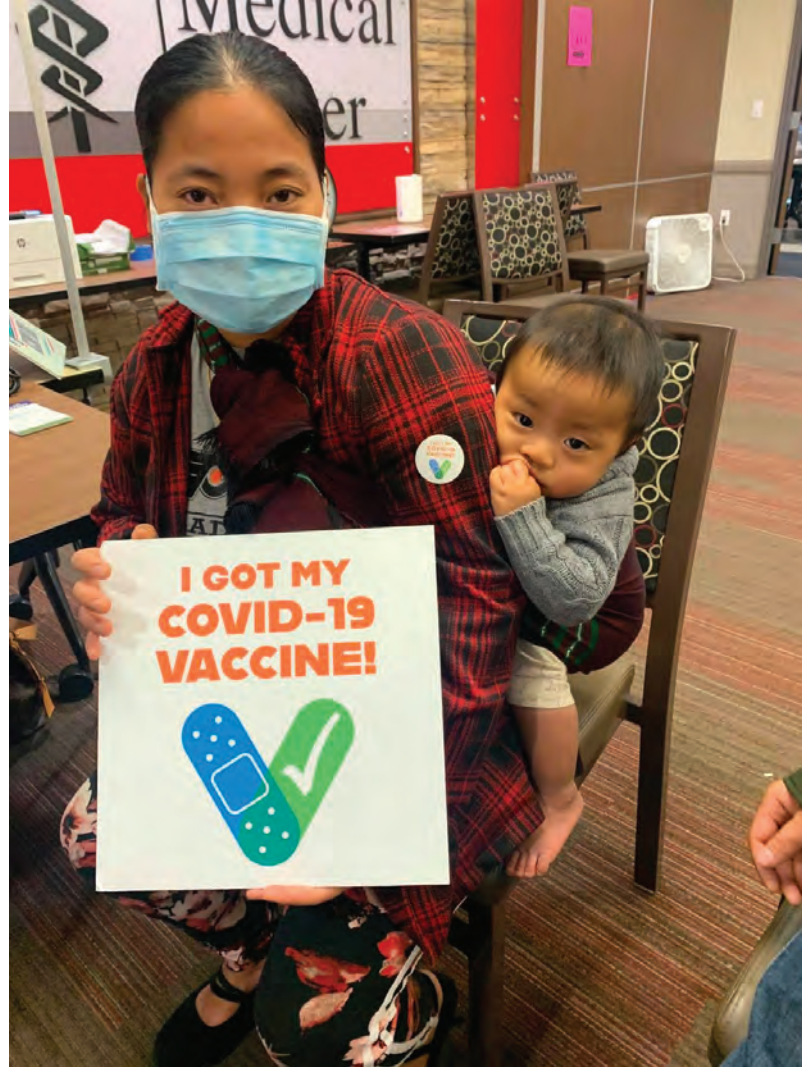
Coping with Stress DURING THE 2019-NCOV OUTBREAK



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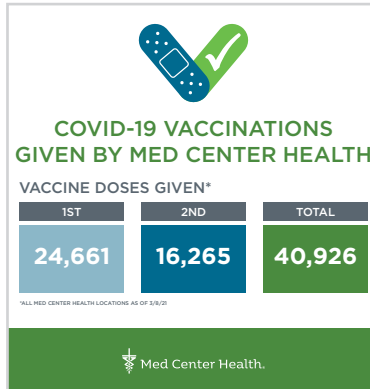
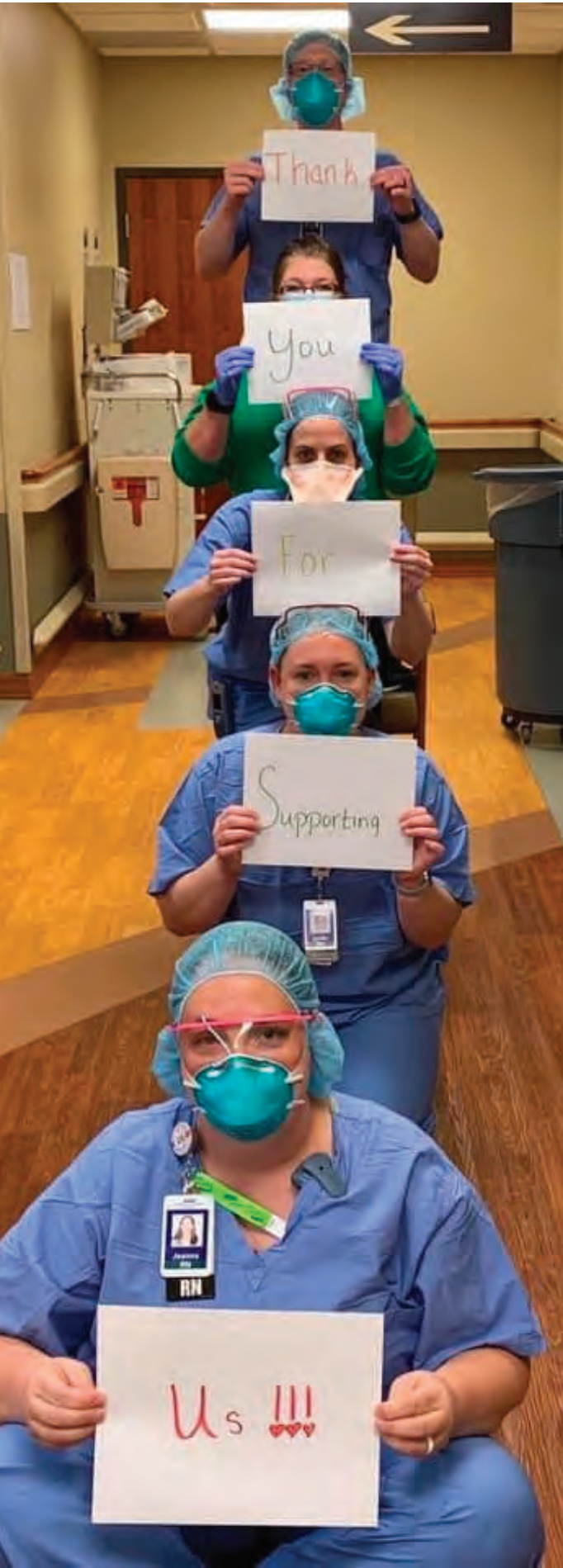
VACCINE AWARENESS

SELFIE SIGNS



VACCINE AWARENESS

SOCIAL MEDIA



PANDORA / SPOTIFY



SOCIAL MEDIA FRAMES



STICKERS

VACCINE INSTRUCTIONS

SIGNS & BANNERS

Have you had your COVID-19 VACCINE?

VACCINE CLINIC HOURS
SUNDAY – WEDNESDAY
7:30 A.M. – 3:30 P.M.

WALK-INS WELCOME



VACCINATION PHASE 1C INFO

- 1C**
- Anyone age 60 or older
 - Anyone age 16 or older with CDC highest risk C19 risk conditions*
 - All Essential Workers

According to the Governor and the Kentucky Department of Public Health, "Essential Workers" qualifying under Phase 1C are:

FRONTLINE ESSENTIAL WORKERS

- Healthcare Personnel
- First Responders (Firefighters, Police)
- Corrections
- Education (teachers, support staff, daycare)
- Food & Agriculture
- Manufacturing
- U.S. Postal Service Workers
- Public Transit Workers
- Grocery Store Workers

OTHER ESSENTIAL WORKERS

- Transportation and logistics
- Food Service Shelter & Housing (construction)
- Finance
- IT & Communication
- Energy
- Media
- Legal
- Public Safety (Engineers)
- Water & Wastewater
- Clergy

*Per CDC, adults of any age with the following conditions are at increased risk of severe illness from the virus that causes COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m² or higher but less than 40 kg/m²)
- Severe Obesity (body mass index [BMI] equal to or greater than 40 kg/m²)
- Pregnancy
- Sickle cell disease
- Type 2 diabetes mellitus
- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic Fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Overweight (BMI) > 25 kg/m², but < 30 kg/m²
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus



COVID VACCINES TODAY

WALK-INS WELCOME



VACCINE REGISTRATION INFO

NOW SCHEDULING AGE 16+

Age 16+
Text **COVID** to **270-796-4400**, and follow the prompts.

Age 70+ may call **270-796-3200**.

Please note: It may be several days before you receive a response due to a large number of requests. There is no need to text multiple times. Repeated submissions will reset your request to the current date, and you will lose your earlier spot on the list. Please do not call the hospital switchboard. We thank you for your patience.

[MedCenterHealth.org/vaccine](https://www.MedCenterHealth.org/vaccine)



INSTRUCTIONAL HANDOUTS

WHEN CAN I GET VACCINATED?

The Covid-19 vaccine will be offered in phases while the vaccine supply is limited. Find out which phase you fall in.

Visit vaccine.ky.gov

Hit **GET STARTED** & answer all questions

Choose **EMAIL** and/or **PHONE/TEXT**

Hit **SUBMIT**

You will receive notifications as Kentucky progresses through the phases.



VACCINATION REGISTRATION INFO

If you are:

AGE 70+

Text or email the keyword **SENIOR**

K-12 School Personnel in WARREN and SIMPSON counties (public and private schools)
Text or email the keyword **SCHOOL**

Healthcare personnel or first responders
Text or email the keyword **SHOT**

TEXT your keyword to: 270-796-3200 and follow the prompts.

OR EMAIL TO: vaccine@mchealth.net

Your keyword should be the subject line of your email.

Include the following:

- Full Name
- Date of Birth
- Phone Number