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MAY 2020

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Keeping COVID-19 Out of Your Home

With many of us spending more time at home because of COVID-19, the need to keep our living spaces germ-free becomes even more important. Follow these tips from Eve Early, an infection prevention expert at Orlando Health.

Some Precautionary Measures

- Wash your hands properly – and often – with soap and water for at least 20 seconds.
- Use a hand sanitizer that contains greater than 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Stay home if you don't feel well.
- Cover your mouth and nose with a tissue when coughing and sneezing, then throw it away and wash your hands.
- If someone in your household is sick, give the sick person a separate bedroom and bathroom, if possible.

Keep Your Spaces Clean

- Clean frequently touched surfaces, such as tables, light switches, doorknobs and refrigerator handles.
- Avoid sharing drinks, food and silverware.
- Clean your cell phone with a lint-free cloth dampened with a disinfectant.
- Regularly disinfect home electronics, such as computer keyboards and remote controls.
- Clean your bathrooms, paying attention to all surfaces.
- Clean and disinfect shared bathrooms after each use by an ill person.
- Separate toothbrushes from each other and store at least 3 to 6 feet from the toilet.

Take Care of What You Wear

- Change your clothes and shoes before leaving work or as soon as you arrive home.
- Clean shoes before entering your home or leave them at the door.
- Place work clothing directly into your washing machine.
- Wash clothing using detergent and hot water.
- After washing work clothing, run an empty load with bleach.
- Disinfect your laundry hamper/basket after use.
- Shower as soon as you get home. Pay special attention to washing your face and hands.

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‘Everything Was a Real Effort, and It Was Exhausting’

Living and working abroad, Claire Bilby enjoyed an active lifestyle of tennis, skiing and biking the streets of Paris, until one day everything changed.

“I developed knee pain so bad, I found it hard to walk and stand,” recalls the busy executive. “Everything was a real effort, and it was exhausting. I didn’t want to live my life like this.”

X-rays and MRI tests revealed the cartilage in her knees was almost completely gone. Bilby knew it was time to get help. She returned home to have double knee-replacement surgery at Orlando Health.

Leading up to surgery, Dr. Robert Murrah with the Orlando Health Orthopedic Institute encouraged Bilby to do strength-building activities to prepare her body for a successful recovery. She was glad she did. Patients typically recover in rehabilitation for two weeks, where they practice walking on uneven surfaces, going up and down

stairs with a walker and doing domestic activities like putting dishes away in a staged kitchen. Bilby was so well-prepared, she was ready to go home after just one week.

Recovering from knee-replacement surgery takes a lot of dedication, but within six months, she felt completely like herself again.

“My knee replacement surgery at Orlando Health gave me my freedom back,” says Bilby. It enabled her to get back to living her normal life.

“I enjoy riding my bike again, and I’m even taking up golf.”

Protect Yourself When Grocery Shopping

Even mundane tasks such as grocery shopping can be more difficult in the era of COVID-19. Dr. Nayer Canton Vafabakhsh with Orlando Health Physician Associates offers tips for safe shopping:

If You Can, Stay Home

The elderly and those with immunodeficiencies or chronic diseases should avoid the grocery store. Lean on family or neighbors, or have groceries delivered.

Avoid a Direct Hand-Off

Have groceries delivered to your front door and use an app on your smartphone to pay electronically. Make sure you have enough groceries to last at least two weeks.

Keep Your Cart Clean

If you do go to the store, stay 6 feet apart from other shoppers and wear a mask. Consider bringing your own disinfectant for the grocery cart you use. Plan your purchases in advance so you can make your trip as brief as possible.

To Disinfect Is Best

Once home, leave groceries that don’t need to be refrigerated in your garage. Put canned goods away the next day after disinfecting them. Disinfect your counters. Always wash your hands. And if food is sealed in plastic and inside a box (such as cold cereal), take it out and dispose of the box.





Is It a Stomachache or Appendicitis?

If you have ever had a severe stomachache, chances are you've worried it could be appendicitis. The early symptoms are similar to those of stomach flu or food poisoning, says Dr. Mohammed A. Merchant with Orlando Health Physician Associates.

What Is Appendicitis?

The appendix is a small piece of tissue located in the lower-right area of your abdomen. Appendicitis usually occurs when there's a blockage. This causes the appendix to swell and become infected. Due to a lack of blood flow, it can burst.

What Does It Feel Like?

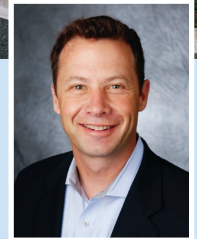
Pain usually starts in the center of the abdomen. Within a few hours, it migrates to the right, lower quadrant. Other symptoms may include pain that:

- Significantly worsens in a few hours
- Doesn't decrease with over-the-counter medication
- Worsens when you take deep breaths, cough or sneeze
- Is so severe it wakes you up



What If I Think My Pain Is Appendicitis?

Seek immediate medical care. If appendicitis goes unchecked, it can result in serious health risks like bacterial spillage, gangrene of the gut and septic shock. In rare cases, a ruptured appendix can even lead to death. An earlier evaluation will lead to an earlier diagnosis and a faster return to normal life.



A Letter from Our President

To Our West Orange Neighbors,

With Central Florida's only Level One Trauma Center and safety-net hospital, Orlando Health has a clinical workforce that's **well-prepared and highly skilled at caring for both routine and extreme cases of any type**, including COVID-19. Our hospitals are open, and our teams continue to deliver high-quality care you can depend on around the clock.

We have taken several steps to protect you in our facilities and practices. You deserve peace of mind that you will be safe when you come in and get the care you need. **Too often we're seeing patients ignoring infections, seizures and even chest pains until they become much more serious situations.**

But there's no need to wait. It's safe to take care of yourself. **These are some of the measures we have taken to remove any doubt Orlando Health is a safe place to receive the care you need:**

COVID-19 Patients These patients represent less than 1 percent of our patient population. All are in separate respiratory care units with designated staff and equipment.

Personal Protective Equipment Protecting patients and our team is a top priority. Much work has been done to ensure we have the PPE we need, when we need it and for as long as we need it.

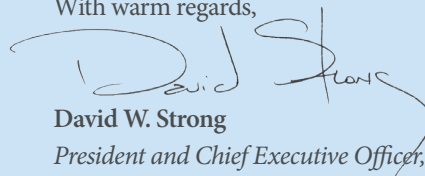
Testing All patients scheduled for a surgery or procedure are pretested for COVID-19.

Screening Upon entering our hospitals and clinics, patients and visitors are screened for COVID-19 symptoms. Universal masking also is in place.

Visitors Although it became necessary to restrict the number and ages of visitors, we have found different ways to connect patients with loved ones outside the hospital.

Like me, our teams are focused on protecting and serving our community today and in the weeks ahead. Our patients also are our neighbors, friends and family members, so we want to make sure you take care of yourselves. And you can have peace of mind that we are providing care in the safest ways possible.

With warm regards,


David W. Strong
President and Chief Executive Officer, Orlando Health

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DON'T DELAY THE CARE YOU NEED.

Make your appointment today.

As you continue protecting yourself and others, Orlando Health wants to remind you that getting the medical treatment you need is important. And maintaining the safest environment possible at all our facilities continues to be a top priority. So don't delay your care, and make your appointment today.

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