



June 12, 2020

## **COVID-19 Updates: UNIVERSAL SOURCE CONTROL**

The one lesson we have learned through the whole pandemic is Universal Source Control, or the consistent use of facemasks, is one of the best infection control strategies to prevent the spread of COVID-19. In combination with good infection control hygiene, such as the consistent and frequent use of hand sanitizers, and social distancing, universal source control completes the trifecta of best practice in keeping you, your loved one, your family and your neighbor safe and healthy. Just as recent as last Tuesday (06/09/20), the Governor's office and the King County Department of Health released new correspondence reiterating and stressing the importance to the public of the need and benefits of consistent use of facemasks.

As of this writing, Bayview's enduring record of zero COVID-19 cases is proof positive that our proactive stance and early implementation of universal source control for all staff and residents works! As more negative test results of our residents and staff continue to trickle in, we are witness to the resolve that our current efforts are paying off in spades!

As the Executive Team drafts Bayview's plans of reopening phases, the one constant through the entire process is universal source control. In order for us to successfully reopen our doors to the public, it is vitally imperative that we remain extremely vigilant in the constant use and wear of our facemask. Here are some "Do's and Don'ts" of facemasks:

### **DO: Wear your facemask at all times when out of your apartment.**

The majority of us comply with this critical step. It is our Social Responsibility to protect ourselves and others by wearing our facemask. However, there are still some that do not understand or even ignore the importance of facemask use. Facemasks are uncomfortable. Facemasks are not natural. "Facemask Breath" is smelly! There are all sorts of reasons why we may not want to wear our facemask. The only reason that should matter for all of us to remember is: **FACEMASK USE SAVE LIVES.**

It has been stated several times before; COVID-19 is an opportunistic virus. No one person is immune to this disease. It can and will infect you if you do not block the entry points into your body; mainly your mouth, nose and eyes. A facemask blocks 2 of the 3 entry points when used and worn properly.

### **DON'T: Be complacent with facemask use.**

Do not think "I will only be out of my apartment for a short time, so I don't need to wear my mask". Do not think, "I'm only taking the garbage out, so I don't need to wear my mask." Do not think "This kind of stuff happens to other people, not me". Do not think "Oops! I forgot my mask, and it will be okay to not wear it just this one time". Remember, It only takes one time for the virus to gain access to a host body, to infect a host, and to kill.



# BAYVIEW

A POINT OF VIEW

**DO: Remind others to wear their facemask!**

We are all human, and we all make mistakes from time-to-time. It is okay to remind others if you see a person not wearing their facemask. Facemask use is still relatively new. Perhaps the person forgot, or perhaps there is something wrong with their mask they are needing to fix. Reminders should not be punitive. Reminders should be gentle, friendly and informative. You are helping others remember their social responsibility and you are actually letting others know you genuinely care about their well-being.

**DON'T: Take reminders from others to wear a facemask personally.**

In the Health Center, we have trained our staff that reminders of proper infection control practices is considered a “No-Fault” reminder. If someone missed a step during hand hygiene, or forgot the proper way to don or doff personal protective equipment, a reminder of the correct process is not to point out failure. Nor is a reminder to single someone out as a “bad” person, or to “Boss” someone around by telling them to shape up or ship out! Rather, it is simply to ensure the safety of all. Remember, we are all in this together. Wearing your facemask shows your respect for your community, your neighbor and your neighbor’s well-being.

**DO: Avoid touching, tugging or pulling on your facemask while you are wearing it.**

Occasional adjustments of your facemask may be necessary from time -to-time, and can be accomplished by using the edges of the mask. Contaminates rest on the outside of the body of the mask. Every time a person touches the main body of the facemask, they contaminate their fingers or hand(s). Then, if the person does not immediately sanitize their hands, they will contaminate everything they touch from that point forward. Every time a person pulls their mask down around their chin to speak with someone, the infection control benefits of the mask are rendered useless. Contamination occurs to all people and surfaces around that person as they speak and breathe without the mask over their mouth and nose. Please believe that when you speak with your mask on, people will be able to hear and understand you! Put the mask on, leave the mask alone, and keep that mask properly in place!

**DON'T: Wear your facemask below your nose.**

Improper use and wear of your facemask does not protect you or others around you from potential exposure to COVID-19. Wearing a facemask below the nose is one of the most common mistakes people make while wearing a facemask. Just as much as when the mouth is uncovered, vapors from exhalations through the nose escape into the open air and contaminate surrounding areas when the nose is not contained within your facemask. If your facemask continues to slip off of your nose, gently pinch the bridge of your nose while your mask is on around your nose to allow your mask nose piece to gain a better grip on your nose. This should help for a short time. You may have to repeat the process several times throughout the day to maintain the proper placement of the mask on your face.

As you will see in this weekly and future weekly updates, the Executive team will share reopening phase plans and dates with everyone. Each plan will be released in a measured fashion, starting with the Beauty Salon and Fitness Center. The reopening schedule will depend upon everyone’s continued vigilance to Universal Source Control and proper infection control practices. Let’s keep up the great work!

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