

ROADMAP — to a Healthy — REOPENING

WELCOME!



**GREATER
FORT WAYNE INC.**
METRO CHAMBER ALLIANCE



PARKVIEW
HEALTH



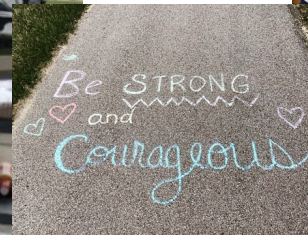
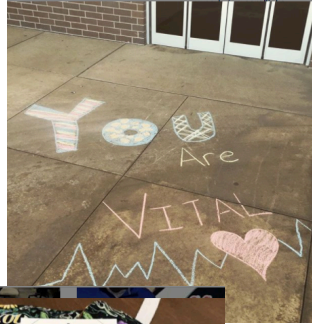
NORTHEAST INDIANA
REGIONAL PARTNERSHIP

Keeping our Community Well

Dena Jacquay

Chief Community & Human Resource Officer

THANK YOU












































Current State of Indiana Public Spaces

BACK ON TRACK INDIANA PLAN EXPLAINED

KEY

 CLOSED/VIRTUAL ONLY	 ESSENTIAL ONLY	 75% CAPACITY	 FULLY OPEN WITH SOCIAL DISTANCING
 PICKUP AND DELIVERY ONLY	 50% CAPACITY	 OPEN WITH RESTRICTIONS	

	STAGE 1: March 24 - May 4	STAGE 2: May 4 - 23	STAGE 3: May 24 - June 13	STAGE 4: June 14 - July 3	STAGE 5: July 4 and Beyond
Social Gatherings	10 People or Fewer	25 People or Fewer	100 People or Fewer	250 People or Fewer	250+ People Permitted
Facial Coverings	Recommended	Recommended	Recommended	Optional	Optional
Government Offices	Closed to the Public	Limited Public Access	Limited Public Access		
Manufacturing, Industrial					
Office Settings		Remote Work Encouraged	Remote Work Encouraged		
Retail					
Restaurants		 May 11th			
Bars and Clubs					
Gyms					
Personal Services		 May 11th*			
Entertainment and Tourism					
Religious Services		Services May Convene Following Guidelines Starting May 8th	Services May Convene Following Guidelines	Services May Convene Following Guidelines	



PARKVIEW

Current State of COVID-19 in Region

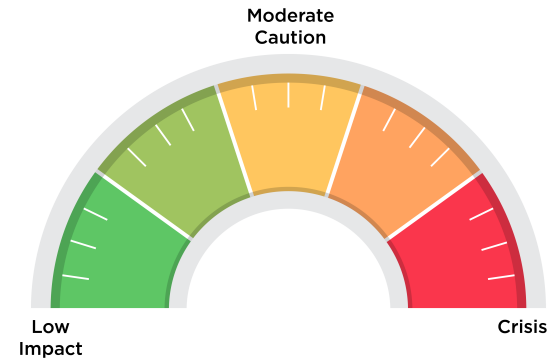
- We are in community spread

What does that mean?

- Virus is not limited to one place or area
- Part of our day-to-day reality now
- Source cannot be pinpointed
- Evolving best practices

Current State at Parkview

- We are here and ready to serve
- Safe practices to help our co-workers, patients and community
- Close monitoring
 - Restarting services gradually
 - Visitor restrictions remain in effect



Planning for the Future State

- Today likely looks different than next week
- Common principles can be used in every situation to keep yourself – and your family – safe and well
 - At work
 - In public

Today's Goals

- Understand How You Can Thrive
 - Increase your understanding
 - Improve your skills
- Gain Resources for Ongoing Support
- Get Your Questions Answered

How to Thrive

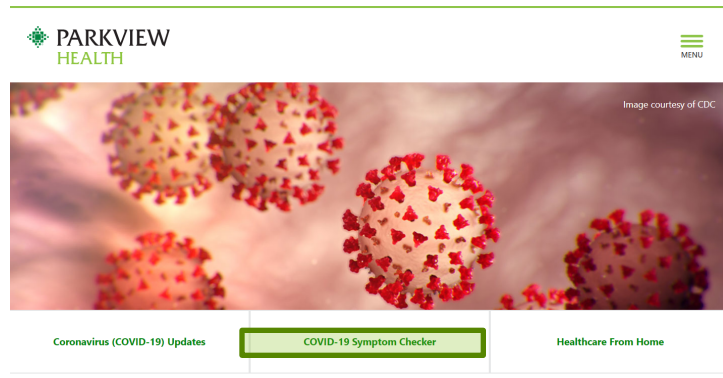
Increase Your Understanding

Dr. Jeff Boord,
Chief Safety & Quality Officer

General COVID-19 Information

What do I do if I feel sick?

- Call 1-877-PPG-TODAY
- Use the online
Parkview Symptom Checker
- MyChart Virtual Visit
- Parkview OnDemand



General COVID-19 Information

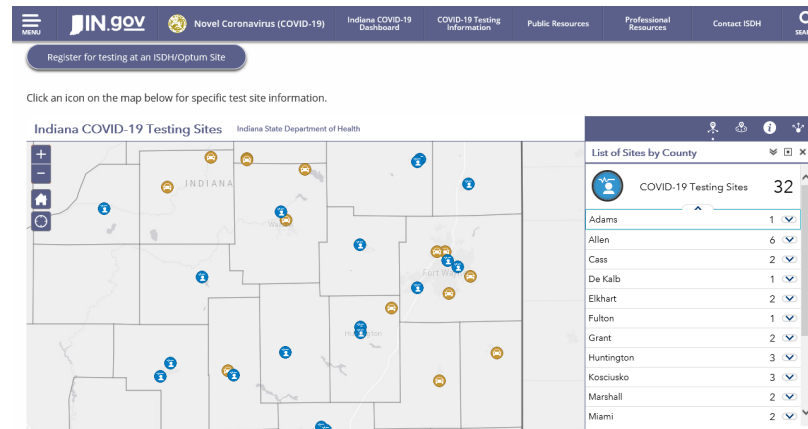
What kind of tests are available?

- PCR (Nasal Swab) Test
 - Positive – you have COVID-19; consult a Provider
 - Negative – no virus detected
- Antibody (Blood) Test
 - Positive or Negative – not helpful for individual, only public health surveillance

Regardless of test result, always be cautious and courteous

General COVID-19 Information

- When should I be tested?
 - When you have symptoms – Nasal Swab
- Where can I get tested?
 - Call your provider for testing
 - ISDH and Allen County Department of Health Site



General COVID-19 Information

Fairbanks Study on Antibodies – Indiana

- 2.8% of people have had COVID-19
 - 1.7% had a positive nasal swab (active infection)
 - 45% of people who tested positive were asymptomatic
 - 1.1% had antibodies (past infection)
- **97% haven't been exposed; importance of continued social distancing and masking**
- Mortality rate is 0.58% or 6x higher than flu

How to Thrive

Increase Your Understanding

Dena Jacquay
Chief Community & Human Resource Officer

What to Expect | Returning to Work

You may be asked to:

- Self-monitor for symptoms
- Stay home if you're not well
- Wear a mask and/or gloves
- Have your temperature checked
- Clean your own workstation
- Continue to work remotely

What to Expect | In Public

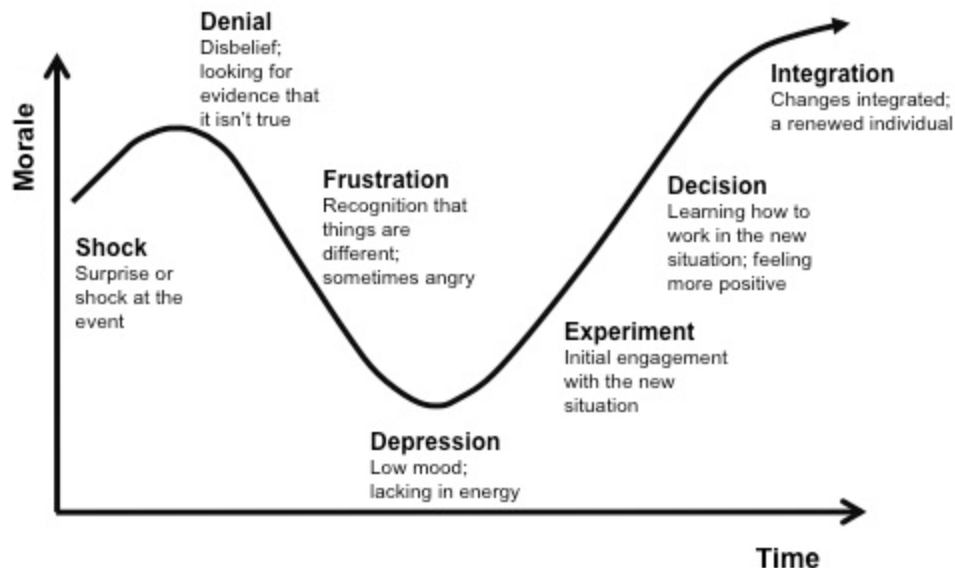
You may be asked to:

- Wear a mask
- Have your temperature checked
- Wait in your car prior to appointment
- Wait in a line prior to entering so store can maintain safe # of people inside
- Pay with a card or phone; no cash

You can Leave if You Don't Feel Safe or Protected

Care for Your Whole Person

The Kübler-Ross change curve



- Mind
- Body
- Spirit

Care for Your Whole Person

- Parkview Behavioral Health 24 hr HelpLine
 - 260-373-7500 or 800-284-8439
- Parkview.com Blogs



Healthy Mind , Family Medicine

Collective trauma and our reactions

05/08/2020



Healthy Mind

Coping with our fear during COVID-19, Pt. 2

05/01/2020



Healthy Mind

Mental wellness and older adults

04/28/2020



Family Medicine

Comfort items can ease COVID-19 anxiety for children

04/29/2020



Family Medicine

The connection between coronavirus and sleep issues

04/21/2020

Care for Your Whole Person

- Limit Screen Time
- Brain Activities – Sudoku, Puzzles
- Meditation - apps
- Breathing Exercises - apps
- Prayer

How to Thrive

Improve Your Skills

Dr. Mike Knipp,
Parkview Total Health Chief Medical Officer

Reminders

- You can control some of your space and safety
- We are “in this together”
 - It’s who we are as Hoosiers
 - We care for our neighbors
 - By caring for someone else, you know someone is looking out for you too

Consider the Vulnerable

- Seniors
- Health risks
- Physical disabilities
- Intellectual and developmental disabilities
- *It may be You*

Consider the Vulnerable

- Continue remote work
- Move gatherings like Book Clubs or birthdays to virtual (Zoom, etc.)
- Online or virtual games with friends
 - Battleship
 - Scavenger Hunts

Handwashing | When to Wash

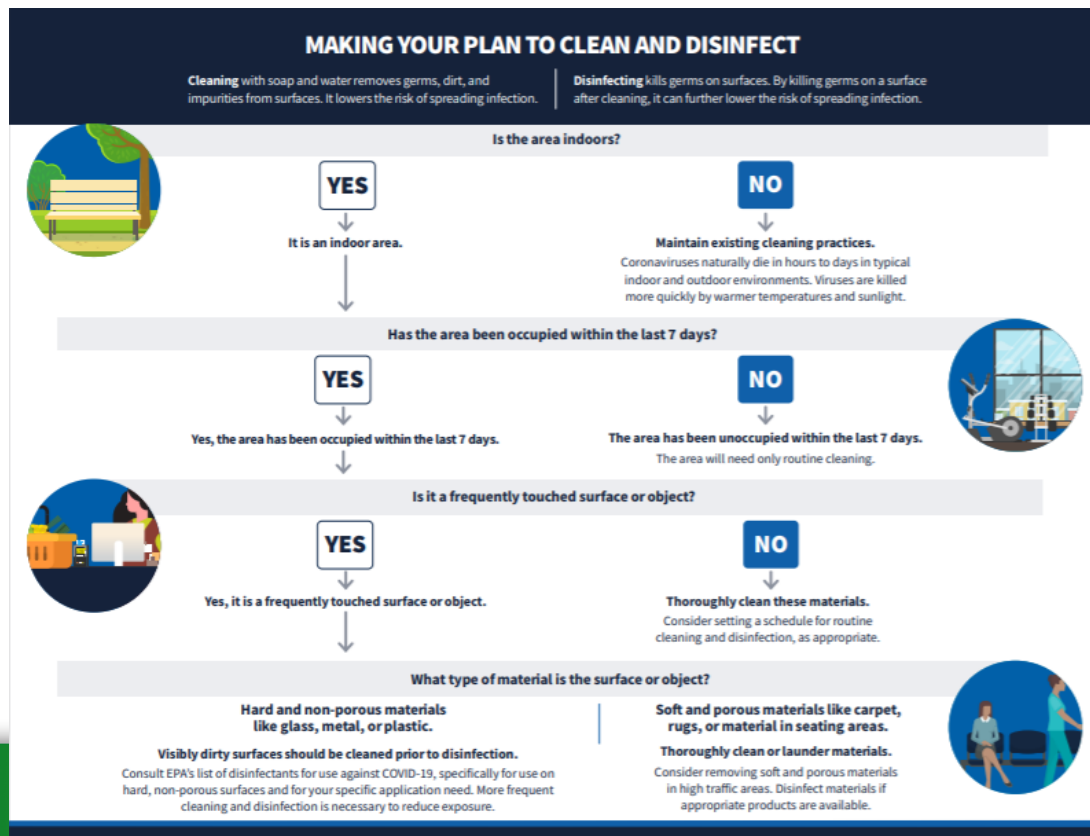
- Before or after eating
- Before or after interacting with someone
- After a purchase transaction
- After using restroom
- After touching your face, blowing your nose, coughing, or sneezing

Handwashing | How to Wash

is important to stop
the spread of germs.



Surfaces | When & How to Clean



- Reference EPA list of approved cleaners for coronavirus
- NOTE: Read how long cleaner needs to sit before wiping or using

Masks | Why, What, When, & How

- Why = What type of mask
 - N95 protects me from others
 - Cloth or Surgical protects others from me
- Masks are like traffic signals
 - They don't work optimally unless everyone agrees to use them

Masks | Why, What, When, & How



Plan Ahead | Home

- Cleaning supplies
- If someone in home becomes ill:
 - Designated space to quarantine
 - Personal care items
 - Dishes and utensils

Plan Ahead | Work & Public

Ready Bag



- ☐ **Cloth mask**, two-layer cloth mask stored in a large envelope or plastic bag for each family member over 2 years old.



- ☐ **Small pack of surface wipes**



- ☐ **Few pairs of disposable gloves**



- ☐ **Small hand sanitizer**



- ☐ **Plastic utensil set**, optional



- ☐ **Apps/Methods for cashless transactions**
(ApplePay, Venmo, Paypal, etc.)



- ☐ **Visit parkview.com/businessconnect**
for additional resources.



ROADMAP — to a Healthy — REOPENING

Q&A SESSION



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Q&A

What are the proper hygiene methods we need to do to keep ourselves well?

- Social distancing
- Good hand hygiene
 - Washing hands regularly for 20 seconds
 - Limit hands touching face
 - Limit touching and/or sharing high touch items
- Wear a mask to care for others
- Beyond hygiene, do things to keep your immune system well

Beyond Hygiene

Mind Your Stress

Pause. Take a few seconds to consider your breathing, listen to a favorite song, or watch a funny video. The stress hormone, cortisol, suppresses immune response. Being mindful, even in small doses, reduces stress and as a result, cortisol production.



No Smoking

Avoid smoking, vaping, or inhaling any substance, which can be toxic to the lungs.



Quality Sleep

Aim to sleep for 7 to 9 hours.

Develop a routine: Set an alarm for when to go to sleep and when to wake up.

Make sure your room is cool, dark, quiet, and comfortable. Avoid screens at least 90 minutes before bedtime.

Practice a "wind down" ritual, like listening to soft music, writing in a journal, or reading a book.



Healthy Eating

What you eat makes all the difference! For strong immunity, consume a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Choose a rainbow of fruits and vegetables, eat your beans, consume whole grains, and use a variety of herbs and spices to enhance flavors. Stay hydrated with water!

Activity

Regular, moderate physical activity is vital to keeping the immune system strong! While Physical Activity Guidelines recommend at least 30 minutes, 5 days a week, as little as 20 minutes can suppress inflammation and support immunity.



Connectivity

Physical distancing is essential when contagious disease risks are high, but not at the expense of being isolated or lonely.

Connect with friends and family via FaceTime, Zoom sessions, texting, and phone calls. Positive emotions, which are shown to improve immunity, arise from even brief, virtual social connections.



Increasing your body's immune response is not a guarantee against infection.

@ACLifeMed



AMERICAN COLLEGE OF
Lifestyle Medicine

Q&A

How can I care for my kids' well-being right now when there are so many unknowns and they're disconnected from friends?

- Unique needs during this time
- Continue their vaccines and well visits
- Reassurance
 - Listen to them
 - Offer comfort items if anxious
- Routine - offer predictability and structure
- Focus on high-quality screen time

Q&A

How can we encourage our friends and family to understand the social courtesy and/or need to practice safety measures like social distancing and wearing a mask?

- Walk the talk
- Offer to help – knowledge, skills, supplies
- Be kind

Q&A

How do we handle being in public when other people aren't following safe guidelines or demonstrating risky behavior?

- If you feel unsafe, you can distance yourself or leave
- Approach a staff member to address your concerns and ask them to address it with the individual(s)

Q&A

If we are seeing the # of positive cases increase, why are we opening back up?

- The Governor's guidelines include 14 day decrease in *hospitalized* COVID-19 patients.
- As testing increases, we know that the number of positive cases will increase.
- The goal is to open up safely and slowly in order to prevent a surge of patients on our healthcare systems.

Q&A

Should we be prepared to hunker down again?

- Too early to know for sure
- Because there is no vaccine or herd immunity, there is a strong possibility that at some point, some degree of restrictions will have to be put back in place
- Plan to be flexible and safe for 12-18 months

Q&A

I still have questions. Where can I go to find help from Parkview?

- www.Parkview.com
 - Symptom Checker, Blogs, Find a Doc, OnDemand
- www.Parkview.com/BusinessConnect
 - Resources for businesses - Workplaces
 - Resources for individuals – People
 - 260-CONNECT or ParkviewBusinessConnect@Parkview.com

A detailed map of the Fort Wayne, Indiana area, showing major highways, cities, and landmarks. The map is partially obscured by the text overlay.

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THANK YOU FOR ATTENDING



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