







Plan Your COVID-19 Risk Guide

Due to critical staffing shortages, all UCM/BSD employees are considered essential staff who play a critical part in our efforts to maintain hospital operations. You may be needed to work on-site in your current role or as a redeployed team member. As such, we are asking you to avoid high-risk activities. These may be defined by travel to high-risk areas or, more importantly, by specific activities themselves. Please make changes in your non-work lives to keep our safety promise to our patients and each other.

These activities are HIGH RISK for COVID-19. If you follow all the mitigations in the blue column, you may continue to work. **If you choose to do something in the red column, plan to use paid time off (vacation and personal days) to quarantine for 7 days afterward. You will need to be tested before returning to work on Day 8.**

We trust you to make good choices and report any high-risk activity to your supervisor. In short-staffing situations, you may be asked to work even after high-risk activities, so please be as careful as possible.

	HIGH RISK	LOWER RISK*
Eating and Drinking 	Eating or drinking indoors with people who don't live with you. This includes at restaurants and bars, or eating with others inside a home. See below about unmasked contact limits.	If you're eating with people who don't live with you, do it outside AND with 6 feet of distance. At work, eat quickly (less than 15 minutes) and 6 feet from others. Or use the Sky Café.
Unmasked Contacts 	Having unmasked contact with more than 5 people who don't live with you over the course of a week. That's unmasked contact with 5 people TOTAL, not 5 at a time.	Limit unmasked contact to those you live with plus 5 (or fewer) people each week. For contact with everyone else, wear a mask or stay 6 feet apart outside. Remember, if you're indoors, distance alone isn't enough.
Exercise 	Working out in a gym or fitness center without wearing a mask while other people are present. This includes exercise classes and fitness centers where masks aren't being worn.	Exercise outdoors or do in-home fitness or virtual classes. If you're in a gym or at a fitness class, you must BOTH wear a mask AND keep at least 6 feet of distance.
Singing or Chanting 	Singing or chanting indoors with other people when masks aren't worn or people aren't 6 feet apart. This includes religious services without masks or without distance.	Sing or chant outdoors. If you do so indoors, you must BOTH wear a mask AND keep 6 feet of distance. Eye protection is strongly encouraged.
Outdoor Crowds 	Attending a crowded outdoor gathering with people who are unmasked.	Wear a mask when at any outdoor gathering where it's not possible to keep at least 6 feet of distance. Eye protection is strongly encouraged.
Long-Distance Travel 	Traveling without wearing BOTH a mask AND eye protection. This include any travel more than 2 hours with those who don't live with you. For example: planes, trains, buses and shared automobiles.	Wear a mask AND eye protection when you're on shared transportation for more than 2 hours. When you're in a car with people you don't live with, masks alone are OK if everyone keeps theirs on.

*Carry your own hand sanitizer and use it frequently.

If you were exposed to someone with a known case of COVID-19, please use the Healthcare Worker Post-Exposure Risk Assessment Matrix on the intranet. Quarantining after a known-positive exposure (whether from a household contact, friend, or a patient) does not require the use of vacation days.