



Frequently Asked Questions (FAQs) about Coronavirus (COVID-19)

Physical Distancing (also called Social Distancing)

- *What is physical distancing?*
 - Physical distancing is keeping at least 6 feet between you and the person/people around you. This includes avoiding gathering in groups and staying out of crowded places. This should be done at work and outside of work.
- *Why is physical distancing important?*
 - Physical distancing decreases your chance of catching a COVID-19 infection from a person carrying COVID-19. This is important because some people who have a COVID-19 infection can spread the infection even before they start to feel sick.
- *Do I need to practice physical distancing even if I have no symptoms of infection, or the person near me has no symptoms?*
 - Yes, sometimes people who have just caught COVID-19 do not have any symptoms but they can still pass the infection to other people. This is why it is so important to practice physical distancing all the time.
- *Do I need to practice physical distancing everywhere?*
 - It is important to keep your distance in all possible places outside of your home. This includes waiting for an uncrowded elevator, allowing space between you and others on stairs and escalators, and spreading out when using sinks in the restrooms. This is especially important when you are not wearing a mask, such as when eating meals.
- *I often commute with my coworkers. How can I do this safely?*
 - Commuting alone is the best option. However, if commuting alone is not an option, the recommendation is to wear a mask. When commuting home at the end of your shift, you can wear the mask that you received at work if it is clean, use a homemade mask, or ask your manager for a clean surgical mask. It is also recommended that you wear a mask when commuting back into work, too.

Meal Breaks

- *Is it ok to eat and drink with my colleagues in the breakroom without my mask?*
 - No, it is not safe to eat or drink within 6 feet of anyone, since your mask is off. Please take a different break time than your coworkers, find somewhere to eat alone, or sit at least 6 feet apart from others.
 - It is also important to make sure that any areas where people are spending time without masks get extra cleaning on a regular basis.

Do you have Coronavirus (COVID-19) symptoms? Please Stay Home.

- *What are the symptoms of COVID-19?*

- Fever or feeling feverish
- Sore throat
- Cough
- Stuffed or runny nose
- Muscle aches
- Loss of ability to smell
- Shortness of breath
- Diarrhea
- *I've had symptoms of COVID-19, but they are only mild. Can I still go to work?*
 - No, please do not go to work if you have any symptoms of COVID-19, even if they are mild. Please call the Occupational Health COVID-19 Call Center at 617-724-8100 to discuss COVID testing. If you begin to feel sick during your shift, let your manager know, go home, and call the Occupational Health COVID-19 Call Center.
- *If I'm tested for COVID-19, do I still get paid?*
 - Yes, if you are undergoing testing or have a positive COVID-19 test, you will still be paid even though you are not working, and this will not be taken from your benefit time. Your other benefits will also all remain the same.

Room Cleaning Safety Guidelines

- *I need to clean a room where a patient was on precautions for COVID-19. It has been less than 45 minutes since the patient left the room. Do I need to wear a surgical mask or an N95?*
 - If less than 45 minutes have passed since the patient left the room, then yes, you must wear an N95 in the patient's room. Additional personal protective equipment should include a gown, gloves and eye protection (face-shield or goggles).
 - Ensure you follow Brigham protocols to put on and remove your personal protective equipment safely.

Protecting Yourself and Your Family

- *What can I do to help protect myself and my family?*
 - Wash your hands frequently using soap and water or a hand sanitizer at work and at home.
 - Avoid touching your face as much possible, especially with hands that are not clean.
 - Wear a mask when you leave your house. This is a new recommendation from Governor Baker as of April 10, 2020. If you need a mask for outside of work, let your manager know.
 - If someone who you live with is sick or tests positive for COVID-19, you should not spend time in the same room or sleep in the same room.

- Additional tips for protecting yourself can be found on the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.
- Please note that as long as you do not have COVID-19 symptoms, you can still work.
- *Someone in my family is sick, and I'm worried they may have COVID-19. Can they get tested?*
 - Yes, they can get tested at the Brigham. The Brigham will test sick household members of anyone who works at a clinical site. Please call the Partners COVID-19 Nurse Call Line- 617-724-7000 to arrange testing.

有关冠状病毒（COVID-19）的常见问题（FAQ）

物理距离（也称为社交距离）

·什么是物理距离？

○物理距离使您与周围的人之间至少保持6英尺的距离。这包括避免集体聚会和远离拥挤的地方。这应该在工作中和工作之外进行。

·为什么物理距离很重要？

o 身体疏远会减少您从携带COVID-19的人身上感染COVID-19感染的机会。这很重要，因为有些感染了COVID-19的人甚至在开始感到不适之前就可以传播感染。

·即使我没有感染症状，或者附近的人没有症状，我是否还需要进行身体疏远？

o 是的，有时刚感染COVID-19的人没有任何症状，但他们仍可以将感染传染给其他人。这就是为什么始终保持物理距离如此重要的原因。

·是否需要到处保持身体疏远？

o 是的，在家外的所有地方保持距离很重要。这包括等待不拥挤的电梯，在楼梯间和自动扶梯上，请您和其他人之间留出空间以及在洗手间中使用水槽时摊开。当您不戴口罩时，例如进餐时，这一点尤其重要。

·我经常和同事通勤。我怎样才能安全地做到这一点？

o 单独上下班是最好的选择。但是，如果不能单独通勤，建议戴口罩。轮班结束时回家时，如果戴上的口罩是很干净，可以戴上工作时戴的口罩，使用自制口罩或向经理咨询要使用干净的手术口罩。还建议您上下班时也戴口罩。

用餐时间

·在没有我的口罩的情况下与我的同事在休息室吃饭和喝饮料可以吗？

- 不可以，因为您脱掉口罩，所以在有任何人的6英尺范围内进食都是不安全的。请与同事用不同休息时间，找一个单独吃饭的地方，或者与他人保持至少6英尺的距离。
- 同样重要的是要确保没有戴口罩人们用过的任何地方都要定期清洁。

您有冠状病毒（COVID-19）症状吗？请待在家里。

COVID-19的症状是什么？

- 发烧或感觉发烧
- 咽喉痛
- 咳嗽
- 鼻塞或流鼻涕
- 肌肉疼痛
- 嗅觉丧失
- 呼吸急促
- 腹泻

我有COVID-19的症状，但只是轻微的。我还能去上班吗？

不，如果您有任何COVID-19症状，即使症状较轻也请不要上班。请致电617-724-8100致电职业健康COVID-19呼叫中心，以讨论COVID测试。如果您在轮班期间开始感到不适，请告知您的经理，回家，然后致电职业健康COVID-19呼叫中心。

如果我接受了COVID-19的测试，还能获得报酬吗？

是的，如果您正在接受测试或COVID-19测试呈阳性，即使您不在工作中，仍将获得报酬，并且这不会从您的受益时间中扣除。您的其他利益也将保持不变。

房间清洁安全准则

·我需要打扫一个房间，在该房间里要注意COVID-19的预防措施。

○ 如患者离开房间不到45分钟。我需要戴口罩或N95吗？

如果患者离开房间不到45分钟，您必须在患者房间里穿N95。其他个人防护设备应包括工作服，手套和护目镜（面罩或护目镜）。

○ 确保遵循Brigham规程安全地穿上和卸下个人防护设备。

保护自己和家人

·我该怎么做才能保护自己和家人？

- 在工作中和在家中，经常用肥皂和水或洗手液洗手。
- 避免尽可能多地触摸脸部，尤其是不干净的手。
- 离开家时戴上口罩。这是贝克州长自2020年4月10日起的一项新建议。
- 如果您需要工作以外的口罩，请告知您的经理。
- 如果与您同住的某人生病或检测出COVID-19呈阳性，则您不应在同一个房间里度过时间或在同一个房间里睡觉。
- 可以在CDC网站上找到其他保护自己的提示：
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>。
- 请注意，只要您没有COVID-19症状，就可以继续工作。

·我家有人生病了，我担心他们可能患有COVID-19。他们可以接受测试吗？

- 是的，他们可以在Brigham进行测试。公司将对在临床场所工作的任何有病的家庭成员进行测试。请致电公司COVID-19护士呼叫热线617-724-7000安排测试。