



# LOS ROBLES HEALTH SYSTEM

## **Hospital's readiness/capacity to handle the emergency.**

This is uncharted territory, but we have been working together with Ventura County Public Health and the CDC for all scenarios. We want to reassure the public that we have a surge plan in place. The public is our partner and we simply ask that they keep informed and follow the CDC guidelines which include shelter in place, hand hygiene and social distancing. Our COVID-19 preparedness efforts include reinforcing infection prevention protocols and guidance from the CDC, sourcing necessary supplies and equipment, and emergency planning, so our hospitals are prepared to safely meet the needs of all of our patients and protect the health and well-being of our colleagues.

## **Does the hospital have enough supplies to handle the expected intake of patients?**

Nothing is more important to Los Robles Health System than the health and safety of our team, especially in this moment as we all grapple with the rapidly evolving nature of COVID-19.

At this time our supply remains intact. If our staff requires PPE due to COVID risk of contamination, it is absolutely provided. Right now, we're in good shape. Additional supplies and equipment continue to be delivered to our hospital.

We are protecting our colleagues and patients at Los Robles Health System as family, just as you protect your own families. Our colleagues are our family, the very heart and soul of our hospitals. We will protect them and ensure they have the right equipment to provide excellent care to our patients all the time. Understand, this challenge is not unique to Los Robles Health System as we, along with all healthcare workers across the nation, face the supply shortage together in this fight against COVID-19. We have implemented safety protocols recommended by CDC/WHO to conserve personal protective equipment while ensuring every colleague is properly protected each and every time. The policies enacted are directly tied to this national crisis and are allowing us to continue to provide care within our community. Los Robles is coordinating with the CDC on the appropriate guidelines regarding PPE usage, which evolves as this pandemic evolves.

We welcome donations of PPE including:

- Masks – specifically N95, Level 2 and Level 3
- Isolation gowns
- Disposable gloves
- Protective goggles
- Eye and/or Face shields
- Industrial soap
- Antibacterial and/or disinfectant wipes

Please contact the HCA hotline at 855-815-3859 or locally, Amy Commans, VP of Community Relations at 805-370-4292 or via email at [amy.commans@hcahealthcare.com](mailto:amy.commans@hcahealthcare.com). Regretfully, at this time, we are not accepting handmade masks because they do not safely meet CDC criteria for our staff and patients – but we appreciate the outpouring of support from the community.

#### **If someone has symptoms, what does the hospital advise them to do?**

Stay home. Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. If you are experiencing symptoms such as fever, cough or difficulty breathing – or if you have been in contact with someone who has COVID-19 – please let your physician know immediately. If you develop emergency warning signs for COVID-19, get medical attention immediately. Call 911. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

#### **If someone in the family has symptoms, what does the hospital advise?**

If you are caring for someone at home, monitor for emergency signs, prevent the spread of germs, treat symptoms, and carefully consider when to end home isolation. Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

Prevent the spread of germs when caring for someone who is sick – just as you would if you were sick. Isolate and practice social distancing. Wash hands and avoid touching your eyes, nose and mouth. Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home. Over-the-counter medicines may help with symptoms. For most people, symptoms last a few days and get better after a week. Visit the CDC website for more care and prevention tips.

#### **From our Chief of Staff**

“Although these are unique and challenging times, I am so proud to work with an extremely talented and dedicated team of healthcare professionals. The situation is fluid and changes on a daily basis – but we are working together to conquer this virus. We remain on the frontline, prepared to care and serve the community should a COVID surge arise,” says Dr. Mark Suski, Chief Of Staff.