



JULY 10, 2020

# Weekly Update

## Staying safe in the summer sun



The sunlight that reaches the earth has ultraviolet A and ultraviolet B (UVA and UVB) rays. These ultraviolet rays are the main causes of damage to the skin from the sun. UVA and UVB rays affect the skin's sensitivity to sun exposure in different ways.

### UVA:

- Can pass through window glass.
- Is not affected by a change in altitude or weather.
- Is present all day and every day of the year.
- Penetrates deep into skin layers.
- Is 20 times more abundant than UVB rays.
- Causes long-term skin damage.

### UVB:

- Cannot pass through window glass.

- Causes sunburn.
- Causes tanning.
- Helps the body make vitamin D.
- Is more intense during the middle of the day, in the summer and at high altitudes and near the equator.
- Can cause skin cancer and cataracts.

The best way to prevent a sunburn is to avoid sun exposure.

Stay out of the midday sun (from 10 in the morning to 4 in the afternoon), which is the strongest sunlight. Find shade if you need to be outdoors. You can also calculate how much ultraviolet (UV) exposure you are getting by using the shadow rule: A shadow that is lon-

### INSPIRATIONAL QUOTES OF THE WEEK

*"Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person."*

—**Albert Einstein**

*"In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first."*

—**Harry S Truman**

*"This world of ours... must avoid becoming a community of dreadful fear and hate, and be, instead, a proud confederation of mutual trust and respect."*

—**Dwight D. Eisenhower**

*Life is one big road with lots of signs. So when you riding through the ruts, don't complicate your mind. Flee from hate, mischief and jealousy. Don't bury your thoughts, put your vision to reality. Wake Up and Live!"*

—**Bob Marley**

## Direct to You: From Beth Kluding

Mahatma Gandhi once said, "You must be the change you want to see in the world."



Beth Kluding, Chief Nursing Officer

As a nurse, I took this to heart with a "How do I fix it" mentality. I am seeing a great deal of change in the world right now, and again I am wondering how to fix it. I was walking into the store the other day just as a woman was walking out. She seemed to be struggling with the door, her cart, and her cane. Instinctively, I rushed to hold the door open for her. As I am holding the door, I realized "I am not six feet away," and I then braced myself as I was reminded to social distance.

Later, I was talking with my husband, Tom, about how etiquette in the "new normal" is changing. How we need to think twice before we do things like hold the door, offer to pump gas, or help a stranger who seems to be struggling. Shaking hands when you meet someone is no longer acceptable, and do not even get me started on hugging. Right now, the risk of contracting an illness from a stranger has created a fear that makes everyone think twice. It gets very concern-

ing, and downright scary to think that we could end up living in a world where it is unacceptable to hug someone who is clearly distraught, and in need of comfort that the human touch can offer, let alone start a casual conversation with a random stranger who just happens to be stuck in the same line as you, six feet away.

Then I remind myself, I have control of how this world turns out, and I can help fix it. We are all in control of how this will work out. We can still keep the connection to each other as human beings, even if it is harder to maintain. Body language can still be interpreted, and eye contact can still be maintained; some people say more with their eyes than others do with their mouth.

Tom and I decided we would not stop doing the little things that we considered to be part of being a good Samaritan. Instead of just doing them however, we will ask permission, from a respectable distance, of course. We can allow people the option of declining or accepting help if they need it while allowing them to feel safe. This will hopefully keep us from unsolicited social distance reminders as well. The world is changing, but the kindness to each other must be stronger than the fear.

## Campfire Grilled Bread with Tomato



Serves 4; Cook Time 20 minutes

### Ingredients:

- 4 slices crusty sourdough bread (about 1 inch thick)
- 4 tablespoons extra-virgin olive oil, divided
- 1 clove garlic, peeled and halved
- 4 medium tomatoes, halved
- 4 slices serrano ham or prosciutto
- Ground pepper for serving

### Directions:

1. Preheat a gas grill to medium, build a fire in a charcoal grill or build a campfire and let it burn down to medium heat (about 400 degrees F).
2. Brush or drizzle both sides of bread with 2 tablespoons oil. Grill the bread, flipping occasionally, until both sides are well toasted, 2 to 6 minutes total.
3. Rub one side of each piece of toast with garlic, then rub each piece with two tomato halves, squeezing so all the juice and pulp is released into the toast. (You should be left with just the skin.) Drape the toasts with serrano ham (or prosciutto), drizzle with the remaining 2 tablespoons oil and sprinkle with pepper, if desired.

### HVCH Cafeteria Menu July 13-July 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna	Much/Swiss		Chicken Fired	Breaded Cod
Chicken	Burger		Steak	Square
Fingers	Turkey Burger	Walking Taco	Macaroni &	Sesame
Sweet Potato	Onion Rings	Nachos & Cheese	Cheese	Chicken
Fingers	Baked Beans	Corn	Mashed	Fried Rice
Cheese stick	Broccoli	Black Beans	Potatoes	Breaded
Brussels	Carrots	Spanish Rice	Cauliflower w/	Zucchini
Sprouts w/			Cheese	Broccoli
Cheese			Green Beans	
Breadstick			Succotash	

# SUN

ger than you are means UV exposure is low; a shadow that is shorter than you are means the UV exposure is high.

Other ways to protect yourself from the sun include wearing protective clothing, such as:

- Hats with wide 4 in. (10 cm) brims that cover your neck, ears, eyes, and scalp.
- Sunglasses with UV ray protection, to prevent eye damage.
- Loose-fitting, tightly woven clothing that covers your arms and legs.
- Clothing made with sun protective fabric. These clothes have a special label that tells you how effective they are in protecting your skin from ultraviolet rays.

### Choosing a sunscreen

Sunscreens come in lotions, gels, creams, ointments, and sprays. Use a sunscreen that:

- Has a sun protection factor (SPF) of at least 30 or higher.
- Says "broad-spectrum" that protects the skin from ultraviolet A and B (UVA and UVB) rays.
- Use lip balm or cream that has SPF of 30 or higher to protect your lips from getting sunburned.
- Take extra care to protect your skin when you're near water, at higher elevations, or in tropical climates.
- Sunscreens labeled "water-resistant" are made to protect people while they are swimming or sweating. The label will say if the sunscreen will protect you for 40 minutes or 80 minutes.

### Applying a sunscreen

Apply the sunscreen at least 15 to 30 minutes before going in the sun.

Apply sunscreen to all the skin that will be exposed to the sun, including the nose, ears, neck, scalp, and lips. Sunscreen needs to be applied evenly over the skin and in the amount recommended on the label. Most sunscreens are not completely effective because they are not applied correctly. It usually takes about 1 fl oz (30 mL) to cover an adult's body.

Apply sunscreen every 2 to 3 hours while in the sun and after swimming or sweating a lot. The SPF value decreases if a person sweats heavily or is in water, because water on the skin reduces the amount of protection the sunscreen provides.

### Other sunscreen tips

- If your skin is sensitive to skin products or you have had a skin reaction (allergic reaction) to a sunscreen, use a sunscreen that is free of chemicals, para-aminobenzoic acid (PABA), preservatives, perfumes, and alcohol.
- If you are going to have high exposure to the sun, consider using a physical sunscreen, such as zinc oxide,

which will stop most of the sunlight from reaching the skin.

- If you need to use sunscreen and insect repellent with DEET, do not use a product that combines the two. You can apply sunscreen first and then apply the insect repellent with DEET, but the sunscreen needs to be reapplied every 2 hours.
- Do not use tanning booths to get a tan. Artificial tanning devices can cause skin damage and increase the risk of skin cancer. If you want your skin to look tan, try a sunless tanning cream or spray that makes your skin look tan. And keep using sunscreen when you are in the sun.

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Environmental Services Associate/ Housekeeper - Full Time, Afternoon Shift
- Environmental Services Associate/ Housekeeper - Part Time, Afternoon Shift, Variable Hours
- HVAC Maintenance Technician- Full Time
- Medical Laboratory Technician/ Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech - Behavioral Health Unit - Contingent/PRN
- Mental Health Tech/STNA - Full Time
- Pharmacy Technician - Part Time - Days
- Respiratory Therapist - Contingent/PRN
- State Tested Nursing Assistant (STNA) - Full Time - Nights



## HVCH PSYCHIATRY

**DR. JOHN AZIZ,  
PRAMODA FATEHCHAND, PA  
& LEAH GARRISON, NP**

*Now seeing patients at  
HVCH Main Building*

*601 S.R. 664 North, Entrance B  
New Phone #: 740-380-8410*



## HVCH COVID FAQs

*As the hospital continues to respond to the COVID-19 pandemic while resuming regular services, we wanted to provide a list of commonly asked questions our patients may have. We will provide questions and answers in this newsletter every week as well as post them on our social media channels. A full list can be found on our hospital coronavirus page at <https://www.hvch.org/hospitalnews/coronavirus-update/>.*

**10. How do I know the equipment used for my procedure has not been exposed to a patient with COVID-19?** Equipment is not shared between any patients without being properly cleaned according to manufacturer's instructions. Additionally, HVCH utilizes disposable equipment for isolation rooms.

**11. What kinds of tests can you do for COVID?** HVCH is currently a collection site for both the PCR (viral) testing, as well as the Serological (antibody) COVID-19 testing. We also offer testing at our Rural Health Clinic. If you would like to be tested for COVID, please reach out to your primary care provider.

**12. If I call from my car, where do I go if I have COVID symptoms?** You will speak with a hospital employee and be given further instructions based on the symptoms you are experiencing. The Emergency Room entrance is the entry location to be used for patients. Contacting HVCH prior to entering allows the team to have appropriate PPE available to minimize the risk for you or other patients and staff.



**HVCH Video Series**




**Check out our new video series to be posted to our Facebook and YouTube pages every week!**



# HOCKING VALLEY Community Hospital

## OUR MISSION

*To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.*

## OUR VISION

*To provide extraordinary care close to home now and into the future.*

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.