



## SUPPORTING THE WORK OF OUR MEDICAL PROFESSIONALS

Medical professionals will be facing circumstances most have never seen. They will be working long hours, day in and day out for weeks—not quitting until the job is complete. They will care for a patient’s physical symptoms and also their fears, stress and anxiety.

Their clinical expertise, critical thinking and compassion will save many lives before this has passed. And, this doesn’t begin to recognize the army of workers behind them who help keep the hospital running—professionals in environmental services, food and nutrition, supply chain and IT to name just a few.

Yet, ask any of these professionals about their sacrifice and most will say it is what we do and get back to work. This is not a job to them. It is a calling, a personal mission they feel chosen to perform, especially during times like these.

Many people in our community have asked how they can help during this crisis. At this time, Skyline Health is not able to use volunteers due to the CDC’s guidance on social distancing. However, there are things you can do to support the health care workers in your community.

### Here are a few things to consider:

1. **Follow the guidelines.** The main thing you can do to support health care workers is help limit the number of people who get sick. Please follow the guidelines recommended by the Washington State Department of Health, wear a mask, limit contact with others and wash your hands.
2. **Thank them.** If you know a health care worker, be sure to thank them. Just hearing you recognize their work is very powerful. Also, reach out to them and have a conversation!
3. **Give blood.** COVID-19 patients are not in need of blood. However, while this pandemic rages, we still have patients coming in every day who need blood due to accidents, emergency surgery or other medical conditions. It is essential we stock up on blood in case of a community quarantine. To find a blood drive in your area visit [www.redcross.org](http://www.redcross.org).
4. **Provide support however you can.** When the time arises, consider running an errand, doing grocery shopping, taking care of pets/animals or cooking a meal for your neighbor or friend who is a health care worker. Uncooked food such as lasagna or casseroles (prepared in a disposable tin pan) can be left on a front porch to adhere to social distancing. The health care worker can



then bake the meal to sterilize. This will make a world of difference to the health care worker who returns home after a very long day.

5. **Get Your Flu shot.** While the COVID-19 pandemic continues to affect our daily lives, fall and winter bring with them another unwanted visitor – the flu. The presence of both viruses could put more people in the hospital and strain Washington’s health care system. While we don’t yet have a vaccine to prevent COVID-19, we do have one to prevent flu. The flu vaccine should be considered essential this year.