



## National Hospital Week 2020

This year's National Hospital Week runs from May 10-16. To celebrate National Hospital Week, we would like to recognize and show our sincere appreciation to The Bellevue Hospital Family.

During this time of uncertainty, The Bellevue Hospital would like to thank all of our compassionate employees, physicians and volunteers for all you do, every day, to serve our community. You have proven you are brave. You are strong. You make a difference.

Thank you for supporting the health and well-being in and around the communities we serve.



### THE BELLEVUE HOSPITAL

*Quality Care, Close To Home*

Please enjoy our **HEALTH *e*news** to help keep you informed.

Join us on Facebook and visit our website at [www.bellevuehospital.com](http://www.bellevuehospital.com). Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.





As the COVID-19 outbreak evolves, The Bellevue Hospital continues to monitor the situation closely and make adjustments to our policies and services as needed. For a complete list of service changes and visitor restrictions, visit [bellevuehospital.com](http://bellevuehospital.com). Thank you for your patience and understanding during this time.

***We are all in this together!***

## COVID-19 Checklist for Older Adults and Individuals with Chronic Health Conditions

### Things You Can Do to Prepare for COVID-19



Older individuals and people who have underlying chronic and/or severe medical conditions such as asthma; diabetes; or heart, lung, or kidney disease appear to be at higher risk for more serious illness from the coronavirus (COVID-19).

The Ohio Department of Health strongly recommends that all older individuals and people who have severe chronic medical conditions immediately take the following actions:

- Stay at home as much as possible:
  1. When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
  2. Avoid crowds, especially in poorly ventilated spaces. Visit locations when people are less likely to be there.
- Have access to several weeks of medications and supplies if you need to stay home for a prolonged period of time. If you have to visit the pharmacy, use the drive-up window if possible.
- Plan now for what you will do if you, or people you rely on for support, become ill. Take care of emotional health of yourself and your household members. Communicate with family members, friends, and neighbors through the phone or email at least weekly to create a support network. Discourage them from visiting in person.
- Monitor your health for symptoms suggestive of COVID-19:
  1. Watch for symptoms and warning signs such as difficulty breathing, persistent pain, or pressure in chest; confusion or inability to arouse; bluish lips or face; fever; etc.
  2. Contact your health care provider if ill, prior to seeing them in person.
  3. Consult with your healthcare provider for more information about monitoring your health for symptoms suggestive of COVID-19.

**For answers to your COVID-19 questions, call  
1-833-4ASKODH (1-833-427-5634).**

*\*This information was provided by the Ohio Department of Health.*

## Use of Cloth Face Coverings to Help Slow the Spread of Germs

The Centers for Disease Control & Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. Follow these tips from the CDC for proper face covering practices:

### How to Wear a Cloth Face Covering

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

**For The Bellevue Hospital's instructional video on how to properly put on and take off a cloth face mask, visit [www.bellevuehospital.com/face-mask-tutorial](http://www.bellevuehospital.com/face-mask-tutorial).**

### Should cloth face coverings be washed or otherwise cleaned?

Yes. They should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a cloth face covering.

### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose and mouth when removing the face covering and should wash hands immediately after removing.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders. For more information, visit [www.cdc.gov](http://www.cdc.gov).



## The Bellevue Hospital Announces New Hours and Location for Outpatient Lab Services



The Bellevue Hospital's outpatient lab draws now have new hours from 8 a.m.-4:30 p.m., Monday through Friday at its alternative location, 1400 W. Main Street, Suite D, Bellevue. This office is located in the medical building behind the hospital.

All patients are encouraged to pre-register for outpatient labs by calling 419-483-4040, Ext. 4455.

The outpatient lab blood draws were moved to a new location as an extra measure to slow the spread of coronavirus (COVID-19) and other flu-like illnesses. This location is designated for routine blood collection and no routine weekend collections will be available. Currently, Family Health Services in Clyde and TBH's main laboratory area within the hospital have suspended offering these services.

For more information, please visit  
[www.bellevuehospital.com/services/laboratory-services](http://www.bellevuehospital.com/services/laboratory-services).



## Staying Active During Quarantine - Tips From Our Rehabilitation Services Department

During these peculiar times of stay-at-home orders and social distancing, many people may be finding it difficult to stay active. Staying home can lead to increased time sitting in front of the TV, phone or computer. Sitting and staying inside are major culprits in creating weakness and stiffness that may lead to a sedentary lifestyle. Our bodies are designed to move. Joint health, heart health, digestive health and immune health all are positively impacted by increased activity levels.

If your legs and arms are feeling stiff when you get out of bed or a chair, try stretching.

- Stand up and reach up to the ceiling with both arms as high as possible
- Take five deep breaths while reaching to help maintain lung function
- Repeat five times holding each stretch as least five seconds
- Next, sit down with knees straight
- Move ankles up and down to stretch calf muscles and improve circulation



Increased sitting may also cause weakness in the leg muscles. Exercises like standing heel raises and small knee bends or squats can help maintain muscle tone. By doing these exercises 10 to 20 times a day, major leg muscles that are used to walk and maintain balance are exercised.

Moving and staying active have always been a part of maintaining a healthy lifestyle. If you have concerns regarding weakness, pain or balance issues, ask your primary care provider about a referral to The Bellevue Hospital's Rehabilitation Services. Our physical therapists will meet with you to review risks and recommend ideas to stay active.

For more information about our rehabilitation services, call 419.483.4040, Ext. 4279 or visit  
[www.bellevuehospital.com/services/rehabilitation-services](http://www.bellevuehospital.com/services/rehabilitation-services).





Quality Care, Close To Home

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## RED CROSS BLOODMOBILE

Thursday, May 21  
9:30 a.m. – 3:00 p.m.

NEW LOCATION:  
Bellevue VFW  
6104 US Route 20  
Bellevue, OH 44811

*Must be at least 17 years old.*

Call 1-800-Red-Cross, or visit  
[www.redcrossblood.org](http://www.redcrossblood.org) and enter code  
BELLEVUEHOSP to register.



## Connect For Care - Online Office Visits for your Convenience

The Bellevue Hospital's physician group, Great Lakes Physicians, is committed to your health. Our Connect For Care allows you to receive care from our specialists without having to leave the comfort of your home.

Similar to a regular office visit, our providers will be able to discuss symptoms and concerns with you via video visits from a smart phone or computer.

These appointments will be billed through insurance at their normal rate, as if you were being seen in person in the office.

To discuss appointment options, please call your Great Lakes Physicians provider to determine if a Connect For Care video appointment is the best option for your health care needs.

**For a full list of Great Lakes Physicians  
and office phone numbers, visit  
[www.bellevuehospital.com/services/great-lakes](http://www.bellevuehospital.com/services/great-lakes).**

*Quality Care from Home*

