



# **Stony Brook Southampton Hospital** **Cardiac and Pulmonary** **Rehabilitation Guidelines**

## **WHAT YOU CAN EXPECT:**

- We have completely modified the gym to accommodate you in a safe, hygienically clean, healthy distancing environment.
- Each patient is assigned to an exclusive “pod” or exercise area with three modalities.
- Check-in and check-out occurs in your assigned POD. We appreciate your arriving on time and departing promptly following class.
- Your personal belongings can be securely stowed in your POD. (Lockers are no longer available.)
- Each exercise session is limited to (one) 1 hour.
- There are only six (6) patients in the gym at one time.
- Each patient uses the equipment in his/her POD for the entire one (1) hour exercise session.

## **PARKING AT THE HOSPITAL**

- We apologize but to ensure your safety, we have suspended valet parking.
- Parking is available on Herrick Road as well as the handicapped parking lot off Herrick Rd, the back side of the Hospital.
- If you arrive early please kindly wait in your car until 5 minutes before class time.

## **ENTERING THE HOSPITAL**

- Use the Herrick Road Ramped Entrance by the Handicapped parking.
- You will be greeted by a member of our staff who will:
  - Screen you for COVID-19 symptoms and exposure
  - Check for facial mask or give you one to wear.
  - Escort you to the elevator up to the gym.

## **DISINFECTING PROCEDURES**

- Our staff has been professionally trained to disinfect equipment between patients’ exercise sessions.
- Every piece of equipment is scheduled for routine disinfection with special EPA-approved sanitizing cleansers, before and after each class.
- Additional hand sanitizers have been installed throughout the gym.
- The hospital uses advanced UV-C technology, a subtype of ultraviolet light, capable of eliminating pathogens from high-touch surfaces, as well as clinically and EPA-approved chemical solutions that can annihilate infectious agents.

If you are a monitored patient (Phase II), or prefer to take classes remotely, you may register for our online cardiac and pulmonary rehab program: “Chanl Health Better Hearts.”

*Kindly note class times will be reevaluated monthly to reflect class needs as well as relevant changes/updates per CDC COVID guidelines.*



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