

# Protect Yourself and the Community



**Wash your hands for 20 seconds or more**

Make bubbles and rub your hands and nails.



**Or use hand sanitizer**



**Do not touch your face with hands or gloves**

## Bring extra clothes to wear at work

Change into extra clothes when you get to work. Before you go home change back into clean clothes. Wash work clothes at home.

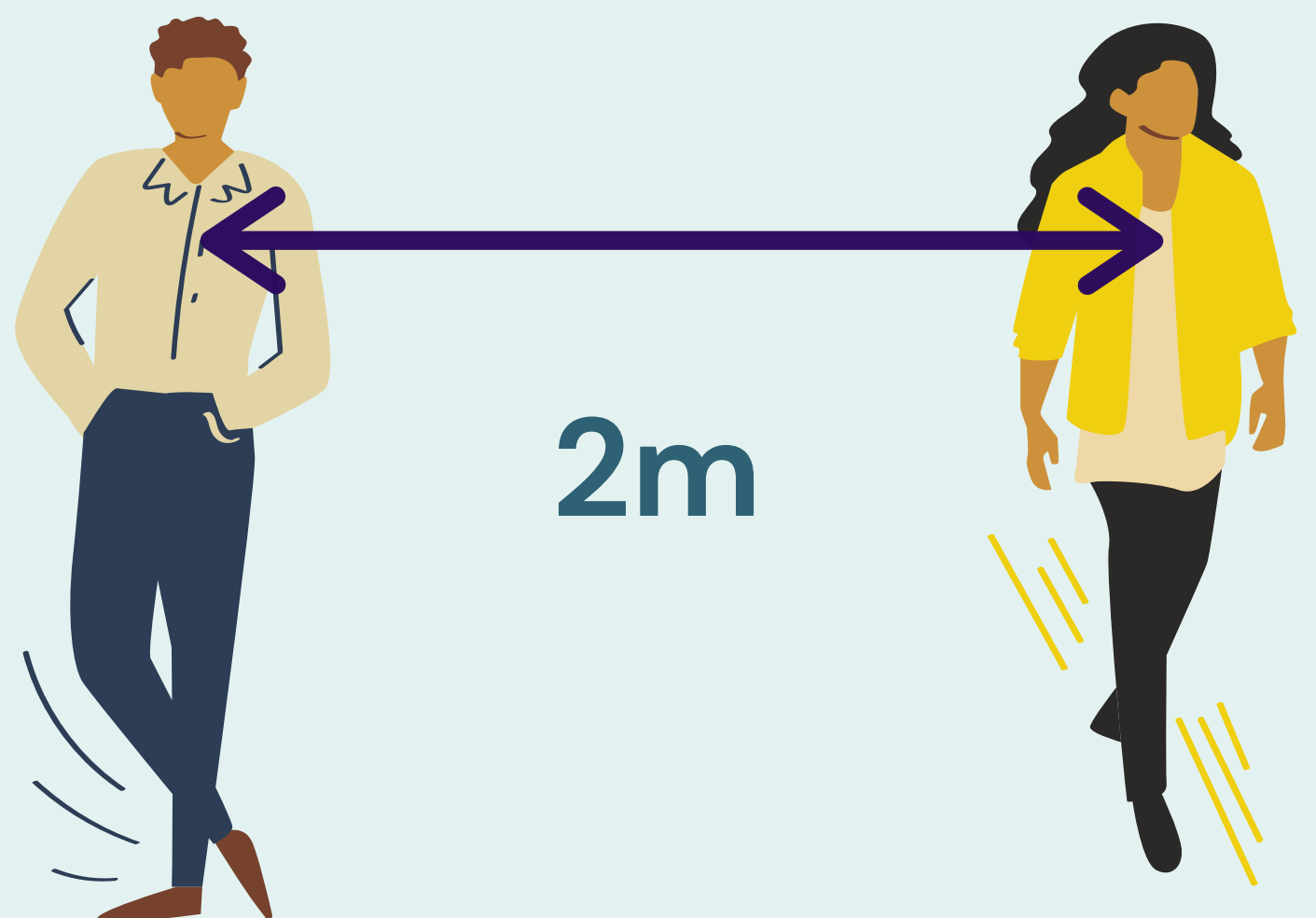


## Cough or sneeze into your bent elbow

Remember to wash your hands after!

## Keep Your Distance

Keep at least 2 metres between people



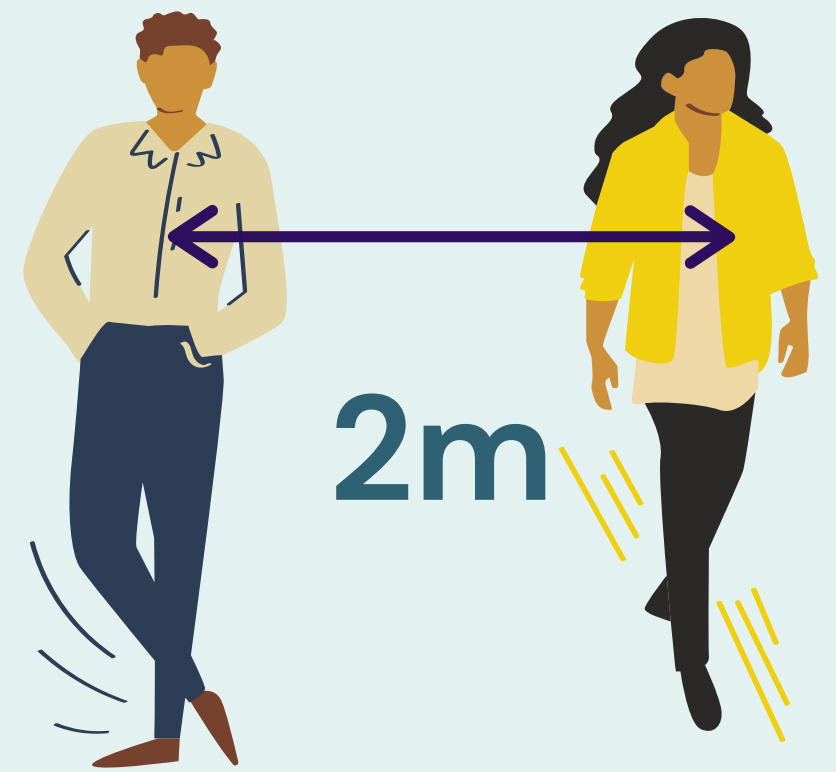
# PPE to Wear



With clients =



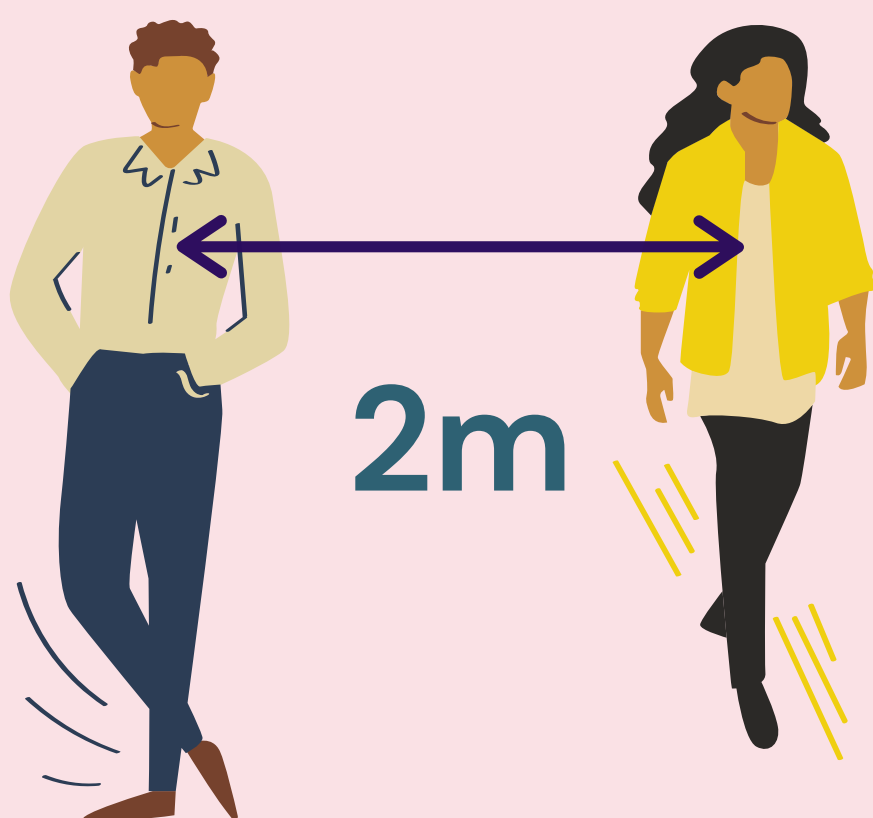
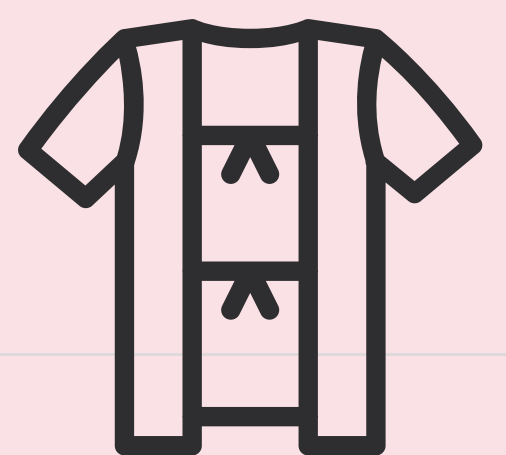
+



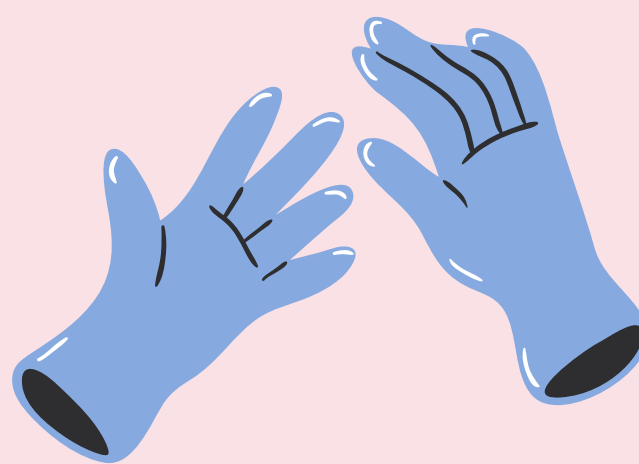
With sick clients =



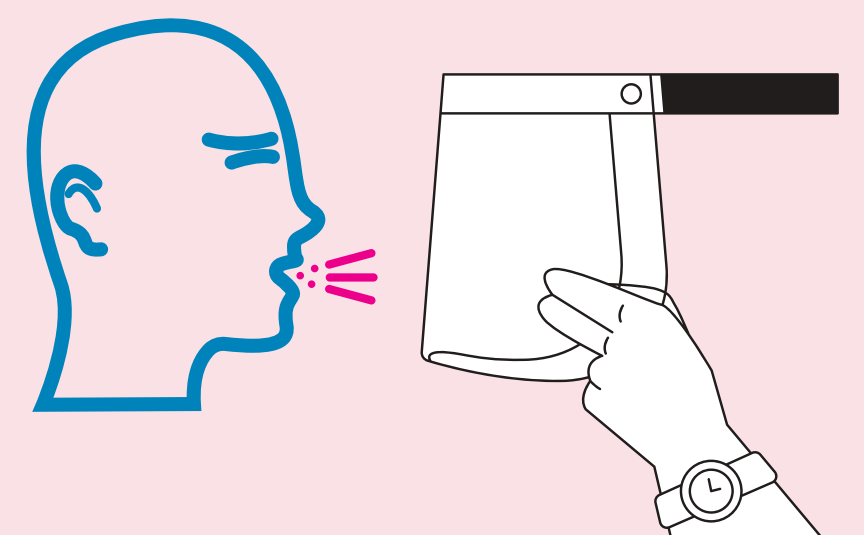
+



+



+



**In office with staff =**



**OR**



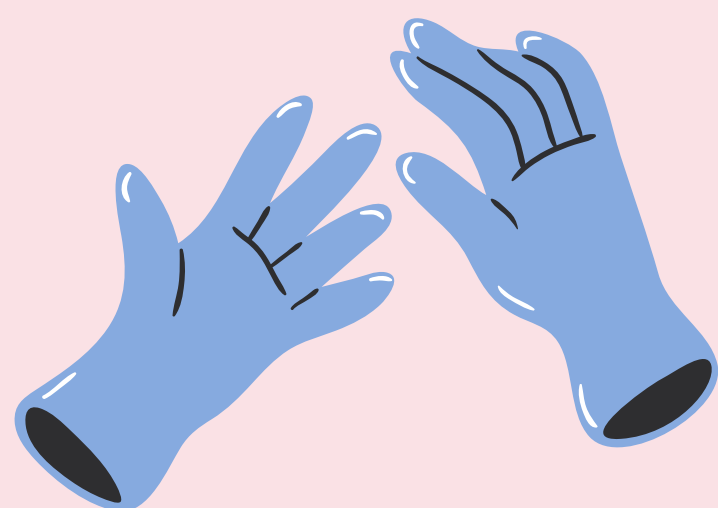
**Cleaning =**



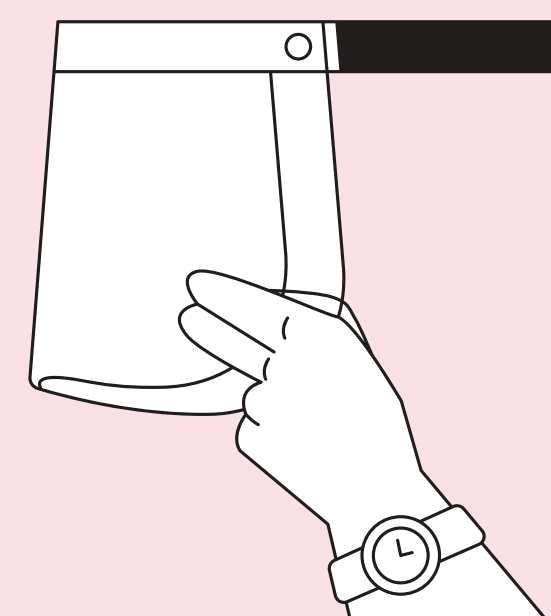
**+**



**+**



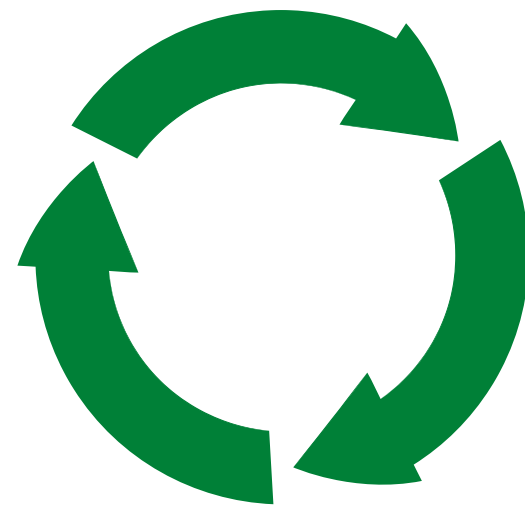
**+**



**If chance of splash wear mask**

Created in alignment with the **Ministry of Health COVID-10 Guidance: Homeless Shelters and the COVID-19 Community Medical Team of Kitchener Waterloo**

# Reuse of PPE

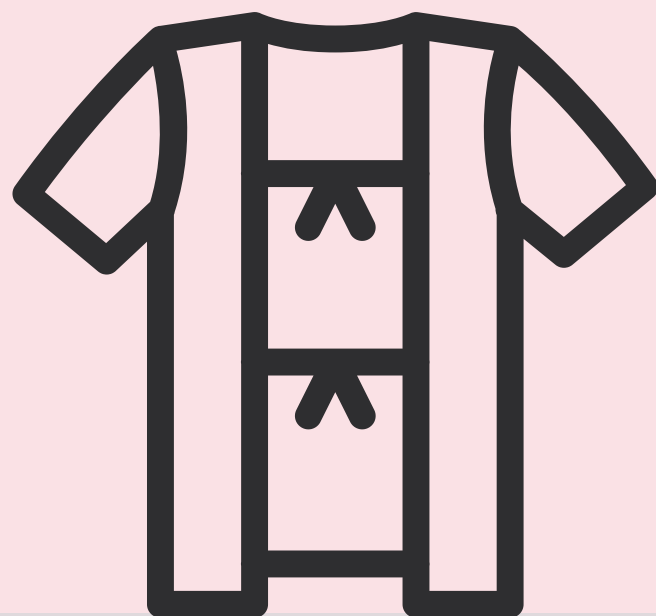


**Gloves =**



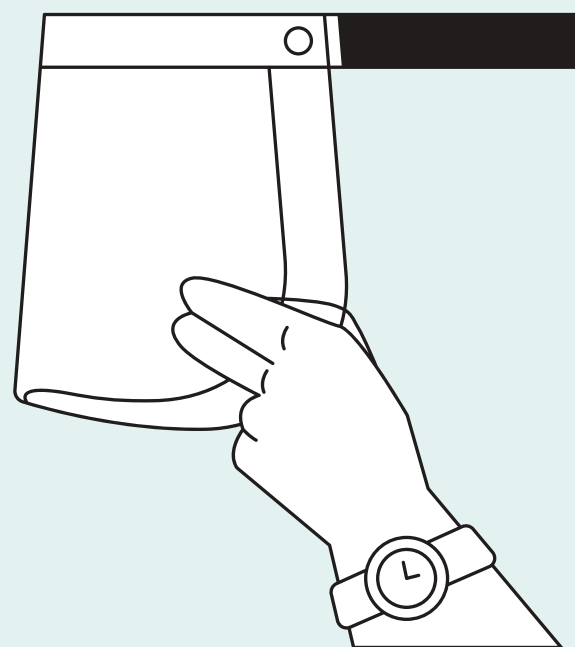
**Use once**

**Gown =**



**1 per shift  
unless dirty**

**Face Shield =**



**Keep it clean, wash  
with soap and  
water**